

SQUADS



DEVELOPMENT SQUAD

The Development Squad focuses on refining skills and building endurance. Swimmers are typically aged between 7-10yrs, aiming for 3 times per week.

Covering around 800-1000m per session, they work on developing their aerobic skills through sets like 16 x 25m or 8 x 50m, aiming to swim 200m continuously while maintaining technique and making turnaround times.

The squad works on enhancing technique with various 25m drills for efficiency. Swimmers perfect legal turns for all strokes, honing smooth transitions and speed. Swimmers are encouraged to maintain a positive attitude, support teammates, and actively participate while showing respect and good communication.

Skill development extends to coordination drills, basic lane etiquette and using the clock for introductory starts and spacing.

BRONZE SQUAD

In the Bronze Squad, swimmers typically aged between 8-11yrs focus on building endurance, refining technique, and enhancing overall conditioning. Swimmers, aiming for about 4 sessions per week, will tackle sets like 16 x 50m or 8 x 100m to develop endurance.

They will achieve around 1200-1500m per session, working on more challenging sets for Freestyle, Backstroke, Butterfly, or Breaststroke to improve technique and develop consistency.

A key component of Bronze squad training is mastering the 100m Individual Medley with legal turns and transitions. Skills are honed through drills for underwater kicking, starts and relay dives. Swimmers learn to use heart rate to gauge intensity, while also taking on mentorship roles and engaging in team activities.



SILVER SQUAD

Silver Squad is designed for swimmers typically aged 11-13yrs, to build their aerobic ability, master advanced technique, and explore leadership roles. Swimmers aim for five or more sessions per week, covering about 1,400-1,600 meters per hour with challenging sets like 12 x 100m or 6 x 200m.

Training focuses on more continuous swimming, completing up to 800m sets, and tackling advanced skills such as a 200m Individual Medley kick (without a board) and executing a full 200m Individual Medley with legal turns. Specialized sets include up to 1,400m in freestyle and backstroke, 1,000m for butterfly or breaststroke, and a 1,100m kick set to build kicking power.

Silver Squad members also refine relay takeovers, practice advanced turnaround times, and learn to train within specific heart rate zones. As a Silver Squad swimmer, you'll step into a role model position, lead team activities, and mentor younger squad members, demonstrating resilience and a commitment to improvement.

GOLD SQUAD

Gold Squad is for swimmers aged 12-14yrs ready to elevate their training and performance. Members aim for 5+ sessions per week, tackling challenging sets like 16 x 100m or 8 x 200m, and continuous swims of up to 1,500m. They'll push their limits with sets up to 2,000m in Freestyle and Backstroke, and up to 1,400m in Butterfly or Breaststroke.

Gold Squad focuses on mastering the 400m Individual Medley, relay takeovers, and advanced training zones with heart rate tracking. Injury prevention, leadership development, and mentoring younger swimmers are key elements. Gold Squad swimmers are encouraged to show resilience, embrace feedback, and inspire excellence within the team.



PERFORMANCE SQUAD

Performance Squad sees our top athletes typically dedicating 8+ sessions per week, that may include complementary sports like lifesaving and triathlon. Swimmers undergo advanced endurance training with sets like 2,500m FR & BK and 2,000m FLY or BRS, focusing on peak efficiency and technique. Performance squad swimmers strive to excel across all distances and strokes, demonstrating versatility and precision. They master high-level dryland exercises and strategic training, using performance data to optimize results. Exemplary resilience and leadership are key, as swimmers serve as role models and drive continuous improvement within our squad environment.