



South Lake Dolphins Swimming Club

Squad Information March 2023

Minnows Squad

Goal

Minnows Squad is primarily focused on developing the fundamentals of the four competitive swimming strokes, racing skills, and general fitness.

Equipment

The swimmers are required to bring the following to each session:

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle and
Fins.

Attendance

Swimmers are expected to attend a minimum of **two** sessions per week, they are required to let the coach know which days they are planning to attend at the beginning of each term.

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Swimmers in Minnows Squad are encouraged to participate to Club Nights and the club targeted meets. Swimmers **MUST** seek advice from their coach before selecting events at a meet.



Marlins Squad

Goal

Marlins Squad is primarily focused on the further development technique in all four strokes, racing skills and improving fitness and increasing capacity

Equipment

The swimmers are required to bring the following to each session:

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle;
Pull buoy and
Fins.

Attendance

Swimmers are expected to attend a minimum of **three** sessions per week, they are required to let the coach know which days they are planning to attend at the beginning of each term.

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Swimmers in Marlins Squad are required to participate to Club Nights and the club targeted meets. Swimmers **MUST** seek advice from their coach before selecting events at a meet.



Bronze Squad

Goal

The emphasis of Bronze Squad is to prepare athletes to qualify and succeed at a State level by focusing on consolidating technical ability across all strokes and skills, as well as beginning to develop the physiological base required to be successful as Age level swimmers.

Equipment

The athletes are required to bring the following to each session:

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle;
Pull buoy;
Finger paddles;
Snorkel and
Fins.

Attendance

Athletes are expected to attend a **five** sessions per week. Athletes are required inform the coach if they are to be absent from training.

Note: New Bronze Squad members are required to only attend four sessions per week for the first month. It is suggested that they attend three afternoon sessions and one morning session.

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Athletes in Bronze Squad are encouraged to focus on 100m and 200m events primarily with an additional focus on developing ability in 400m+ events.

NOTE: Attendance at targeted meet competitions is a requirement of Bronze Squad. Athletes **MUST** seek advice from their coach before selecting any events



Silver Squad

Goal

Silver Squad is primarily focused on developing, educating, and preparing young athletes to qualify and succeed at a State level and qualify and race at a National level.

Athletes will be encouraged to develop all aspects of stroke technique, fitness levels and race skills to prepare for competitions.

Equipment

The athletes are required to bring the following to each session:

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle;
Pull buoy;
Finger paddles;
Hand paddles;
Snorkel and
Fins.

Attendance

Athletes are required to attend **ALL** sessions available and inform the coach in case of absence

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Athletes in Silver Squad are encouraged to focus all events to ensure they are developing their full capacity as athletes.

NOTE: Attendance at targeted meet competitions is a requirement of Silver Squad. Athletes **MUST** communicate directly with their squad coach on all training and competition related matters.



Gold Squad

Goal

Gold Squad is primarily focused on developing, educating, and preparing young athletes to qualify and succeed at a State level and qualify and race at a National level.

Athletes will be encouraged to develop all aspects of stroke technique, fitness levels and race skills to prepare for competitions.

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle;
Pull buoy;
Finger paddles;
Hand paddles;
Snorkel and
Fins.

Attendance

Athletes are required to attend **ALL** sessions available and inform the coach in case of absence

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Athletes in Silver Squad are encouraged to focus all events to ensure they are developing their full capacity as athletes.

NOTE: Attendance at targeted meet competitions is a requirement of Silver Squad. Athletes **MUST** communicate directly with their squad coach on all training and competition related matters.



Youth Squad

Goal

The primary emphasis of Youth Squad is to prepare athletes to qualify and race at a State level by focusing on consolidating technical ability across all strokes and skills, as well as continuing to develop the fitness required to race competitively.

Youth Squad also offers the opportunity to swim for fitness.

Equipment

The athletes are required to bring the following to each session:

Training bathers;
Goggles;
Swim cap;
Kickboard;
Drink bottle;
Pull buoy and
Fins.

Attendance

Youth Squad athletes are able to attend as many training sessions as they wish. A minimum of three sessions per week is recommended.

Competitions

Competitions (targeted meets) are selected by the Head Coach and coaching team at the start of each season. The targeted meets will be communicated via email.

Youth Squad athletes who wish to compete are suggested to attend targeted meets.