

## **ST ANDREWS AQUATIC CENTRE ('SAAC') HIGH PERFORMANCE SQUAD INFORMATION SHEET**

*Please note that any reference to "parents" in this Information Sheet includes reference to guardians and carers where applicable.*

### **Overview**

High Performance Squad is the Squad above National Squad. The High Performance Squad caters for elite senior competitive swimmers fully committed to competitive swimming. The focus is to continue swimmers' improvement beyond the level attained in National Squad to develop their full competitive potential.

The goal is to improve technique, including starts and turns; improve speed and endurance; and prepare swimmers for optimal competitive performance at Australian Championships, and international competition where relevant.

High Performance Squad sessions are 2 hours in duration and are usually offered at least once every day from Monday to Saturday.

### **Guidelines for Inclusion and Progression**

Inclusion in High Performance Squad, either from National Squad or externally, is at the discretion of the High Performance Squad Coach. Swimmers will usually be given a trial period to determine if they are suitable. Guidelines for inclusion in High Performance Squad are listed below:

- Swimmers are usually at least 16 years old.
- Swimmers must regularly attend the sessions per week designated by the High Performance Squad Coach
- Swimmers must be members of St Andrew's Swimming Club ('the Club') (see below), and compete at designated meets.
- Swimmers should have at least one Australian Championships qualifying time.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

The composition of High Performance Squad will be reviewed at the end of each season.

High Performance Squad swimmers may move to Senior Squad or to Adult Squad (as appropriate) if they no longer wish to be fully committed to

competitive swimming; or return to National Squad, all at the discretion of the relevant Squad Coaches.

### **Program Structure**

The High Performance program is planned by the High Performance Squad Coach with a view to preparing swimmers for designated meets. Sessions will include a variety of technique, skill, speed and endurance elements to achieve optimal competitive performance.

The program also includes a strength and conditioning program designed to enhance performance and reduce the risk of injury.

### **Expectations of Swimmers**

- Swimmers should be ready to commence each session on time.
- Swimmers must bring a water bottle and a gear bag containing all swim equipment required by the High Performance Squad Coach.
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.
- Swimmers must maintain session and meet attendance requirements.

### **Expectations of parents**

- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session, or speak to a staff member in the SAAC office.

### **St Andrew's Swimming Club**

All High Performance Squad swimmers must be members of St Andrew's Swimming Club. Club members compete at Club, inter-club, and regional meets; and Queensland and Australian Championships.

Visit the Club website to find out more about the Club, including registration information.

### **Timetables, Enrolment, Fees, Suspension and Cancellation**

Please visit the SAAC website or ask at the SAAC office for information about current timetables, enrolment, fees, suspension or cancellation.