

## **ST ANDREWS AQUATIC CENTRE ('SAAC') JUNIOR COMPETITION SQUAD INFORMATION SHEET**

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

### **Overview**

Junior Competition ('JC') Squad is one of two Squads above Junior Development ('JD') Squad, the other being Senior Squad. The focus is to continue swimmers' improvement in all four strokes beyond the level attained in JD Squad, with an emphasis on developing skills for competition.

The goal is to improve technique in all strokes, including starts and turns; develop speed and endurance; and improve skills and knowledge for competitive performance.

JC Squad sessions are 90 minutes in duration and are usually offered at least once every day from Monday to Saturday.

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

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

- Swimmers are usually 9-12 years old.
- Swimmers must demonstrate good proficiency in all four strokes, including starts and turns.
- Swimmers must regularly attend at least four sessions per week.
- Swimmers should be members of St Andrews Swimming Club ('the Club') (see below) and compete at Club race days and other meets as designated by the JC Squad Coach.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

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

JC Squad swimmers may be promoted to State Squad at the discretion of the State Squad Coach, or to Senior Squad at the discretion of the Senior Squad Coach.

**Program Structure**

The JC Squad program is planned by the JC 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 dry-land 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 JC Squad Coach. (SAAC supplies kickboards).
- 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 JC Squad swimmers should 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.