

ST ANDREWS AQUATIC CENTRE ('SAAC') JUNIOR DEVELOPMENT SQUAD INFORMATION SHEET

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

Overview

Junior Development ('JD') Squad is the first Squad beyond the SAAC Learn-To-Swim Program. As such it begins the transition from 'teaching' to 'coaching'. The focus is to improve swimmers' development in all four strokes, and also to give them a basis for participation in competitive swimming.

The goal is to improve technique in all strokes, including starts and turns; and introduce basic skills and knowledge to assist in competitive performance.

JD Squad sessions are 75 minutes in duration and are usually offered at least once every day from Monday to Saturday.

Guidelines for Inclusion and Progression

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

- Swimmers are usually 8-12 years old.
- Swimmers must demonstrate basic proficiency in all four strokes.
- While there are no minimum attendance requirements, it is recommended that for optimal improvement and progression to Junior Competition ('JC') Squad swimmers attend at least three sessions per week.
- While there is no requirement to participate in competition, it is recommended that swimmers join St Andrews Swimming Club ('the Club') (see below) and compete at Club race days and other meets as applicable.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

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

Program Structure

Each JD Squad session focuses on a stroke of the day (including individual medley), which rotates so that the stroke varies on any particular day from week to week. Generally kick, stroke drills and technique work will be done in

the stroke of the day, and usually some of all strokes will be done in every session.

Expectations of Swimmers

- Swimmers should be ready to commence each session on time.
- Swimmers should bring a water bottle (if desired) and fins to each session. (SAAC supplies kickboards and any other equipment used).
- 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.

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 JD Squad swimmers are encouraged to join 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.