

ST ANDREWS AQUATIC CENTRE ('SAAC') NATIONAL SQUAD INFORMATION SHEET

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

Overview

National Squad is the Squad above State Squad. National Squad caters for highly accomplished swimmers committed to swimming as a competitive sport. The focus is to continue swimmers' improvement beyond the level attained in State Squad to develop their full competitive potential.

The goal is to improve technique in all strokes, including starts and turns; improve speed and endurance; and prepare swimmers for optimal competitive performance at Queensland and Australian Age Championships.

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

- Swimmers are usually at least 13 years old.
- Swimmers must regularly attend at least 7 sessions per week.
- Swimmers must be members of St Andrew's Swimming Club ('the Club') (see below), and compete at designated meets.
- Swimmers should have multiple Queensland Age Championships qualifying times; and at least one Australian Age Championships qualifying time.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

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

National Squad swimmers may be promoted to the High Performance Squad at the discretion of the High Performance Squad Coach, move to Senior Squad at the discretion of the Senior Squad Coach; or return to State Squad at the discretion of the State and National Squad Coaches.

Program Structure

The National Squad program is planned by the National 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 National 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 National 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.