

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

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

Overview

Senior Squad caters primarily for swimmers who want to swim for general fitness, health and wellbeing; or to assist with their participation in surf and open water swimming, school swimming competition, or other sports such as water polo.

The primary emphasis is to improve fitness, but attention is also given to improve technique in all strokes, including starts and turns; and to improve speed, especially for those swimmers who compete.

Guidelines for Inclusion and Progression

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

- Swimmers are usually 12-18 years of age.
- Swimmers must be capable freestyle swimmers and have a basic ability to do the other strokes.
- While there are no minimum attendance requirements, it is recommended that swimmers attend at least two sessions per week.
- While there is no requirement to participate in competition, swimmers may join St Andrew's Swimming Club ('the Club') (see below) and compete as desired.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Senior Squad swimmers may return or be promoted to one of the Competitive Squads at the discretion of the relevant Squad Coach, or join the Adult Squad when appropriate at the discretion of the Adult Squad Coach.

Program Structure

The Senior Squad program is planned by the Senior Squad Coach with a view to improving general fitness, and preparing swimmers for competition where applicable. Sessions will include a variety of endurance, speed, technique,

skill, and fun elements. The content of any session depends to a large extent on the ability and priorities of the swimmers at that 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

Senior Squad swimmers may 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.