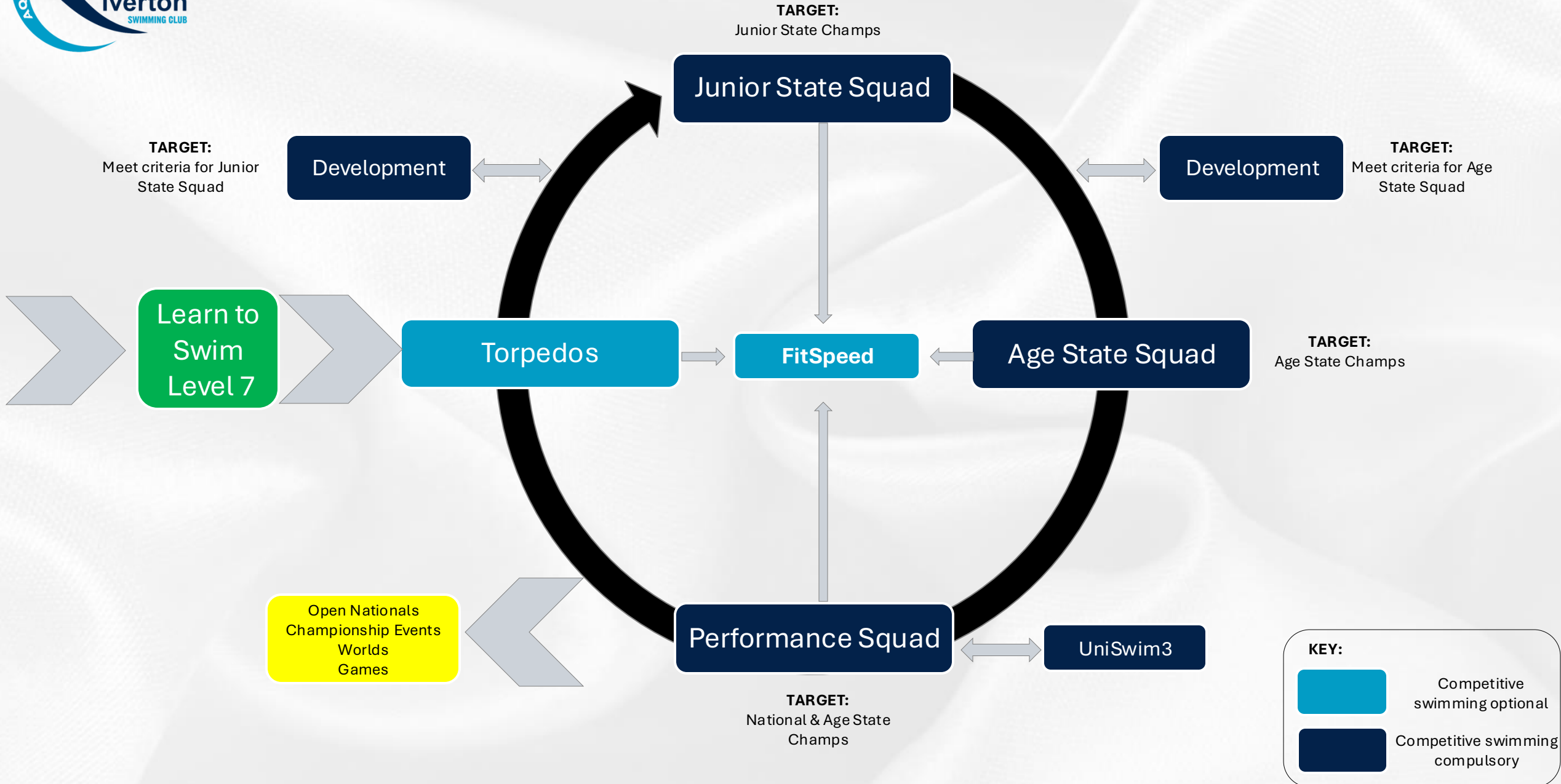




SQUAD REFRESH 2025



Squad	Training Days & Times	Age range & Distance	Entry Criteria	Squad objectives
Torpedos	<ul style="list-style-type: none"> • Mon 4-5pm, 5-6pm • Tues 4-5pm • Wed 4-5pm, 5-6pm • Thurs 4-5pm, 5-6pm • Fri 4-5pm • Sat 830-930am 	<ul style="list-style-type: none"> • 7-11 years • 1-2 sessions per wk • 1.3 to 1.6km per session 	<ul style="list-style-type: none"> • Passed level 7 in learn to swim • Assessed for readiness by Head Coach • Club Participation Membership encouraged but not compulsory 	<ul style="list-style-type: none"> • Introduction to squad swimming • Focus on drills/skills, technique development in all 4 strokes • Dives & turns • Fun • Target: Junior State Entry Criteria
Junior State	<ul style="list-style-type: none"> • Mon 4-5pm • Tues 530-700am, 4-5pm • Wed 4-5pm • Thurs 530-700am, 4-5pm, 5-6pm • Fri 530-700am, 4-5pm • Sat 630am-830am 	<ul style="list-style-type: none"> • 8-12 years • 3-4 sessions per wk • 2 to 3km per session 	<ul style="list-style-type: none"> • Compulsory competitive swimming • Assessed for readiness by Head Coach • Commitment to pursue Junior State Qualifying times & on track to achieve • Club Annual Membership 	<ul style="list-style-type: none"> • Refine & advance technique and skills • Increase training intensity & begin to push limits but still have fun • Target: Junior State Championship Qualifying Times
Development	<ul style="list-style-type: none"> • Mon 4-5pm • Tues 530-700am, 4-5pm • Wed 4-5pm, 5-6pm • Thurs 530-700am, 4-5pm, 5-6pm • Fri 530-700am, 4-5pm • Sat 630am-830am 	<ul style="list-style-type: none"> • 12-13+ years • 3-4 sessions per wk • 2 to 4km per session 	<ul style="list-style-type: none"> • Commitment to competitive swimming, including attendance at club nights and targeted meets • Club Participation membership at minimum 	<ul style="list-style-type: none"> • Refine & advance technique and skills, but may not yet be targeting or on track to achieve Age State times • Increase training intensity & begin to push limits but still have fun • Target: Junior or Age State Squad Entry Criteria
Age State	<ul style="list-style-type: none"> • Mon 530-715am, 5-615pm • Tues 530-715am • Wed 530-715am • Thurs 530-715am, 5-615pm • Fri 530-715am • Sat 630am-830am 	<ul style="list-style-type: none"> • 12/13+ years • 4-5 sessions per wk • 3 to 5km per session 	<ul style="list-style-type: none"> • Compulsory competitive swimming • Experience swimming Junior States • Commitment to pursue Age State Qualifying times & on track to achieve • Strong training ethic & athlete mindset* • Attendance consistency • Assessed for readiness by Head Coach • Club Annual Membership 	<ul style="list-style-type: none"> • Gradually increase training intensity further • Dry land strength sessions • Target: Age State Qualifying Times
Performance	<ul style="list-style-type: none"> • Mon 530am-730am • Tues 530am-730am, 515pm-645pm • Wed 530-730am • Thurs 530am-730am • Fri 530am-730am, 515pm-645pm • Sat 630am-830am 	<ul style="list-style-type: none"> • 12/13+ years • 5-7 sessions per wk • 4 to 7km per session 	<ul style="list-style-type: none"> • Compulsory competitive swimming • Experience swimming Age States • Commitment to pursue National Qualifying times • Strong training ethic & athlete mindset* • Attendance consistency • Assessed for readiness by Head Coach • Club Annual Membership 	<ul style="list-style-type: none"> • Intense focus on skills, technique, speed and endurance • Comprehensive gym + dry land strength sessions • Target: Age State & National Qualifying Times

***See FAQ & separate attachment for more information on athlete mindset**

Squad	Training Days & Times	Age range & Distance	Entry Criteria	Squad objectives
Uni Swim	<ul style="list-style-type: none"> Any 3 from Performance Squad times 	<ul style="list-style-type: none"> 3 sessions per wk 4 to 7km per session 	<ul style="list-style-type: none"> Commitment to competitive swimming, including attendance at club nights and targeted meets Studying in year 12 or University Former Performance Squad Swimmer, or at discretion of Head Coach. Club Annual Membership 	<ul style="list-style-type: none"> Swim with the Performance Squad but reduce swim load to 3x per week Once study commitments ease, swimmers may choose to return to the Performance Squad, subject to still meeting the entry criteria Target: Meet study goals while maintaining form in the pool
FitSpeed	<ul style="list-style-type: none"> Mon 6-715pm Tues 515-630pm Wed 6-7pm Thurs 6-715pm Fri 515-630pm 	<ul style="list-style-type: none"> 12/13+ years 1-2 sessions per wk 2 to 3km per session 	<ul style="list-style-type: none"> Committed to swimming improvement but may not want to compete May be former Torpedo, Junior State or Age State swimmers, or external enrolments. Membership optional 	<ul style="list-style-type: none"> Strive for continuous personal improvement while having fun Improve technique, speed & endurance Reach criteria to transition to competitive squads Target: Meet personal swimming objectives & compete if desired

Competitive swimming optional
 Competitive swimming compulsory