



Wenona Swim Squads Outline

Overview

Wenona Swim Squads cater for swimmers aged 7 years and above who are seeking to improve their swimming technique, fitness, or pursue the competitive pathway. This document outlines the different squads offered and a short description of the standards involved.

Trials

All swimmers interested in joining a Wenona Swim Squad are required to register their interest by emailing swimming@wenona.nsw.edu.au. Swimmers will undergo a 1 to 2 week trial period under the guidance of the Head Coach or an Assistant Coach to determine if they are eligible for one of the squads on offer. Acceptance into a squad is then dependent on available space in that squad.

Capacity

Squad sizes are restricted to ensure suitable coach to swimmer ratios are maintained, therefore, spaces are limited and waiting lists are formed when a squad reaches its capacity.

Squad Progression

Swimmers continuously have their attendance, testing results, and training efforts monitored to ensure appropriate progression within the squad program is achieved. Progression to the next squad will be at the discretion of the Head Coach, to ensure the transition is beneficial for the development of the swimmer.

Fees and Queries

Please email swimming@wenona.nsw.edu.au for a copy of the Information Sheet and for any queries.

Development Squads

Mini Squad | Junior Squad | Junior Emerging Squad

Mini Squad

Age: 7 to 10 years old (guideline).

Commitment: 1 to 2 sessions per week.

Session length: 45 minutes.

Standard: The focus in Mini squad is on correct technique, timing, and overall stroke coordination. Training sessions are based around the four competitive strokes with the goal of improving body position in the water. Swimmers are taught training etiquette and basic squad fundamentals that will be used as they progress through the different squads. Sessions are conducted either in the program pool or the 25m competition pool.

Equipment: Kickboard and short flippers are provided by the facility; drink bottle is highly recommended.

Competitions: WSC membership optional.



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Junior Squad

Age: 8 to 12 years old (guideline).

Commitment: 1 to 2 sessions per week.

Session length: 60 minutes.

Standard: Training continues to focus on developing the technique and coordination for all four competitive strokes, including the introduction of competition race skills such as dives, turns, and finishes. Sessions will develop endurance whilst continuing to improve swimmers skills and knowledge.

Equipment: Kickboard, short flippers, and pull buoy are provided by the facility; drink bottle is highly recommended.

Competitions: WSC membership recommended. Swimmers are encouraged to race at WSC events, Wenona Mini Meets, and Speedo Sprint Heats.

Junior Emerging Squad

Age: 8 to 12 years old (guideline).

Commitment: 1 to 3 sessions per week.

Session length: 60 minutes.

Standard: Junior Emerging caters for competent or competitive junior swimmers who aren't yet eligible for Junior Performance. Sessions aim to progressively improve swimmers understanding of training skills through systematic training drills. The focus is on continuing to refine swimmers development in all four competitive strokes and improving general fitness levels.

Equipment: Kickboard, short flippers, and pull buoy are provided by the facility; drink bottle is highly recommended.

Competitions: WSC membership optional. Swimmers are encouraged to race at WSC events, Wenona Mini Meets, and Speedo Sprint Heats.



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Competitive Squads

Junior Performance Squad | Senior Target Squad | Senior Performance Squad

Junior Performance Squad

Age: 8 to 12 years old (guideline).

Commitment: 2 to 4 sessions per week.

Session length: 90 minutes, inclusive of dryland training/activations.

Standard: Junior Performance caters for competent junior swimmers involved in swimming as a competitive sport. The emphasis is on continual technique improvement in all strokes, including starts and turns, whilst improving endurance and speed. Coaches are looking to develop swimmers full competitive potential.

Equipment: Kickboard, short flippers, pull buoy, finger paddles, front snorkel, and drink bottle. Swimmers are expected to have their own kit bag.

Competitions: WSC 'Competitive Swimmer' membership essential. Swimmers are required to race at WSC events, Wenona Mini Meets, SMNE Summer & Winter Championships & Speedo Sprint Heats, aiming to qualify for Metropolitan and NSW Junior State Championships.

Senior Target Squad

Age: 11 to 15 years old (age dependant and at Head Coach's discretion).

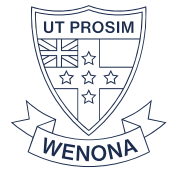
Commitment: 3 to 4 sessions per week.

Session length: 75 minutes, plus dryland training/activations.

Standard: Target squad is designed to cater for competent senior swimmers who want to be involved in swimming as a competitive sport. Training is designed to refine skills and techniques to enable the swimmers to reach their full competitive potential.

Equipment: Kickboard, short flippers, pull buoy, finger paddles, front snorkel, and drink bottle. Swimmers are expected to have their own kit bag.

Competition: WSC 'Competitive Swimmer' membership essential. Swimmers are required to attend WSC events, Wenona Mini Meets, SMNE competitions, and qualify for NSW State Championships. As a minimum representative standard, the swimmer must qualify and compete in 3 individual events at SMNE Championships.



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Senior Performance Squad

Age: from 13 years old (age dependant and at Head Coach's discretion).

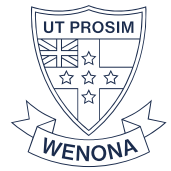
Commitment: Minimum of 3 sessions per week; swimming attendance is based on age, development, and goals.

Session length: 90 to 120 minutes, inclusive of dryland training/activations.

Standard: Training is designed for competent swimmers fully committed to improving their performance and increasing their understanding of how enhancements in performance are achieved. Sessions are designed to cater for continuous progression throughout the season, and swimmers are asked to commit to the same session throughout the season to allow for appropriate adaptation to occur.

Equipment: Kickboard, hand paddles, finger paddles, short flippers, pull buoy, front snorkel, band, and drink bottle. Swimmers are expected to have their own kit bag.

Competitions: WSC 'Competitive Swimmer' essential. Attendance at WSC events, SMNE competitions, and any other targeted meets throughout the year. Swimmers must qualify for and compete in 5 events at SMNE Championships. Swimmers are targeting representation individually and as part of relay teams at NSW State and National events.



Wenona Swim Squads Outline

Fitness Squads (Wenona Students only)

Fitness Squad | Fit & Fast Squad

Fitness Squad

Age: Years 7 to 12 students.

Commitment: 1 or more sessions per week (depending on available space).

Session length: 45 Minutes.

Standard: Swimmers who are looking to improve their general fitness levels or looking to participate in some cross training in a low impact environment. The squad is designed to give balance to the swimmers in the water whilst acquiring new drills and skills.

Equipment: Training equipment is provided by the school for participating students.

Competitions: WSC membership is optional.

Fit & Fast Squad

Age: Year 7 to 12 students.

Commitment: 1 or more sessions per week (depending on available space).

Session length: 60 minutes.

Standard: Designed for advanced fitness swimmers, who are looking to improve fitness and speed, whilst boosting performance in other competitive sports.

Equipment: Training equipment is provided by the school for participating students.

Competitions: WSC membership is optional.