



# Wenona Swim Squads Outline

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## Overview

Wenona Swim Squads cater for swimmers aged 7 to 18 years 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](mailto: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](mailto:swimming@wenona.nsw.edu.au) for a copy of the Information Sheet and for any queries.

## Please note:

*The information outlined is subject to change in line with program requirements.*



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## Development Squads

*Mini Squad | Junior Squad*

### Mini Squad

**Age:** 7 to 12 years old (Years 1 to 6).

**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.

### Junior Squad

**Age:** 8 to 12 years old (Years 2 to 6).

**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:** Wenona Swim Club memberships are not essential for swimmers apart of the Junior Squad. Swimmers are welcome to join the swim club at any stage of the season.



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## Competitive Squads

*Junior Competitive Squad | Junior Performance Squad | Senior Performance Squad | Senior Squad | Fit & Fast*

### Junior Competitive Squad

**Age:** 7 to 12 years old (guideline).

**Commitment:** 2-3 sessions per week.

**Session length:** 60 - 70 minutes

**Standard:** Junior Competitive squad caters for emerging swimmers involved in swimming as a competitive sport. Training is designed to develop swimmers understanding of training in a squad environment, improve training technique for all four competitive strokes and whilst developing a knowledge of race skills, to be utilised when competing.

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

**Competitions:** WSC 'Club Swimmer' membership is essential. Swimmers are required to race at WSC events, Wenona Mini Meets, Speedo Sprint Heats and Target qualification at SMNE Summer & Winter Championships.

### Junior Performance Squad

**Age:** 9 to 13 years and swimming apart of the SNSW competition pathways

**Commitment:** 3-4 sessions per week.

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

**Standard:** Junior Performance caters for competent junior swimmers involved in swimming as their main 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 is 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.



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## Senior Performance Squad

**Age:** 13&O swimmers, and at the head coach's discretion.

**Commitment:** Full commitment to all 7 sessions, including 1 Gym/Swim sessions per week.

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

**Standard:** Training is designed for fully committed athletes 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. Swimmers required to be targeting SNSW Senior state championships and national age representative.

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

## Senior Squad (Wenona Students Only)

**Age:** Year 7 to 12 students.

**Commitment:** Minimum 3 sessions per week.

**Session length:** 60 minutes.

**Standard:** Squad is designed for Wenona Senior School students who have reduced availability to train due to school commitments and leadership opportunities. Training is designed for swimmers who are still seeking to improve their performance and increase their understanding of how enhancements in performance are achieved. Sessions are designed to cater for continuous progression throughout the season. Swimmers required to be targeting IGSA Swim Team and NSW Summer State Championships.

**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' membership is essential.

## Fit & Fast Squad (Wenona Students Only)

**Age:** Year 7 to 12 students.

**Commitment:** 1 or more sessions per week depending on individuals' goals.

**Session length:** 60 minutes.

**Standard:** Designed for advanced swimmers and competitive swimmers, who are looking to improve technique and speed, whilst boosting performance in the water in other competitive sports. Sessions are designed to develop speed and technique.

**Equipment:** Drink bottle. Basic training equipment such as flippers, kickboard and pull buoys are provided by the school for participating students.

**Competitions:** WSC membership is optional.



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## Fitness Squad (Wenona Students only)

*Fitness 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.