

# Wenona Competitive Squads Outline



*Junior Competitive | Junior Performance | Senior Performance | 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.