



Banksia Squad

Aim	<p>To cultivate the physical, psychological, technical and tactical skills necessary for swimmers aspiring to be an Australian Age Medallist, Australian Open Finalist, Australian Junior Team member and compete at the Senior Elite level.</p> <p>We encourage building strong relationships and fostering a positive team culture built on teamwork, trust, honesty and excellence.</p>
Age	15-18 years+ (*Coaches discretion)
Coaching Fees	<p><u>Swim Coaching Fees</u> \$215pcm May-April Inclusive This will include;</p> <ul style="list-style-type: none"> • An individualised, progressive and periodised swim training plan • Sessions supervised and facilitated by an ASCTA qualified professional coach • Pool Access for all AM and PM training sessions • This does NOT include free pool access to any competitions Swimmers will need to pay pool entry for meet access <p><u>Strength & Conditioning Membership Fees: \$49 / wk + GST</u> We utilise the expert coaching staff at Precision Athletica This will include;</p> <ul style="list-style-type: none"> • Access to the Precision Athletica High Performance Training Area for scheduled S&C sessions • An individualised, progressive and periodised S&C training plan • 3x Sessions supervised and facilitated by an expert practitioner • All performance monitoring
Competition Performance Standard	Australian Age Finalist OR Australian Open Qualifier
Training Performance Standard	<p>A one-week trial is required to assess capacity and suitability for the program.</p> <ul style="list-style-type: none"> • To book a trial follow this link : https://www.sydneyolympicpark.nsw.gov.au/aquatic-centre/aquatic-programs/competitive-squads/new-squad-swimmer-enquiry-form
Training Commitment	<p>Consistently attend a minimum of 7 and up to 9 swim sessions + 2-3 gym sessions per week</p> <p>Complete 20 minutes of squad mobility, activation and stretches including any specific physio exercises prior to swimming</p>
Competition Commitment	<p>Active SOPAC Swim Team member</p> <p>An individual's competition calendar and event selection will be co-ordinated in consultation with the Head Coach</p>
Performance Centre Head Coach Discretion	Final athlete acceptance into the SOPAC Performance Centre program is ultimately approved by the Head Coach. Athletes must be able to recognise and acknowledge the key identified areas for development and must be willing to commit to addressing them in a daily performance environment
Code of Conduct	<p>Everyone interacting with the Performance Centres is expected to follow the Swimming Australia Code of Conduct . This includes athletes, parents and coaches. Swimming NSW has the right to refuse or remove any person from the Performance Centre if they are found to have breached the Code of Conduct</p>



Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	*Mobility 5:00-5:20 Swim 5:30-7:15	Mobility 5:00-5:20 Swim 5:30-7:15	*Mobility 5:00-5:20 Swim 5:30-7:15	Mobility 5:00-5:20 Swim 5:30-7:15	*Mobility 5:00-5:20 Swim 5:30-7:15	Mobility 6:00-6:20 Swim 6:30-8:30 Gym
PM	*Activation 4:00-4:20 Swim 4:30-6:30	Gym	*Activation 4:00-4:20 Swim 4:30-6:30	Gym	*Activation 4:00-4:20 Swim 4:30-6:30	

*Key Swim Sessions Mon PM, Wed PM, Fri PM, Sat AM

**Session Times and Venues can change slightly due to pool closures and other events

Equipment

Every swimmer must have a wet-bag containing their gear. Since many swimmers have similar, if not identical, equipment, it's crucial to clearly label your items. Everyone is responsible for their own gear.

Equipment you will need: Short Blade Fins, Pull Buoy, Band, Small Paddles (finger), Big Paddles (hand), Kick Board, Snorkel, Drag Sox or Parachute, Goggles x2, Drink Bottle

Logbook to record practices, goals (training and competition), meet results/splits/SR, qualifying times, other comments.