



Bottlebrush Squad

Aim	<p>To foster a love for the sport of swimming.</p> <p>The Bottlebrush program is for swimmers who are being introduced to; or developing skills for an introduction to competitive swimming. Swimmers will be focused on developing skills across all 4 competitive strokes (Butterfly, Backstroke, Breaststroke, Freestyle), while integrating starts, turn and underwater skills practice.</p> <p>Swimmers that are interested, will be introduced to competitive swimming through club nights and appropriate coach supported local area meets.</p> <p>Participation in another sport to complement swim practice is also encouraged at this stage.</p>
Age	8-12 years+ (*Coaches discretion)
Coaching Fees	<p><u>Swim Coaching Fees</u> \$190pcm May-April Inclusive This will include;</p> <ul style="list-style-type: none"> • A skill and technique focussed, 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
Competition Performance Standard	Not Applicable
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	Consistently attend a minimum of 3 and up to 5 swim sessions.
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 Bottlebrush Squad 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	Everyone interacting with the Performance Centres is expected to follow the <u>Swimming Australia Code of Conduct</u> . 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



Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
AM			Swim 5:45-7:00		Swim 5:45-7:00
PM	Swim 4:00-5:15	Swim 4:00-5:15		Swim 4:00-5:15	Swim 4:00-5:15
	Swim 5:15-6:30	Swim 5:15-6:30		Swim 5:15-6:30	Swim 5:15-6:30

**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, Kick Board, Snorkel, Goggles x2, Drink Bottle.

If you have any questions, please don't hesitate to ask. Welcome again and we hope that you enjoy your time with us.

Key Contacts

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