



## Waratah Squad

<b>Aim</b>	<p>To foster a love for the sport of swimming. We aim to cultivate a positive team culture and build relationships among swimmers with similar aspirations.</p> <p>The Waratah program focuses on refining the technical skills of all four competitive strokes, starts, turns, underwater work. We begin to emphasise building the swimmers aerobic capacity and neuromuscular development.</p> <p>Additionally, we aim to educate swimmers on the physical and mental skills necessary for competing at the NSW Area, Metro, and State levels.</p> <p>Participation in another sport to compliment swim practice is also encouraged at this stage.</p>
<b>Age</b>	11-14 years+ (*Coaches discretion)
<b>Coaching Fees</b>	<p><u>Swim Coaching Fees</u>          \$195pcm May-April Inclusive          This will include;</p> <ul style="list-style-type: none"> <li>• A skill and technique focussed, progressive and periodised swim training plan</li> <li>• Sessions supervised and facilitated by an ASCTA qualified professional coach</li> <li>• Pool Access for all AM and PM training sessions</li> <li>• This does NOT include free pool access to any competitions              Swimmers will need to pay pool entry for meet access</li> </ul>
<b>Competition Performance Standard</b>	Not applicable
<b>Training Performance Standard</b>	<p>A one-week trial is required to assess capacity and suitability for the program.</p> <ul style="list-style-type: none"> <li>• To book a trial follow this link : <a href="https://www.sydneyolympicpark.nsw.gov.au/aquatic-centre/aquatic-programs/competitive-squads/new-squad-swimmer-enquiry-form">https://www.sydneyolympicpark.nsw.gov.au/aquatic-centre/aquatic-programs/competitive-squads/new-squad-swimmer-enquiry-form</a></li> </ul>
<b>Training Commitment</b>	<p>Consistently attend a minimum of 4 and up to 6 swim sessions.</p> <p>Complete 20 minutes of squad mobility, activation and stretches including any specific physio exercises prior to swimming</p>
<b>Competition Commitment</b>	<p>Active SOPAC Swim Team member</p> <p>An individual's competition calendar and event selection will be co-ordinated in consultation with the Waratah Squad Coach</p>
<b>Performance Centre Head Coach Discretion</b>	<p>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</p>
<b>Code of Conduct</b>	<p>Everyone interacting with the Performance Centres is expected to follow the <a href="#">Swimming Australia Code of Conduct</a> . 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
AM	Mobility 5:00-5:20 Swim 5:30-7:00		Mobility 5:00-5:20 Swim 5:30-7:00		Mobility 5:00-5:20 Swim 5:30-7:00
PM	*Activation 4:00-4:20 Swim 4:30-6:00	*Activation 4:00-4:20 Swim 4:30-6:00		*Activation 4:00-4:20 Swim 4:30-6:00	

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