

# **GEELONG SWIMMING CLUB**

## **SEASON 2011-12 SQUAD NOMINATION**

The Geelong Swimming Club squad structure is designed to cater for the needs of all swimmers. At the same time, we aim to provide a pathway for swimmers from Club through to Country, State, National and International level.

We set the intensity and volume of training at a level so that all swimmer can be their best.

COMPLETE THE NOMINATION FORM BELOW AND RETURN TO JOHN, REBECCA OR WENDY.

### **HIGH PERFORMANCE SQUAD CRITERIA - Coach JOHN BECKWORTH.**

- Qualified for Australian Age and/or Australian Open Swimming Championships.
- Train a minimum of 6 sessions pool per week ( 8 RECOMMENDED)
- Complete 2-3 gym sessions per week.

### **NATIONAL TARGET SQUAD CRITERIA - Coach JOHN BECKWORTH**

- Aim for the Australian Age Qualifying times.
- Train minimum of 5 pool sessions.
- Complete 1-2 gym sessions per week.
- Compete at all Victorian Championships.

### **OPEN WATER SQUAD CRITERIA – Coach JOHN BECKWORTH**

- 3 sessions per week.
- Only morning sessions available for this squad.

### **COMPETITON TARGET SQUAD CRITERIA – Coach REBECCA BALM**

- Refine racing skills, starts, turns and guidelines for competing.
- Compete regularly to practice racing skills and aim to achieve Victorian qualifying times.
- Train minimum 4 sessions.
- Junior Fitness swimmers train 2 sessions per week with this squad

### **SKILLS DEVELOPMENT SQUAD CRITERIA - Coach WENDY SVETNIK**

- Developing stroke skills in Freestyle, Backstroke, Breaststroke, Butterfly.
- To introduce racing skills including starts, turns and competition procedures.
- Aim to participate in local swimming carnivals.

---

TEAR OFF AND RETURN BY MONDAY 13<sup>th</sup> JUNE,2011

NAME: \_\_\_\_\_

GSC SQUAD NOMINATION: \_\_\_\_\_

I understand and agree to meet the commitment of the squad I have nominated.

SWIMMERS SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

**PLEASE NOTE :Training fees will be based on your nominated squad for the season. You must let your coach know if you are sick, on holiday or competing so it can be registered on the roll.**