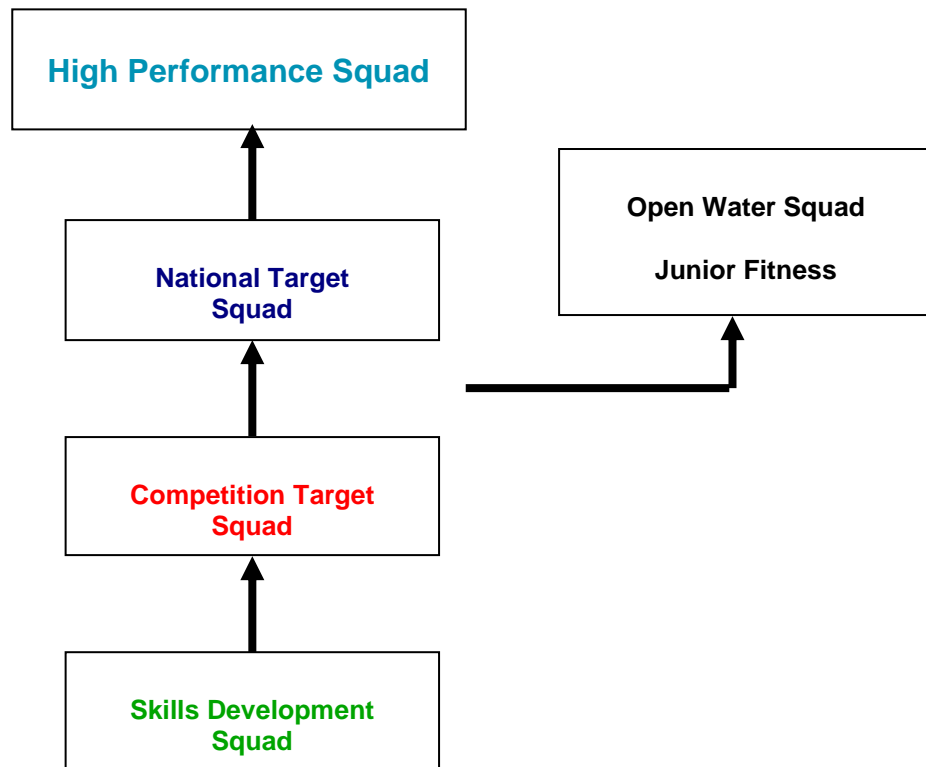


Geelong Swimming Club Squad Structure and Selection Criteria



When coaches consider swimmers for squads, they consider the following:

1. The swimmer's commitment to the minimum number of sessions.
2. A demonstrated ability that the swimmer can handle the workload.
3. The swimmer's social development.
4. The swimmers goals and commitment to competition.

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.

All swimmers must participate in the monthly Club competition and nominate for the Inter District teams.