

2018 Squad Criteria

Important note: Current squad placements will remain in place.

Note: Updated squad criteria qualifying times based on the latest Swimming Australia, JX Tier 4 times.

The following criteria are supported by these principles:

- Technique is a vital component of training and should always be addressed by both the coach and the swimmer. It is an on-going component of every swimmer's journey. If the need arises, there will be an opportunity to attend focused technique sessions for a small fee.
- Squad placement is always under review and should injury, illness or general performance not be up to the required standard, the swimmer will be called in for review. A meeting can be arranged between the coach, swimmer and their guardian (as necessary) to create a mutually agreed performance plan setting goals which will enable a swimmer to remain in the squad.
- SAALC reserves the right to add extra coaches depending on group size. Should this occur, fees may have to be adjusted upwards to keep in line with costs.

Junior Squad 2

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Athlete is between 7 and 13 years of age.
- Competent and confident in all 4 strokes - freestyle, backstroke, breaststroke and butterfly - with good technique.
- Swimmers can train up to 3 sessions per week.
- Can swim up to 200m freestyle.

Junior Squad 1

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Athlete is 8 years or over.
- Has made at least 1 of the Tier 4 JX qualifying time as set out on page 2 and preferably the 200IM.
- Selected at Development Coach's discretion.
- Must become a fully competitive Marion Swimming Club Membership.

- Swimmers can train up to 4 sessions per week.
- Able to do competitive turns, streamline and dive entry.

J1-Development Transition

Session on Tuesday morning for invited swimmers who are close to Development times.

Sessions will be used at the discretion of the Development Coach for swimmers who may need more stimulus.

Tier 4 JX qualifying times:

GIRLS	8/9 years	10 years	11 years	12 years & Over
50 Freestyle	46	42	38	37
100 Freestyle			1:23	1:20
200 Freestyle				2:57
400 Freestyle				6:11
800 Freestyle				
50 Backstroke	55	48	43	42
100 Backstroke			1:31	1:29
200 Backstroke				3:13
50 Breaststroke	1:00	54	48	47
100 Breaststroke			1:43	1:40
200 Breaststroke				3:39
50 Butterfly	51	45	40	39
100 Butterfly			1:29	1:27
200 Butterfly				3:13
200 IM	4:05	3:42	3:22	3:16
400 IM				

Tier 4 JX qualifying times:

BOYS	8/9 years	10 years	11 years	12 years & Over
50 Freestyle	46	42	38	36
100 Freestyle			1:24	1:20
200 Freestyle				2:58
400 Freestyle				6:17
800 Freestyle				
1500 Freestyle				
50 Backstroke	52	47	43	41
100 Backstroke			1:33	1:29
200 Backstroke				3:16
50 Breaststroke	58	52	48	46
100 Breaststroke			1:45	1:39
200 Breaststroke				3:38
50 Butterfly	49	45	41	39
100 Butterfly			1:31	1:26
200 Butterfly				3:14
200 IM	4:10	3:46	3:28	3:17
400 IM				

Development Squad

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Athlete is 10 years or over.
- Has made two qualifying standards for events 100m or above and preferably the 200 IM as set out in the table on page 3-4. (Have to swim at least 1x 200IM.)
- Requires good technique in all 4 strokes with excellent turns.
- Selected at the Coaching Team's discretion.
- Swimmers train a minimum of 5 sessions per week.

Dev-State Transition

This will be at the discretion of the Development Coach. As it is the same coach who trains both squads, when swimmers progress and it is felt a new stimulus needs to be provided, the coach can use a State Squad session to aid progression. (See next page.)

Qualifying Standards:

GIRLS	11 & Under	12	13	14 & Over
100 Freestyle	1:16	1:12	1:09	1:07
200 Freestyle	2:50	2:39	2:33	2:30
400 Freestyle	5:36		5:21	5:18
800 Freestyle	10:40			
100 Backstroke	1:29	1:26	1:21	1:19
200 Backstroke	3:12	3:04	3:01	2:58
100 Breaststroke	1:40	1:38	1:36	1:34
200 Breaststroke	3:36	3:32	3:25	3:23
100 Butterfly	1:27	1:25	1:24	1:20
200 Butterfly	3:14	3:12	3:10	3:08
200 IM	3:14	3:03	2:59	2:55
400 IM	6:47		6:05	5:55

BOYS	11 & Under	12	13 & Over	
100 Freestyle	1:17	1:13	1:08	1:05
200 Freestyle	2:54	2:41	2:33	2:29
400 Freestyle	5:48		5:13	5:08
800 Freestyle	10:50			
100 Backstroke	1:30	1:28	1:24	1:22
200 Backstroke	3:14	3:11	3:02	2:58
100 Breaststroke	1:40	1:37	1:35	1:33
200 Breaststroke	3:34	3:26	3:22	3:19
100 Butterfly	1:29	1:24	1:22	1:20
200 Butterfly	3:16	3:12	3:10	3:05
200 IM	3:21	3:07	2:53	2:50
400 IM	6:36		6:02	5:57

State Squad

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Athlete is 12 years and over.
- Has made two qualifying standards below in a 100m or 200m Event - one preferably the 200 IM. Times are approximately between SA State Age and National Age Qualifying times.
- Selected at the Coaching Team's discretion.
- Swimmers train a minimum of 6 sessions per week.

State-National Age Transition

15 year and over swimmers who still have the desire to compete at National Level will have the opportunity to train with National Age on Wed am and Sat am. This will also apply to 14 year olds who have been with Sally for over 3 years.

Qualifying Standards:

Girls	13 & Under	14 & Over
100 Freestyle	1.06	1.04
200 Freestyle	2.24	2.22
400 Freestyle	4.56	4.52
800 Freestyle	10.08	10.00
100 Backstroke	1.17	1.14
200 Backstroke	2.45	2.41
100 Breaststroke	1.29	1.27
200 Breaststroke	3.09	3.05
100 Butterfly	1.16	1.15
200 Butterfly	2.50	2.44
200 IM	2.44	2.41
400 IM	5.44	5.39

Boys	13 & Under	14 & Over
100 Freestyle	1.04	1.01
200 Freestyle	2.21	2.15
400 Freestyle	4.56	4.45
800 Freestyle	10.10	-
100 Backstroke	1.15	1.12
200 Backstroke	2.44	2.37
100 Breaststroke	1.26	1.22
200 Breaststroke	3.04	2.52
100 Butterfly	1.15	1.09
200 Butterfly	2.50	2.39
200 IM	2.40	2.33
400 IM	5.43	5.31

National Maroon Squad

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Athlete is 13 years and over.
- Has swum a National Long-Course qualifying time for 100m or above (Open/Age). (Age as of date of National Age meet.) Check Swimming Australia's website for current Qualifying Times.
- Selected at the Coaching Team's discretion. There may be exceptions to this criteria at the Coaching Team's discretion.
- Swimmers train a minimum of 7 sessions per week.
- Squad placement in both National Squads is reviewed after the National, Long-Course Championships each season.

National Age-National Senior Transition

This will be at the discretion of the Head Coach. When swimmers progress and it is felt a new stimulus needs to be provided, the coach can use National Senior sessions to aid progression. Sally coaches National Maroon, Shelly coaches Gold.

National Gold Squad

Squad placement is made at the discretion of the coaching team with the following criteria being taken into account:

Criteria

- Female athlete is 14 years or over.
- Male athlete is 15 years or over.
- Needs to have achieved a National final or two qualifying times with the intent of competing at Open Level.
- Selected at the Coaching Team's discretion. There may be exceptions to this criteria at the Coaching Team's discretion.
- Swimmers train a minimum of 7 sessions per week.
- Squad placement in both National Squads is reviewed after the National, Long-Course Championships each season.

National Gold-HP Transition

This will be at the discretion of the High Performance Coach. This will be for swimmers who show the talent and desire to be successful at the National Open level. It will involve invited session with the High Performance Squad

Note: Squad placement in both National Squads is reviewed after the National, Long-Course Championships each season.

FAST Squad

(Fitness Aquatics Surf Triathlon Squad)

Note: This Squad is undergoing transition to a Triathlon based training approach.

The focus of this Squad is supporting all athletes to reach their aquatic goals, regardless of their sport

Criteria

- Athlete is 12 years or over.
- Can swim 200 Freestyle.
- Swimmers train a maximum of 4 sessions per week.

Mini FAST Squad

(Minimum version of FAST Squad)

The focus of this Squad is supporting all athletes to reach their aquatic goals, regardless of their sport

Criteria

- Athlete can swim 200m Freestyle.
- Swimmers train a maximum of 2 sessions per week.