

Gold Squad - Chalmers

Squad placement is based on meeting minimum criteria (see below), commitment and performance. There may be times when the Head Coach will exercise discretion based on injury, illness, study and mental wellbeing which will be addressed with the individual on a case by case basis.

Criteria

- Female athlete is 14 years or over as at National Age Championships.
- Male athlete is 15 years or over as at National Age Championships.
- Athlete has made a National Age final (from the previous season) or achieved two qualifying times for either/or National Age or Open Championships.
- They must have swum in the National meet for that season.
- Those competing at National Age must also have the intent to compete at Open championships once qualified and will confirm this via Athlete Agreement.
- Open Water Athletes will be considered based on their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- All athletes must be registered members of Marion Swimming Club (MSC).

Expectations

GOLD squad is an elite performance squad and a privilege to be part of. Its aim is to achieve optimum results at Open and Age level and to facilitate a pathway through to the South Australian Sports Institute (SASI). As a result, the following key criteria must be considered:

- 100% agreed training sessions via the Athlete agreement. Note: This squad offers 14 available training sessions per week including swim, dryland and yoga. This is a holistic program that supports optimum performance and outcomes. To fall below these required training sessions will require a meeting with the Head Coach, re-assessment of goals and a performance plan to be implemented.
- Squad placement will be reviewed after the National Open and Age Long-Course Championships each season. There will be no guarantee that a squad place will be held if the agreed criteria is not met.
- If, due to unforeseen circumstances, an athlete cannot meet these criteria, please request a one on one meeting with the Head Coach to address the matter.

Our coaching cohort are here to listen, support and encourage you on your journey as an athlete and help you achieve your optimum performance.

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Note: From time to time and at the Coach's discretion, athletes may be invited to join this training group. At this time the athlete must agree to the above expectations. A signed agreement indicating the athlete's commitment will be requested.

Silver Squad – Hunter

Squad placement is based on meeting minimum criteria (see below), commitment and performance. There may be times when the Coaching Cohort will exercise discretion based on injury, illness, study and mental wellbeing which will be addressed with the individual on a case by case basis.

Criteria

- Female Athlete is 13 years or over as at National Age Championships.
- Male athlete is 14 years or over as at National Age Championships.
- Athlete has swum a National Age Long-Course qualifying time for 100m or above. (Age as of date of National Age meet) Check Swimming Australia's website for current Qualifying Times or has achieved 2 times from the qualifying standards below (100m upwards).
- Open Water Athletes will be considered based on their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- All athletes must be registered members of Marion Swimming Club (MSC).

Expectations

Silver Squad is an elite age group squad and a privilege to be a part of. Its aim is to achieve optimum results at State and National level add to facilitate a pathway to Gold squad. As a result, the following key criteria must be considered:

- 100% agreed training sessions via the Athlete agreement. Note: This squad offers 9 available training sessions per week including swim, dryland and yoga. This is a holistic program that supports optimum performance and outcomes. To fall below these required training sessions will require a meeting with your Coach, re-assessment of goals and a performance plan to be implemented.
- Squad placement will be reviewed after the National Open and Age Long-Course Championships each season. There will be no guarantee that a squad place will be held if these criteria are not met.
- If, due to unforeseen circumstances, an athlete cannot meet these criteria, please request a meeting one on one with the Head Coach to address.

Our coaching cohort are here to listen, support and encourage you on your journey as an athlete and help you achieve your optimum performance.

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Qualifying Standards for Hunter Squad:

Girls	13-14	15 & Over
100 Freestyle	1.05	1.03
200 Freestyle	2.23	2.18
400 Freestyle	5.02	4.52
800 Freestyle	10.14	9.53
100 Backstroke	1.13	1.10
200 Backstroke	2.40	2.34
100 Breaststroke	1.25	1.22
200 Breaststroke	3.05	2.59
100 Butterfly	1.11	1.09
200 Butterfly	2.40	2.34
200 IM	2.44	2.38
400 IM	5.49	5.37

Boys	14-15	16 & Over
100 Freestyle	1.00	57.00
200 Freestyle	2.13	2.06
400 Freestyle	4.44	4.29
800 Freestyle	9.48	9.17
1500 Freestyle	18.38	17.40
100 Backstroke	1.08	1.05
200 Backstroke	2.30	2.22
100 Breaststroke	1.17	1.13
200 Breaststroke	2.48	2.39
100 Butterfly	1.05	1.02
200 Butterfly	2.28	2.21
200 IM	2.32	2.24
400 IM	5.25	5.09

Note:

- From time to time and at the Coach's discretion, athletes may be invited to join this training group. At this time the athlete must agree to the above expectations. A signed agreement indicating the athlete's commitment will be requested.
- Qualifying times must have been achieved in a 50m long course pool at a registered meet.

Bronze squad - Beringen

Squad placement is based on meeting minimum criteria (see below), commitment and performance. There may be times when the coaching cohort will exercise discretion based on injury, illness, study and mental wellbeing which will be addressed with the individual on a case by case basis.

Criteria

- Athlete is 11 years or over.
- Has made two qualifying standards for events 100m or above and preferably the 200 IM as set out in the table below. (Swimmer must have swum at least 1x 200IM prior to joining this squad).
- Requires good technique in all 4 strokes with excellent turns.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- All athletes must be registered members of Marion Swimming Club (MSC).

Expectations

Bronze Squad is a development squad and a privilege to be a part of. Its aim is to achieve optimum results at State level and to facilitate a pathway to Silver squad. As a result, the following key criteria must be considered:

- 100% agreed training sessions via the Athlete agreement. Note: This squad offers 9 available training sessions per week including swim, dryland and bootcamp. This is a holistic program that supports optimum performance and outcomes. To fall below these required training sessions will require a meeting with your Coach, re-assessment of goals and a performance plan to be implemented.
- If, due to unforeseen circumstances, an athlete cannot meet these criteria, please request a meeting one on one with the Head Coach to address.

Our coaching cohort are here to listen, support and encourage you on your journey as an athlete and help you achieve your optimum performance.

The Coaching team will endeavour to:

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- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Qualifying Standards:

GIRLS	11	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	12	13	14 & 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

Note:

- From time to time at the Coach's discretion, athletes may be, by special invitation asked to join this training group. At this time the athlete must agree to the above expectations. A signed agreement indicating the athlete's commitment will be requested.
- Qualifying times must have been achieved in a 50m long course pool at a registered meet.

Junior Squad 1

Squad placement is based on meeting minimum criteria (see below), commitment and performance. There may be times when the Coaching Cohort will exercise discretion based on injury, illness, study and mental wellbeing which will be addressed with the individual on a case by case basis.

Criteria

- Athlete is 8 years or over.
- Has made at least 1 qualifying time, as set out below and preferably the 200IM.
- Able to do competitive turns, streamline and dive entry.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- All athletes must be registered members of Marion Swimming Club (MSC).

Expectations

Junior Squad 1 is a development squad and a privilege to be a part of. Its aim is to achieve optimum results at Local and State level and to facilitate a pathway to Bronze squad. As a result, the following key criteria must be considered:

- Must be competing regularly and be a registered member of Marion Swimming Club.
- From the 7 available swim sessions, swimmers should be training 3 or 4 sessions per week.
- To move into Bronze squad, 60% of training must be attended.
- If an athlete cannot meet these criteria, a meeting will be held with the athlete / parent and coach. In this meeting all options will be exhausted before any action occurs. However, if this situation is not resolved it is possible that this squad may not be suitable, and another squad offered.

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

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				

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				

Junior Squad 2

Squad placement is based on meeting minimum criteria (see below), commitment and performance. There may be times when the Coaching Cohort will exercise discretion based on injury, illness, study and mental wellbeing which will be addressed with the individual on a case by case basis.

Criteria/Expectation

- Athlete is between 8 and 14 years of age.
- Competent and confident in all 4 strokes - freestyle, backstroke, breaststroke and butterfly - with good technique.
- Must be competing regularly (introductory members should be attending Club Meets and Come n Try events; members should be attending meets regularly).
- From the 7 available sessions, swimmers can train up to 3 sessions per week, with a minimum of 2 sessions per week.
- Can swim up to 200m freestyle.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.
- All athletes must be registered members of Marion Swimming Club (MSC).

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Note:

From time to time at the Coach's discretion, athletes may be, by special invitation asked to join this training group. At this time the athlete must agree to the above expectations. A signed agreement indicating the athlete's commitment will be requested.

Surf Team

This squad will have an emphasis on swim training for surf lifesaving or triathlon and will also accommodate swimmers that no longer wish to train in the Gold/Silver/Bronze squads.

Criteria

- Athlete is 12 years or over.
- Competes at State level for Surf/Triathlon.
- Can swim 400m Freestyle.
- Swimmers can train a maximum of 5 sessions per week (3 mornings/2 evenings).
- Must register with Marion Swimming Club.

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Mini FAST Squad

The focus of this squad is supporting all athletes to reach their aquatic goals, regardless of their sport. Though knowledge of all four strokes is required, the emphasis will be on freestyle.

Criteria

- Athlete can swim 200m Freestyle.
- Swimmers can train a maximum of 2 sessions per week.
- Multiclass athletes will be considered based on both their race performance, commitment, training ability and attendance, confirmed via the Athlete Agreement.

The Coaching team will endeavour to:

- Motivate and encourage
- Inspire on-going improvement
- Support athletes in their journey through physical & mental challenges and school demands
- Act with integrity

Note:

From time to time at the Coach's discretion, athletes may be, by special invitation asked to join this training group. At this time the athlete must agree to the above expectations. A signed agreement indicating the athlete's commitment will be requested.