

Squad Training Groups

Squad	Description
Junior	<p>Focused on building stronger swimmers and sessions focus on fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through fun. Swimmers will be introduced to a variety of racing skills as they continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. Recommended to attend minimum 2 sessions a week and encouraged to join Miami Swimming Club. Equipment required – Fins, pull buoy, kickboard and water bottle.</p>
Bronze	<p>An introduction to our performance-focused squads. We focus on encouraging the lifelong love and appreciation of swimming as we introduce the swimmers to more rigorous training. Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It is aimed at continuing to develop swimmer's conditioning for competition but also creating training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend minimum 3 sessions a week and expected to join the Miami Swimming Club. Equipment required – Fins, pull buoy, kickboard, and water bottle.</p>
Silver	<p>Designed for swimmers who wish to compete at a high standard at State level competitions and aspire towards Age National Qualification. The program will continue to advance the conditioning of both aerobic and anaerobic systems. Swimmers are required to meet advancing training standards and commitments as they begin to form a stronger link between training and performance during this stage of their development. Squad sessions at Silver Level maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. Silver squad is aims to create training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend minimum 5 - 7 sessions a week and must compete at coach selected competitions. Equipment required – fins, paddles, pull buoy, snorkel, kickboard.</p>
Gold	<p>Seasonally designed programs for swimmers competing for Miami Swim Club at Age National and International/Elite levels. The sessions are specifically designed to each swimmer's stroke and distance. The dry-land and pool sessions are personalised to the needs of the athlete for maximum achievement in their chosen events. These squads will give swimmers an opportunity to compete in the sprint, middle distance, and distance events. This squad trains at high intensity, with a focus on three main areas of improvement: swimming technique, strength, and endurance. Athletes training in this squad must consistently attend between 7-9 session per week. Equipment required – fins, paddles, pull buoy, kickboard & snorkel.</p>
Surf	<p>Surf Squad is designed for senior multi-sport athletes. It targets specific endurance and speed requirements of the athlete's primary event. This squad requires a high level of fitness and commitment with a view to competing in surf or triathlons. Recommended to attend minimum 3 sessions a week. Equipment required - pull buoy, kick board, band, finz, paddles, water bottle</p>
Open Water	<p>Seasonally designed program aimed at peak performance at Open Water/International competition and Open Pool Nationals. Sessions are designed to cater for open water and pool competitions while improving stroke technique, strength, endurance and speed. Athletes in this squad must consistently attend 8-10 sessions per week. Equipment required - Pull buoy, band, fins, kickboard, snorkel, paddles</p>
Senior Fitness	<p>Designed for high school & university multi-sport athletes. It targets the specific endurance and speed requirements of the athlete's primary sport and event. Sessions are designed to help swimmers build fitness and maintain swimming skills. There is no minimum number of training sessions; if swimmers wish to compete at a school level or advance into other squads, they are encouraged to complete a minimum of 3 sessions a week. Swimmers are welcome to join the Miami swim club any time if they want to try racing. Equipment required – fins, pull buoy, kickboard.</p>

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior			6:00 - 7:15		6:00 - 7:15	6:00 - 7:30
Bronze			6:00 - 7:15		6:00 - 7:15	6:00 - 7:30
Silver	5:00 - 7:15	5:00 - 7:15		5:00 - 7:15		5:45 - 8:00
Gold (National Dev.)		5:00 - 7:15		5:00 - 7:15		5:45 - 8:00
Gold (National Age.)	5:00 - 7:15	5:00 - 7:15	5:00 - 7:15	5:00 - 7:15	5:00 - 7:15	5:15 - 9:00
Gold (Performance)	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00
Surf / OW	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:30 - 8:00
MHSP Surf	5:15 - 7:15 Miami HS Pool	5:15 - 7:15 Miami HS Pool	5:15 - 7:15 Miami HS Pool	5:15 - 7:15 Miami HS Pool	5:15 - 7:15 Miami HS Pool	
Senior Fitness		6:00 - 7:15		6:00 - 7:15		6:00 - 7:30

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Bronze	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	
Silver			4:15 - 6:15	4:15 - 6:15	4:15 - 6:15	
Gold (National Dev.)	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	
Gold (National Age.)	3:45 - 6:00	3:45 - 6:00		3:45 - 6:00		
Gold (Performance)	4:00 - 6:00	4:00 - 6:00		1:30 - 3:30		