

Squad Training Groups

Squad Level	Description
Junior	The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend 2 - 4 sessions a week.
Bronze	The Bronze Squad is designed for swimmers aged 10 and over aiming to compete at a Regional and State Level. The Bronze Squad entry group is for swimmers who have transitioned from Junior Squad. Swimmers will be introduced to a variety of racing opportunities as they continue to master the four competitive strokes and gain greater proficiency in turns, starts and finishes. This is achieved by introducing more advanced drills and training techniques. Recommended to attend 3 - 5 sessions a week.
Silver	The Silver Squad is for State qualifiers 12 years and over. Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It aims to continue developing swimmers' conditioning for competition and create training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend 4 - 6 sessions a week.
Gold	The Gold Squad is for our National Age and Open swimmers, 14 years and over, who are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. Moving into this squad is at the coaches discretion. Recommended to attend at least 7 sessions a week

For more information on our program fees and our coaching team visit <https://helensvaleaquaticcentre.com.au/swim-squad> Ph 07 3054 4366

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior						8:00 - 9:00
Bronze						8:00 - 9:00
Silver	5:00 - 7:00	5:00 - 7:00		5:00 - 7:00	5:00 - 7:00	6:00 - 8:00
Gold	5:00 - 7:00	5:00 - 7:00		5:00 - 7:00	5:00 - 7:00	6:00 - 8:00

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	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	
Silver	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	3:45 - 5:00	
Gold	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	4:30 - 6:30	3:45 - 5:00	

Join our Squad

We are always keen to welcome new swimmers to our Rackley team, especially those who like the joy of racing at any level. Scan the QR code to book a squad trial session/assessment.

