RACKLEY SQUAD SWIMMING KAWANA
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 competing at a Brisbane and State Level. 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. In addition to In water training, Silver Squad swimmers will do Strength and Conditioning exercises for 30 mins each afternoon and a 45 minute session on a Saturday morning. These sessions are important for building strength and assist in injury prevention as swimmers mature and aim to improve their performance and endurance. Recommended to attend 4-6 sessions/week as agreed with coach.
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. In addition to In water training, Silver Squad swimmers will do Strength and Conditioning exercises for 30 mins each afternoon and a 45 minute session on a Saturday morning. These sessions are important for building strength and assist in injury prevention as swimmers mature and aim to improve their performance and endurance. Recommended to attend 6-9 sessions/week, as agreed with coach.
Surf	The Surf Squad is designed for senior multi-sport athletes training in the mornings. It targets the specific endurance and speed requirements of the athlete's primary sport and event. This squad requires a high level of fitness and commitment with a view to competing in Surf, ocean swims and local, state and national open water events. Session attendance will be based on the athlete and recommended by the coach.
Adult	The Adult Squad welcomes adult swimmers of all levels and abilities. Adult Squad swimmers may be training for Masters, Ocean Swims, Triathlons or just want to increase their general fitness. These sessions help swimmers improve their swimming performance and technique to achieve any goal.

For more information on our program fees and our coaching team visit kawanaaquaticcentre.com.au/swim-squad   Ph 07 5353 5296

RACKLEY
SQUAD SWIMMING

KAWANA

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	5:30 – 6:45		5:30 – 6:45		5:30 – 6:45	8:00 – 9:15
Bronze	5:15 - 6:45	5:15 - 6:45	5:15 - 6:45	5:15 - 6:45	5:15 - 6:45	8:00 - 9:30
Silver	5:15 - 7:00	5:15 - 7:00	5:15 - 7:00	5:15 - 7:00	5:15 - 7:00	6:15 - 8:00
Gold	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	5:15 - 7:15	6:15 - 8:15
Surf	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	
Adult	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	
Bronze	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	3:45 - 5:15	
Silver	4:15 - 6:00	4:15 - 6:00	4:15 - 6:00	4:15 - 6:00		
Gold	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00		
Adult						

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.