

## CLAYFIELD SWIMMING SQUAD PROGRAM

The Clayfield Swimming squad program offers a multi-level systematic approach to teaching swimming which will ensure swimmers will continue to enjoy the sport of swimming while developing their swimming abilities.

### SQUAD LEVELS

1. Mini Squad
2. Development Squad
3. Bronze Squad
4. Silver Squad
5. Gold Squad
6. Adult Squad
7. Clayfield College Junior Training Squad
8. Clayfield College Senior Training Squad

### Clayfield Swimming Squad Fees & Billing Information

#### Development Squad – Gold Squad

- Squads operate on a monthly fee structure.
- Swimmers may attend unlimited sessions per week.
- Fees are direct debited on the 5th of each month from your nominated account.

#### Mini Squad

- Mini Squad is charged per lesson.
- Families are required to book their child into each lesson.

#### Adult Squad

- Adults may choose between:
  - Monthly billing, or
  - A 10-session pass for \$150.

If you have any questions regarding squad placement or billing, please contact the swimming office.

## EQUIPMENT

It is a requirement that all swimmers have the required swimming training equipment with them at each session. Below is a list of preferred equipment that is available for purchase through the Aquashop online store [www.aquashop.com.au](http://www.aquashop.com.au).

**Goggles:** Any comfortable pair plus a spare pair.

**Swim Cap:** Swimmers must wear the Clayfield swim cap which is available at the pool.

**Kick Board:** Any kick board.

**Flippers:** Long floating fins for Mini, Junior, Intermediate Squad swimmers.

**Flippers:** TYR Hydroblade fins or similar for Senior Squad swimmers.

**Finger Paddles:** Finis finger paddles or similar.

**Hand Paddles:** TYR Catalyst hand paddles or similar.

**Snorkel:** TYR Ultralite snorkel or similar.

**Pull Buoy:** TYR pull buoy or similar.

**Water Bottle:** Any

## IMPORTANT INFORMATION

Swimmers may be invited to attend swimming sessions and / or gym sessions that are above, equal to, or lesser than their current squad level. This will be at the Head Coaches discretion and dependent on swimmer performance (training and competition), maturity and availability of pool / gym space.

## MINI SQUAD

### COST:

\$27.50 per lesson. Billed per 10 week term

### LOCATION:

Lane 6 (Afternoon).

### FOCUS:

Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

### SELECTION CRITERIA:

Swimmers aged 6-15 years.  
Competent in all four strokes.  
At the discretion of the Head Coach.

### MAJOR COMPETITIONS:

Interclub Competitions.  
School Competitions.

### COACH:

LTS Coach

### EQUIPMENT:

Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Water Bottle.

### TIMETABLE:

	AM - Land	AM- Swim	PM- Land	PM- Swim
TUESDAY				3:30PM-4:15PM 4:15PM-5:00PM
THURSDAY				3:30PM-4:15PM 4:15PM-5:00PM

## DEVELOPMENT SQUAD

### **COST:**

\$135.00 per month

### **LOCATION:**

Lanes 1-5

### **FOCUS:**

Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

### **SELECTION CRITERIA:**

Swimmers aged 6-15 years.  
Competent in all four strokes.  
At the discretion of the Head Coach.

### **MAJOR COMPETITIONS:**

Interclub Competitions.  
School Competitions.

### **COACH:**

Head Coach

### **EQUIPMENT:**

Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Water Bottle.

### **TIMETABLE:**

	AM - Land	AM- Swim	PM- Land	PM- Swim
MONDAY			3:15PM-3:30PM	3:30PM-4:15PM
TUESDAY			3:15PM-3:30PM	3:30PM-4:15PM
WEDNESDAY			3:15PM-3:30PM	3:30PM-4:15PM
THURSDAY			3:15PM-3:30PM	3:30PM-4:15PM
FRIDAY		6:30AM-7:30AM		
SATURDAY				

## BRONZE SQUAD

### **COST:**

\$145.00 per month

### **LOCATION:**

Lanes 1 - 3

### **FOCUS:**

Develop stroke technique, training skills and prepare swimmers for school and interclub competitions.

### **SELECTION CRITERIA:**

Swimmers aged 6-15 years.  
Competent in all four strokes.  
At the discretion of the Head Coach.

### **MAJOR COMPETITIONS:**

Brisbane Championships  
Interclub Competitions.  
School Competitions.

### **COACH:**

Head Coach / Squad Coach

### **EQUIPMENT:**

Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Snorkel, Water Bottle.

### **TIMETABLE:**

	AM - Land	AM- Swim	PM- Land	PM- Swim
MONDAY		6:00AM-7:30AM	3:30PM-4:00PM	4:15PM-5:30PM
TUESDAY			3:30PM-4:00PM	4:15PM-5:30PM
WEDNESDAY		6:00AM-7:30AM	3:30PM-4:00PM	4:15PM-5:30PM
THURSDAY			3:30PM-4:00PM	4:15PM-5:30PM
FRIDAY		6:00AM-7:30AM		
SATURDAY				

## SILVER SQUAD

### COST:

\$155.00 per month

### LOCATION:

Lanes 4 - 5

### FOCUS:

Develop stroke technique, skills, and energy systems. Prepare swimmers for competitions and working towards achieving a state age qualifying time.

### SELECTION CRITERIA:

Swimmers aged 10-18 years.  
Compete in all four strokes  
Have a high level of stroke and training skills  
At the discretion of the Head Coach

### MAJOR COMPETITIONS:

Brisbane Championships  
Interclub Competitions.  
School Competitions.

### COACH:

Head Coach

### EQUIPMENT:

Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Snorkel, Finger Paddles, Water Bottle.

### TIMETABLE:

	AM - Land	AM- Swim	PM- Land	PM- Swim
MONDAY		6:00AM-7:30AM	3:30PM-4:00PM	4:15PM-5:30PM
TUESDAY			3:30PM-4:00PM	4:15PM-5:30PM
WEDNESDAY		6:00AM-7:30AM	3:30PM-4:00PM	4:15PM-5:30PM
THURSDAY			3:30PM-4:00PM	4:15PM-5:30PM
FRIDAY		6:00AM-7:30AM		
SATURDAY				

## GOLD SQUAD

### COST:

\$165.00 per month

### LOCATION:

Lanes 4 - 5 (Morning)  
Lanes 1-3 (Afternoon)

### FOCUS:

Prepare swimmers for state, national and international level competitions.

### SELECTION CRITERIA:

Achieve a Queensland state age or open qualifying time.  
At the discretion of the Head Coach

### MAJOR COMPETITIONS:

Australian Open Championships  
Australian Age Championships  
State Open Championships  
State Age Championships  
Brisbane Championships

### COACH:

Head Coach

### EQUIPMENT:

Goggles, Swim Cap, Kick Board, Flippers, Pull Buoy, Snorkel, Finger Paddles, Water Bottle.

### TIMETABLE:

	AM - Land	AM- Swim	PM- Land	PM- Swim
MONDAY		5:30AM-7:30AM	TBC	5:30PM-7:00PM
TUESDAY		5:30AM-7:30AM	TBC	5:30PM-7:00PM
WEDNESDAY		5:30AM-7:30AM	TBC	5:30PM-7:00PM
THURSDAY			TBC	5:30PM-7:00PM
FRIDAY		5:30AM-7:00AM		
SATURDAY				