



Squad Coaching at Kwinana Recquatic in 2010

WHO IS SWIMSTRONG?

- SWIMSTRONG is the name of the Independent Squad Coaching Program at Melville Aquatic Fitness Centre (MAFC) and now at Kwinana Recquatic (KR).
- Swimstrong began operation on 11th April 2007 with 65 swimmers at MAFC. We now are at capacity with around 200 swimmers at MAFC. Swimstrong will commence operations at KR on Monday 3rd May 2010! We are very keen to see how we will grow in our new location!
- SWIMSTRONG caters to Junior (7-13 yrs) swimmers for fitness and competition and Age and Open level competition swimmers. We do also have a small number of teenage fitness swimmers who graduate from the junior program at MAFC.
- SWIMSTRONG is owned and operated by Senior Swim Coach, Kareena Preston based at Melville Aquatic Fitness Centre (MAFC). Senior Coach at Kwinana Recquatic (KR) is Kelly Seward, assisted by Coach Ryan Whiddett. Taryn Brunette, Alison Clark, Monica Eisenlohr, Amy Sullivan, Jodie Kemp and Jacqui Tan are all involved with the coaching of the program at MAFC. You may find any of these coaches at either centre, although we strive to maintain consistency with the coaches as much as possible.
- Senior Coach, Kareena Preston has over 15 years swimming coaching experience at all levels.
 - Club
 - State
 - National
 - International and Olympic Level
 - Adult Swimmers
 - Extensive experience with swimmers with special needs.

Our assistant coaches have a collective experience of over 20 years at Club and State level. All have experience with children with special needs.

THE SWIMSTRONG VISION

- To develop a well respected and high quality community based squad coaching program encompassing many areas of swimmer development from the beginner squad swimmer through to high performance swimmers;
- To foster the development of junior and age group swimmers to achieve the best they can be;
- To encourage all swimmers and staff to progress to the highest level they can achieve;
- To develop and maintain rewarding, long term relationships with all key stakeholders.

OUTLINE OF SQUAD PROGRAM

There are 6 squad levels available for swimmers in the SWIMSTRONG program at Kwinana Recquatic, as outlined below. Swimmers entering the SWIMSTRONG program may be required to undertake an assessment with one of our coaches. Following assessment, swimmers are placed in the appropriate squad for a short "trial period" to ensure that the swimmer is suited to that level. Should a swimmer be required to move to another level, this will be communicated with the swimmer and the parent before any movement occurs.

JUNIOR PROGRAM

Bronze Squad

The entry level of the squad program is for swimmers who have been assessed and accepted into this level of the squad program. This group focuses on drill/skill development in Freestyle, Breaststroke and Backstroke with an introduction to Butterfly, starts, turns and finishes. These swimmers are taught to work in a group/squad environment, basic use of the pace clock and an introduction to low level competition. Swimmers are required to be a member of the swimming club and compete at club night competition. Swimmers may also attend selected WASA meets.
Session Times: Monday/Friday 4.00pm-5.00pm,
Swimmers attend 8 sessions per month – 2 sessions per week
Equipment Requirements: Fins, kickboard, 750ml water bottle
Distance: 1000m-1500m per session
Typical Age Group: 8-10 yrs (Minimum age is 7, **Maximum age is 12**)

Silver Squad

For swimmers who have graduated from Bronze Squad (or similar external program). This group focuses on drill/skill development in all 4 competitive strokes, including starts, turns and finishes as well as endurance in Freestyle. Swimmers learn more advanced use of the pace clock, with an introduction to Western Australian Swimming Association (WASA) competition. Swimmers are required to be a member of the swimming club and compete at club night competitions. Swimmers may also attend selected WASA meets.
Session Times: Monday, Wednesday, Friday 4.00pm-5.00pm
Swimmers attend 12 sessions per month – 3 sessions per week
Equipment Requirements: Fins, kickboard, 750ml water bottle
Distance: 1500-2000m per session
Typical Age Group: 8-11 yrs (**Maximum age is 13**)

Gold Squad

The top end of the Junior Program is for swimmers who have graduated from Silver Squad (or similar external program). This group continues to focus on drill/skill development in all 4 competitive strokes, including starts, turns and finishes. Endurance in other strokes begins to develop and swimmers are introduced to the use of heart rates and additional equipment. Swimmers are required to be a member of a swimming club and compete at club night competitions. Swimmers may also attend selected WASA meets.
Session Times: Monday Wednesday Friday 5.00pm-6.30pm, Saturday 8.00-9.30am
Swimmers are encouraged to attend 16-20 sessions per month.
Equipment Requirements: Fins, kickboard, 750ml water bottle, writing board, finger paddles (available from coach), pull bouy
Distance: 2000m-3000m per session
Typical Age Group: 9-13 yrs (**Maximum age is 14**)

SENIOR PROGRAM

State Development Squad

The entry level to the senior program is for swimmers who have graduated from Gold Squad (or a similar external program)

We like to aim for swimmers to achieve a Top 8 State Ranking in 2 or more events at this level.

This group focuses on more advanced drill/skill development in all 4 competitive strokes, including starts, turns and finishes.

Endurance in all strokes continues to develop with a focus emerging in major strokes.

Swimmers are required to be a member of a swimming club and compete at club night competitions and targeted WASA meets.

Session Times: Monday/Wednesday/Friday 5-7pm, Tuesday/Thursday 6.00-7.30am, Saturday 8.00-10.00am

Swimmers expected to attend 24-28 sessions per month

Equipment Requirements: Fins, kickboard, 2x750ml water and sports drink bottle, pull bouy, writing board, finger paddles (available from coach)

Distance: 3000m+ per session

Typical Age Group: 11-15 yrs (Minimum age 10 turning 11 and Yr 6 at school)

National Development Squad

For swimmers who have graduated from the State Development Squad (or a similar external program) and are within 5% of a National Time.

Swimmers are training specifically towards achieving their National goals.

Swimmers are required to be a member of a swimming club and compete at club night competitions and selected WASA meets

Session Times: NOT YET AVAILABLE

Swimmers expected to attend 28-32 sessions per month plus land based sessions.

Equipment Requirements: Fins, kickboard, 2x750ml water and sports drink bottle, writing board and finger paddles (available from coach), freestyler paddles and snorkel, pull bouy.

Distance: 5000m+ per session

Typical Age Group: 12+ yrs (Minimum Year 8, Maximum age 18)

National Squad

Swimmers are selected on performance, training attendance, attitude and other factors. Selection is at the sole discretion of the Senior Coach.

Swimmers are training specifically towards achieving their National/International goals.

Swimmers are required to be a member of a swimming club and compete at club night competitions and selected WASA and SAL meets

Session Times: NOT YET AVAILABLE

Swimmers expected to attend 32 sessions per month plus land based sessions.

Equipment Requirements: Fins, kickboard, 2x750ml water and sports drink bottle, writing board, finger paddles (available from coach), freestyler paddles and snorkel, pull bouy

Distance: 5000m-7000m per session

Typical Age Group: 14+ yrs

ASSESSMENT STANDARDS

BRONZE SQUAD

Monday/Friday 4.00pm-5.00pm
Two sessions per week
Equipment: Fins, kickboard, 750ml water bottle

ENTRY:

Swimmers must be able to demonstrate the ability to swim:

- 100m Freestyle
- 100m Backstroke
- 100m Breaststroke
- Basic Turns
- Demonstrate dolphin Kick or Basic Butterfly

Swimmers will be observed for correct basic technique.

PROMOTION:

Swimmers must be able to complete the following:

1. 400m Freestyle in 9.00 minutes or less
 2. 2x50m Backstroke on 1.10
 3. 4x25m Breaststroke on .40
 4. 4x25m Butterfly with fins on .40
 5. 2x50m Kick on 1.15
 6. Demonstrate basic turns for all four competitive strokes
 7. Demonstrate basic use of pace clock
 8. Demonstrate ability to listen and apply instructions throughout the session
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SILVER SQUAD

Monday, Wednesday, Friday 4.00pm-5.00pm
3 sessions per week
Equipment: Fins, kickboard, 750ml water bottle

ENTRY:

Complete the requirements set for Bronze Squad promotion or a similar program.

PROMOTION:

Swimmers must be able to complete the following:

1. 2 x 400m Freestyle in 8.00 minutes or less
2. 2x100m Backstroke on 2.15
3. 4x50m Breaststroke on 1.10
4. 8x25m Butterfly with fins on .40
5. 4x100m kick on 2.30
6. Demonstrate correct turning skills for all four strokes
7. Demonstrate use of pace clock cycles
8. Demonstrate ability to work in a squad environment with respect for other swimmers
9. Regular attendance at training required

PLEASE NOTE: ALL SWIMMERS WILL BE REGULARLY ASSESSED TO ENSURE THEY ARE ALWAYS PLACED IN THE CORRECT SQUAD LEVEL FOR THEIR ABILITY.

THE SENIOR COACH HAS THE DISCRETION TO MOVE A SWIMMER FROM ONE SQUAD TO ANOTHER SHOULD SHE FEEL THIS IS REQUIRED.

ASSESSMENT STANDARDS

GOLD SQUAD

Monday/Wednesday/Friday 5.00-6.30pm, Saturday 8.00-9.30am
4 sessions per week
Equipment: Fins, kickboard, 750ml water bottle, log book, writing board, finger paddles*, pull bouy

ENTRY:

Complete the requirements set for Silver Squad promotion or a similar program.

PROMOTION:

Swimmers must be able to complete the following:

1. 3 x 400m Freestyle on 7.00, holding 6.30 or less
2. 4x100m Backstroke in 2.00 minutes
3. 4x50m Breaststroke on 1.00
4. 8x25m Butterfly .40s
5. 2x200m Kick on 4.30
6. Demonstrate correct turning skills for all four strokes
7. Demonstrate use of pace clock cycles
8. Demonstrate ability to work in a squad environment with respect for other swimmers
9. Maintain a log book of training and competition
10. Demonstration of self discipline towards stretching, training attendance and equipment

PLEASE NOTE: Swimmers moving from GOLD to STATE DEVELOPMENT SQUAD go through a TRANSITION PERIOD. The length of TRANSITION is approximately 3 months.

STATE DEVELOPMENT SQUAD

SWIM: Monday, Wednesday, Friday 5.00pm-7.00pm, Tuesday/Thursday 6.00-7.30am, Saturday 8.00am-10.00am.
STRENGTH AND CONDITIONING: 2x per week included in above times
Recommended 4-5 sessions per week – depending on age
Equipment: Fins, kickboard, 750ml water bottle, log book writing board, finger paddles, pull bouy

ENTRY:

Complete the requirements set for Gold Squad promotion or a similar program. Minimum Age: 10yrs old to enter Transition

PROMOTION:

Swimmers must be able to complete the following:

1. 5x400m Freestyle on 6.00, holding 5.30 or less
2. 4 x 200m Backstroke on 3.30
3. 1000m kick in 20.00 minutes or less
4. 8x50m Fly on a 1.00 minute interval
5. Demonstrate correct turning skills for all four strokes
6. Demonstrate use of pace clock cycles
7. Demonstrate ability to work in a squad environment with respect for other swimmers
8. Self discipline towards stretching, training attendance and equipment
9. Maintain a log book of training, competition and goals
10. Required to be a member of a swim club and attend targeted WASA swim meets
11. Obtain at least one time within 5% of a National Age Qualifying time.

PLEASE NOTE: Swimmers moving from STATE DEVELOPMENT SQUAD to the NATIONAL DEVELOPMENT SQUAD go through a TRANSITION PERIOD. The length of TRANSITION is approximately 3 months.

PLEASE NOTE: ALL SWIMMERS WILL BE REGULARLY ASSESSED TO ENSURE THEY ARE ALWAYS PLACED IN THE CORRECT SQUAD LEVEL FOR THEIR ABILITY.

THE SENIOR COACH HAS THE DISCRETION TO MOVE A SWIMMER FROM ONE SQUAD TO ANOTHER SHOULD SHE FEEL THIS IS REQUIRED.

ASSESSMENT STANDARDS

NATIONAL DEVELOPMENT SQUAD

SWIM: Negotiated with swimmer
STRENGTH AND CONDITIONING: 2x per week
Recommended 5-7 sessions per week depending on age
Equipment: Fins, kickboard, 750ml water bottle, log book
writing board, snorkel, freestyler and finger paddles,
pull bouy.

ENTRY:

For swimmers who have graduated from the State Development Squad (or a similar external program) and are within 5% of a National Qualifying Time

* Please note for Short Course Season, swimmers target to be within 5% of Long Course National Qualifying Times.

PROMOTION:

1. Maintain ALL requirements from State Development Squad
2. Hold at least ONE National Age or Open Qualifying Time
3. Swimmers are INVITED to join the National Squad by the Senior Coach.

NATIONAL SQUAD

SWIM: Negotiated with swimmer
STRENGTH AND CONDITIONING: 2-3x per week
Sessions negotiated with Senior Coach
Equipment: Fins, kickboard, 750ml water bottle, log book
writing board, snorkel, freestyler and finger paddles*,
pull bouy.

ENTRY:

For swimmers who have maintained all requirements as above.

Swimmers in the National Squad are INVITED to join by the Senior Coach.

*Finger paddles are available from coaches.

PLEASE NOTE: ALL SWIMMERS WILL BE REGULARLY ASSESSED TO ENSURE THEY ARE ALWAYS PLACED IN THE CORRECT SQUAD LEVEL FOR THEIR ABILITY.

THE SENIOR COACH HAS THE DISCRETION TO MOVE A SWIMMER FROM ONE SQUAD TO ANOTHER SHOULD SHE FEEL THIS IS REQUIRED.

SWIMSTRONG FEES

Please refer to the Squad Timetable and other information that follows.

Payment for the squad coaching program for 2010 is as follows:

PLEASE NOTE THERE IS CONCESSION AVAILABLE FOR HEALTH CARE CARD HOLDERS.
Please contact Kareena Preston for more information.

| | |
|-----------------------------|--|
| Bronze Squad: | \$62.00 per calendar month NOT including pool entry |
| Silver Squad: | \$70.00 per calendar month NOT including pool entry |
| Gold Squad: | \$78.00 per calendar month NOT including pool entry |
| State Development Squad: | \$85.00 per calendar month NOT including pool entry |
| National Development Squad: | \$100.00 per calendar month NOT including pool entry |
| National Squad: | \$100.00 per calendar month NOT including pool entry |

POOL ENTRY PASSES ARE AVAILABLE FROM KWINANA RECQUATIC AND PAYABLE AT FRONT RECEPTION

Squad fees are payable to SWIMSTRONG as follows:

All payments are due **IN ADVANCE** on the 1st Day of each calendar month

A 10% administration fee will be issued if payment is not received by the 7th of each month
An invoice will be automatically generated for you if payment has not been received by the 7th of each month

PLEASE NOTE: (Alternative arrangements for payment may be made for Health Care Card holders)

PAYMENT IS BY ELECTRONIC FUNDS TRANSFER TO:

Swimstrong
Commonwealth Bank
BSB: 06 6164
Account No: 1030 8660

For your security and to ensure that your payment is identified when received please ensure you:

- **IDENTIFY THE FIRST AND SURNAME NAME OF THE SWIMMER**
 - **THE SQUAD NAME**
- **THE MONTH FOR WHICH PAYMENT IS BEING MADE**

Swimstrong is unable to issue refunds.

If you wish to retain your place in the program, you are required to pay the full fee for the month.
If your child is sick or you go on holidays, their place in the program cannot be guaranteed unless the full fee is received each month.

For more information on the SWIMSTRONG Squad Coaching Program please contact Kareena Preston on 0400110704 or kareenap@bigpond.net.au

SQUAD TRAINING TIMETABLE

Squad training does not operate on PUBLIC HOLIDAYS, unless otherwise advised

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|----------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------|
| 6.00am-7.30am | | State Development | | State Development | | | |
| 8.00am-10.00am | | | | | | State Development | |
| 8.00am-9.30am | | | | | | Gold | |
| 4.00pm-5.00pm | Bronze | | | | Bronze | | |
| 4.00pm-5.00pm | Silver | | Silver | | Silver | | |
| 5.00pm-6.30pm | Gold | | Gold | | Gold | | |
| 5.00pm-7.00pm | State Development | | State Development | | State Development | | |

GUIDELINES FOR A SAFE SQUAD

The following guidelines are for the safety of all swimmers.

1. Swimmers are requested to not enter the water or swim prior to training. Coaches need the swimmers to be warm, dry, attentive and energetic at the commencement of their session.
2. Please have your child at training on time for the commencement of the session so they receive all instructions including any safety considerations. If this is not possible due to prior commitments, **please communicate this with the coach.**
3. Remember to bring ALL equipment to swimming, particularly a water bottle. Swimmers dehydrate quickly without fresh water to drink. Coaches will ensure all swimmers have the necessary drink breaks during each session. It is Swimstrong Policy that all swimmers drink the contents of their water bottle during training. This is checked every session.
4. Parents are invited to observe the training session from the **grandstand seating** on the far side of the pool. This allows coaches to perform their job with ease and for swimmers to remain focused on the coach.
5. The pool deck is the coaches' office. For safety reasons, coaches will cease all coaching of swimmers should a parent approach the coach, the pool, the swimmer or communicate in any way with any swimmer in the water. If there is an **urgency** to give a message to your child, please approach the coach at an appropriate time during the session.
6. Swimmers are advised to be **fully dressed when they exit the centre** after their training session – clothing and footwear are to be worn after training, appropriate to the time of year.
7. All swimmers are requested to wait for their parents to collect them **close to the entrance of the centre.** Please advise your child not to wait alone outside near the pick up point or on the grass.
8. Parents are invited to speak to the coaches at any time **before or after** each training session on matters regarding their child. Please feel free to come and see us at these times. We are very happy to speak to you and get to know you!
9. If your child is sick, injured or is going to be absent for more than one session, please communicate this with the coach. Due to demand, positions in the squad program cannot be guaranteed for swimmers if you have a month off!
10. Should you wish to leave the program for any reason, please be courteous and tell us that you are leaving! We will not take offence! Our interest lies in the swimmer being happy wherever they are! We are happy to offer advice and point you in the direction of a quality program or sport for your child to try.
11. Please note that squad training does not operate on PUBLIC HOLIDAYS unless otherwise advised.
12. Everyone thrives on good feedback, so feel free to let the coaching staff know we are doing a good job. If you would like to let us know we are not doing a good job, please speak to the SENIOR COACH ONLY and she will deal with any issues that arise.

GENERAL INFORMATION

POLICY

SWIMSTRONG at KWINANA RECQUATIC adopts a CLOSED Coaching Policy.

That is, a swimmer may train with the Swimstrong Coaching Program provided they are;

- A member of Kwinana Hornets Swimming Club – please see www.kwinanaswimming.org for details
- Assessed fairly and equitably by a Swimstrong Coach according to the assessment criteria outlined in this document
- Placed in the correct squad for their age and ability
- Maintain the requirements of that squad
- Maintain the requirements of the program

Swimstrong will not discriminate against any swimmer provided these requirements are met. Any swimmer who exceeds or does not maintain these requirements will be reassessed and placed in the appropriate level of squad or guided to another appropriate program to cater for their needs.

SWIM CAPS AND BATHERS

Swimmers entering the Swimstrong Coaching Program will be required to wear their KWINANA HORNTES swimming club cap. Caps are worn for identification, uniformity and the safety of swimmers. They are as much a required piece of equipment as goggles or fins.

Caps are available from the Kwinana Swimming Club.

Swimmers are encouraged to wear Kwinana Swimming Club bathers or PLAIN BLACK bathers to training.

SICK, ABSENT, HOLIDAYS?

There is no refund policy in place for all squads. If you wish to retain your place in the program, the full monthly fee is still payable.

Due to the popularity of the program, Swimstrong cannot hold places in the program for any period of time.

If your child is absent without payment of squad fees, unfortunately we cannot hold their place.

QUERIES, QUESTIONS AND QUALMS?

Swimstrong operates for the benefit of the swimmers. If you have any questions regarding your child, the program, staff, assessments, anything, please contact Kareena on 0400110704 or email kareenap@bigpond.net.au

THANKYOU FOR YOUR SUPPORT OF THE SWIMSTRONG PROGRAM