

Sharks/ Marlins

OVERVIEW OF SHARKS: Sharks are considered to be our top competitive squad. Swimmers in this squad are training to achieve a high standard in both Pool and Surf/ Open Water swimming. Swimmers are aiming to achieve Metropolitan, State and National standards. The Coaches consider any swimmer that signs up to this squad to share these same goals and expect co-operation from swimmers and parents in achieving these standards.

REQUIREMENTS OF SHARKS

1. Swimmers 11yrs & Over commit to a minimum of 4 sessions per week. Swimmers 10yrs & under are required to attend a minimum of 3 sessions per week. . (Club Night and swim meets can apply as a session were applicable).
2. Squad members are expected to make up any missed training sessions where possible.
3. Swimmers are to set and hand in to coach's goal sheets at the end of each term for the coming term.
4. Sharks members need to have correct training equipment available at EVERY training session. This includes hand paddles, nose clip and training snorkel, short blade fins and an old swim costume for resistance training. These may be left at the pool or taken home at the conclusion of each training session. Optional equipment of pull buoy and kickboard may be added to the training kit, though these items are available to loan.
5. Members of sharks are to be Club Members and are expected to attend a minimum of 1 swim meet per term. In terms 2 & 4 squad members are also required to attend Winter and Summer Club Championships.
6. Swimmers will need to have a Black racing suit and Tivoli Club cap to compete in at swim meets.

* If Swimmers/ Parents have any queries regarding the above please speak to the coaches to discuss.

* The squad will be assessed every term by coaching staff to ensure swimmers are fulfilling their requirements. Swimmers may be asked to leave the squad if it is deemed (after previous correspondence between coach/swimmer/parent) that they are unable/ unwilling to fulfil their commitments to the squad. If Marlins is a viable option they will be offered/ advised to take a position in this squad.

OVERVIEW OF MARLINS:

The Marlins Squad is broken into 2 sections.

Competitive Juniors: Swimmers who are actively competitive (who attend Swim Meets & Club Nights every term) are able to train in both Morning and afternoon sessions.

This group serves as a stepping stone for young competitive swimmers (yr 6 & below) to the Sharks squad. We encourage these swimmers to train 3-4 times a week, attend Club nights and swim meets.

Fitness & Maintenance: Swimmers who only do the minimum requirement of Club Championships are able to train in the afternoon sessions (unless a Kambala Student).

This serves as a squad for older swimmers who enjoy training but only want to train for school swimming and fitness (due to pool space this is only an option for Kambala students year 7 and above).

&

Swimmers that are training for Waterpolo fitness are able to train in the afternoon sessions only, and are still required to be Club Members, and compete at Summer and Winter Club Championships.

REQUIREMENTS OF MARLINS

1. Swimmers are required to attend a minimum of 2 sessions per week.
2. Swimmers are to be Club members and are expected to attend both Winter and Summer Club Championship events in term 2 and 4 respectively.
3. Marlins are required to have the following training equipment available to use at every training session; short blade fins, snorkel and nose clip, hand paddles, an old swim suit for resistance training. These may be kept in a bag at the pool or taken home at the conclusion of each session.
4. Goal sheets will be handed out at the conclusion of each term to be handed in for the following term.

This squad will be assessed on a term by term basis by coaching staff.

Dolphins

OVERVIEW OF DOLPHINS

Swimmers in this squad are competent in all 4 strokes, are able to do freestyle and backstroke tumble turns, and perform dive and backstroke starts. Swimmers should be able to read sessions off the white board and are gaining an understanding of reading the pace clock.

To enter this squad swimmers are required to hold 8*50 freestyle on a repeat time of 1min.10sec, and perform all strokes sufficiently.

In order to move to the Marlins squad swimmers are required to hold 12*50 freestyle on the :55sec, perform all strokes proficiently and be club members.

It is common for swimmers to be in the Dolphins squad for 1-3 years, depending on number of sessions attended per week.

The Dolphins Squad is made up of 2 parts.

1. Competitive Dolphins. Swimmers in this part are Active Club Members (compete at swim meets, Club Nights and Club Championship events). Both morning and afternoon training sessions are open to a swimmer who fall into this category. This group will be assessed on a term by term basis by coaching staff to ensure swimmers are fulfilling their racing commitments.

2. Development Dolphins. Swimmers in this group are swimmers who are doing swimming to improve their proficiency, and enjoy training, however they do not wish to enter competitions at this stage. These swimmers are able to choose from the afternoon sessions only. If a swimmer chooses to start competitive swimming they will be able to join the morning sessions after a discussion with coaching staff.

REQUIREMENTS OF COMPETITIVE DOLPHINS:

1. Swimmers must attend a minimum of 50% of the terms Club Night events, Club Championships in terms 2 & 4, and start competing at swim meets. It is recommended that swimmers in this group train 3-4 sessions per week, with a minimum of 2 required.

REQUIREMENTS OF DEVELOPMENT DOLPHINS:

1. Swimmers in this squad are required to attend a minimum of 2 sessions per week.