

State Squad

\$123.90 / month

This squad is aimed at the swimmers who are competing well at state level in either competitive swimming, surf lifesaving or triathlon. They must have at least 2 state qualifying times and be prepared to do 5 – 6 sessions per week. Swimmers must complete at least 2 of the morning sessions in making their required sessions.

A commitment to train 5 times per week.

Test set would involve completing the following sets to enter this group. Entry into this group is by invitation and the swimmers must have a proven history of regular attendance.

30 x 50 on the 50

8 x 100 Backstroke on 2min

8 x 100 Breaststroke on 2min

5 x 100 Butterfly on 2min

Correct turns and good technique

Swimming sessions:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5.00-7.00am		5.00-7.00am		5.00-6.30am
	6.00 - 7.30pm	5.30 - 7.00pm		4.40-6.30pm	5.10-7.00pm	

Am sessions have a 15minute dry land warm up 5.00-5.15am

All evening sessions have a dry land session prior to swimming.

Saturday has a 1 hour gym session after swimming

Gym sessions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						6.30-7.30 am

Swimmers are expected to compete in the following events over winter

All 4 winter Div 1 or Div 2 meets

South Australian Short Course Championships

Club Time Trials

Centre Kick board challenge (TBA)