RACKLEY SQUAD SWIMMING

JINDALEE

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 at least 2 sessions a week.
Bronze	The Bronze Squad is designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our competitive-focused squads for swimmers aged 10 and over who are aiming to reach the top level of regional competitions. Recommended to attend at least 4-5 sessions per week. ***Note:*** *Joining the Centenary Dolphins Swim Club is highly encouraged for swimmers in Bronze Squad*
Silver	The Silver Squad is for State and National 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. Recommended to attend at least 5 - 6 sessions per week. ***Note:*** *Joining the Centenary Dolphins Swim Club is a requirement for every swimmer in Silver Squad*
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. Recommended to attend at least 6-7 sessions a week. ***Note:*** *Joining the Centenary Dolphins Swim Club is a requirement for every swimmer in Silver Squad*
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.

Join the Squad! Scan QR Code to Book an Assessment

We are always keen to welcome new swimmers to our Squad, especially those who like the joy of swimming at any level. Scan the QR code to book a squad trial session/assessment.

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SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	6:30 - 7:30		6:30 - 7:30			8:00 - 9:00
Bronze	6:30 - 7:30		6:30 - 7:30			8:00 - 9:30
Silver			5:30 - 6:30 Swim 6:30 - 7:00 Gym			6:00 - 8:00
Gold		5:30 - 6:30 Gym 6:30 - 7:30 Swim		5:30 - 6:30 Gym 6:30 - 7:30 Swim	5:30 - 7:30	6:00 - 8:00 Swim 8:00 - 9:00 Gym
Adult	5:30 - 6:30		5:30 - 6:30		5:30 - 6:30	

**Gym sessions vary per squad. Please bring appropriate exercise/dryland gear, including enclosed shoes*

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 5:00	3:45 - 4:30 Swim 4:30 - 5:00 Gym	3:45 - 5:00	3:45 - 4:30 Swim 4:30 - 5:00 Gym	4:00 - 5:00 ***Race Skills***	
Bronze	3:45 - 5:30	3:45 - 4:30 Swim 4:30 - 5:00 Gym	3:45 - 5:30	3:45 - 4:30 Swim 4:30 - 5:00 Gym	4:00 - 5:00 ***Race Skills***	
Silver	5:00 - 5:30 Gym 5:30 - 7:00 Swim	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	4:00 - 5:00 ***Race Skills***	
Gold	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	4:30 - 6:00	

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