



Swimmer Selection in Squads

Below is a brief outline of the new squad structure, detailing the primary age and expected ability of the swimmers in each squad.

When coaches consider which swimmers for squads, they consider the following:

1. A demonstrated ability that swimmer can handle the workload;
2. The swimmer's ability to handle the psychology of the group;
3. The swimmers ability to compete well;
4. Whether the swimmer is prepared to make the commitment?

NATIONAL SQUAD CRITERIA -Coach John Beckworth.

- Compete at National, State and Country Championships
- A 2009 National time or be 1 sec off a 50, 2 sec off 100m time, 3 sec off a 200m time, or 5 sec off a 400 ime
- Train a minimum of 7 sessions pool per week during Winter.
- Complete 2-3 gym sessions per week
- Nominate for the Inter district team
- Consider nominating for the Barwon Sports Academy in 2010
- Attend Club nights

GOLD SQUAD CRITERIA - Coach John Beckworth

- Compete at State and Country Championships.
- Aim to achieve National Squad criteria times
- Train minimum of 5 sessions
- Complete strength exercises at home
- Nominate for the Inter district team
- Aspire to qualify for the National squad
- Attend Club nights

OPEN WATER SQUAD CRITERIA– Head Coach John Beckworth

- Compete at Geelong swimming club carnivals
- 4 sessions per week recommended
- Only morning sessions available for this squad.

SILVER SQUAD CRITERIA – Assistant Head Coach Carole Sparks / Jane Kingston

- Achieve qualifying times and compete at Country and State Age.
- Train minimum 4 sessions.
- Enjoy monthly club competition learn to race.
- Participate regularly at monthly club-swimming competitions.
- Continue to progress on racing skills, starts, turns and guidelines for competing

BRONZE SQUAD CRITERIA - Coach Rebecca Balm

- Developing endurance skills in Freestyle, Backstroke, Breaststroke, Butterfly
- Train minimum 3 sessions.
- Participate at local and other nominated meets.
- Participate regularly at monthly club-swimming competitions.
- Progress on racing skills, starts, turns and guidelines for competing

DEVELOPMENT SQUAD CRITERIA (Advanced Skills) Coach Fiona Brown , Liz Watson, Vikki Kelly

- Developing stroke skills in Freestyle, Backstroke, Breaststroke, Butterfly
- To continue the progression on racing skills starts turns and competition procedures.
- Aim to participate at local swimming carnivals.
- Participate regularly at monthly club-swimming competitions.
- Learn to care for own gear
- Goggles, fins and water bottle are required for all sessions.
- Swim kit to be named.
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STARTER SQUAD (Post Learn to Swim) – Coach Wendy Svetnik (Gina Howard)

- Developing stroke Drills and Skills in Freestyle, Backstroke, Breaststroke, Butterfly
- Participate regularly at club swimming competitions.
- Learning about gear needed for training and competitions.
- Develop a social / fun experiences which in turn will build
- A sense of belonging to Geelong Swimming Club.
- To help guide, support and educate the swimmer, in the sport of competitive swimming.