

GEELONG SWIMMING CLUB SEASON 2009-10

SQUAD NOMINATION

The Geelong Swimming Club squad structure is designed to cater for the needs of all swimmers. AT THE SAME TIME, provides a pathway for swimmers from Club through to Country, State and National level.

This season we are offering high performance training for swimmers at National level. We encourage all swimmers to aim to be in this squad, particularly the younger swimmers in the Gold squad

At the same time we will set the intensity and volume of training at a level that gives every swimmer the opportunity to be there best.

COMPLETE THE NOMINATION FORM BELOW AND RETURN TO JOHN BECKWORTH, CAROLE SPARKS OR REBECCA BALM.

PLEASE NOTE :Training fees will be based on your nominated squad for the season. You must let your coach know if you are sick, on holiday or competing so it can be registered on the roll.

NATIONAL SQUAD CRITERIA -Coach John Beckworth.

- Compete at National, State and Country Championships
- Have a 2009 National time or be 1 sec off a 50 or 2 sec off 100m time, 3 sec off a 200m time, or 5 sec off a 400
- 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

NAME: _____

SQUAD NOMINATION: _____

NATIONAL SQUAD EVENT & TIME -----

TEAR OFF AND RETURN BY FRIDAY 19TH JUNE, 2009

