

# NATIONAL SQUAD INFORMATION SHEET

*Please note that any reference to “parents” in this Information Sheet includes reference to guardians and carers where applicable.*

## **Overview**

The National Squad is the Squad above the Age National Squad. The Squad caters for accomplished competitive swimmers fully committed to competitive swimming. The focus is to continue and refine swimmers’ development in all four strokes from the level attained in Age National Squad, with a focus on developing their full competitive potential.

The emphasis is to continue to improve technique in all strokes, including starts and turns, improve endurance, and speed, and prepare swimmers for optimal competitive performance.

## **Guidelines for Inclusion and Progression**

Inclusion in the National Squad, either from another Squad or externally, is at the discretion of the principal National Squad Coach. Swimmers will usually be given a trial period to determine their suitability. Guidelines for inclusion in Age National Squad are listed below:

- Swimmers are generally at least 16 years of age.
- Swimmers should regularly attend at least seven sessions per week, including morning sessions.
- Swimmers must be members of the Highlanders Swimming Club and compete in designated meets.
- Swimmers should have at least one Australian Championships qualifying time.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

National Squad swimmers may move to Senior Surf Squad if they no longer wish to be fully committed to competitive swimming.

## **Program Structure**

The National Squad program is planned by the principal National Squad Coach with a view to preparing swimmers for designated meets. Sessions will include a variety of technique, skill, endurance, and speed elements to achieve optimal competitive performance.

The program also includes a gym program designed to enhance performance and reduce the risk of injury.

The program aims to teach/coach swimmers, challenge them, and prepare them for competition.

### **Sessions and Timetables**

National Squad sessions are usually two hours in duration and are usually offered every day of the week, and twice on some days.

Timetables showing session times for each school term are emailed to all parents or swimmers prior to each term and are available on the Hooked Swim. Session times may vary during school holidays, and timetables for holiday periods will also be emailed to parents or swimmers and be available on the Hooked Swim webpage. Parents or swimmers will be notified by email of any changes to timetables due to other pool bookings.

### **Expectations of Swimmers**

- Swimmers must maintain sessions and meet attendance requirements.
- Swimmers should be ready to commence each session on time.
- Swimmers must bring a water bottle and a gear bag containing all swim equipment required by the coaches.
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

### **Expectations of parents**

- Parents must abide by the Hooked Swim Parents Code of Conduct.
- Parents must not remain in the pool area during sessions.
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must speak to coaches before or after (not during) the session.

### **Highlanders Swimming Club**

Age National Squad swimmers must be members of the Highlanders Swimming Club ('the Club'). Club members compete in club, inter-club meets; and Metropolitan, WA and Australian Championships. The Club is one of the most successful age-group clubs in WA.

Go to <https://highlanders.swimmingclub.org.au> to find out more about the Club, including registration information.

### **Enrolment, Fees, Suspension and Cancellation**

Enrolment is perpetual, continuing until swimmers are promoted or enrolment is cancelled.

Fees are paid fortnightly in advance by direct debit only, with payment being made upon joining the squad.

Enrolment may be suspended via email. The suspension must be for a minimum of two weeks and a maximum of four weeks, and the suspension request must be submitted no later than seven days before the suspension date.

Enrolment may be cancelled by written notice.

Fee changes will be notified by email.