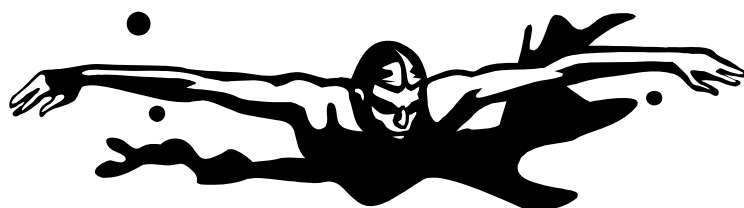


# SQUAD SWIMMING



## INTRODUCTION

The Fremantle Swim Team squad program has been at the Fremantle Leisure Centre since April 1994. The program is operated by Head Coach Simon Redmond. Ba App Sc (Sports Science).

Simon is married with 2 children and has been involved in swimming since 1991. Completing a Bachelor of Applied Science (Sports Science) he began coaching for part time work. However within three months he was bitten by the swim bug, and has been coaching ever since.

In 2003, swimmers from the Fremantle Squads were selected onto Australian Swim Teams for the first time. Lara Carroll went on to swim for Australia in the 2004 Athens Olympics coming 6<sup>th</sup> in the final of the 200m Individual Medley.

Since then Fremantle has been represented at National and International competitions including World Championships and Commonwealth Games. We are thrilled with our swimmers success, and want families to see our results as indicators of the quality of the coaching we have to offer.

The program's first priority is to ensure that the athletes enjoy their time with the squads, grow in personal confidence and self esteem, learn to respect team mates, their environment and the people they meet along the way.

# MINI SQUAD

The Mini Squad Program is designed for swimmers who have passed STAGE 6 Austswim and who want to join a “TEAM”

Swimmers learn A Grade swimming skills and techniques that they will use throughout their time in the squad program.

The focus is totally on skill development. Swimmers are not allowed to swim with poor technique and coaches work hard to ensure your child is taught the correct way to swim.

*Why do they seem to swim lap after lap ?.....*Swimmers swim laps to develop endurance. That way they do not lose skill as a result of fatigue. Each lap the swimmer is working on a particular part of a stroke or how to time the legs to the arms properly and so on.

Swimmers learn basic squad rules, racing skills, competitive turns, the butterfly stroke, lane protocol, using a pace clock etc... and how to swim the “Seal boogie”.

Swimmers are assessed over 25m of Freestyle, Breaststroke and Backstroke.

## Training Days

**Monday to Friday                      4.00pm - 4.45pm**

**FEES - 1 session p/wk = \$80.00 p/term    or  
2 x p/wk = \$140.00 p/term includes GST.**

# **BRONZE SQUAD**

Following the acquisition of both fitness and skill to a desired level, swimmers “Graduate” from mini squad to the Bronze squad. This is a very “TEAM” based squad.

Most swimmers are aged 9yrs+ and now swim two sessions per week. The athletes are taught to set goals and to work toward achieving them. Swimmers focus on the development of an above average fitness base and skills in all 4 competitive strokes as well as the 100m Individual Medley.

This is a highly motivated group. They work hard together to achieve the groups goal...to graduate to the Silver level.

**2 x sessions p/wk = \$140.00 p/term (incl GST)**

## **Training**

**Tuesday and Thursday 4.00pm - 4.45pm**

**Fees are - 1 session p/wk = \$80.00 p/term or  
2 x sessions p/wk = \$140.00 p/term (incl GST)**

# SILVER SQUAD

Swimmers are now realising that their dream of becoming a competitive swimmer might just become a reality.

Many of our Silver squad swimmers will achieve their first West Australian State Qualifying times at this level and will be introduced to head to head competitions against swimmers from other local clubs.

It is truly an exciting stage in the swimmers career as they now learn more about what their bodies and minds are actually capable of. This is the building block for many of our longer term swim team members.

Coaches develop an awareness within each Swimmer of their potential and importantly their value as a squad “**team**” member.

## Training

**Monday, Wednesday and Friday 4.45pm - 6.00pm**

**Fees are \$70.00p/mth or  
\$130 for 2 consecutive months (incl GST)**

# TARGET SQUAD

Advanced STATE qualified swimmers train in this program.

The focus is the development of each athlete now to become the very best competitive swimmer they can.

Swimmers are taken into a four year development plan designed to assist them attain an Australian National Time that will rank them as one of the best swimmers in their age in the country. It is also the level from which swimmers are developed to achieve a level that will enable them to compete at a future Australian Olympic Trials. It is truly an incredible experience for any athlete to walk the pool deck with the very best swimmers not only in Australia but in the World.

Together coaches and swimmers develop specific goals and the strategies required to achieve these goals. Team spirit and peer group support is most evident at this level as swimmers bond together. Swimming being their chosen sport, they now work together to succeed.

The training requirement is a minimum of 5 sessions p/week, with a high level of personal commitment and discipline required.

## Training

**Monday, Wednesday and Friday**  
**Group 1 = 4.30pm – 6.00pm**

**Fees are \$80.00 p/mth or**  
**\$150 for 2 consecutive months**  
**(includes GST).**