

## Gold Squad

**\$115.50 / month**

This squad is aimed at swimmers who have completed the test set required. They must also have some desire towards making swimming or surf lifesaving one of their chosen competitive sports.

Expectation 3-4 session per week

Promotion to State Squad

Test set would involve completing the following sets.

30 x 50 on the 50

8 x 100 Backstroke on 2min

8 x 100 Breaststroke on 2min

5 x 100 Butterfly on 2min

A willingness to train at least 3 times per week.

Swimming sessions:

| Sunday | Monday        | Tuesday | Wednesday   | Thursday    | Friday      | Saturday    |
|--------|---------------|---------|-------------|-------------|-------------|-------------|
|        |               |         |             |             |             | 6.30-8.00am |
|        | 6.30 - 7.30pm |         | 6.00-7.30pm | 5.00-6.30pm | 5.30-7.00pm |             |

**Swimmers are expected to compete in the following events over winter**

**Monthly Time Trials – the first Wednesday in the month**

**All 4 winter JX meets**

17 May, 21 June, 16 August and 13 September

**Dual Meets x 3**

12 April – Largs bay

9 May - Seaton

14 June – Parafield Gardens

Kick Board Challenge – to be advised

## Equipment Required in the Gold Squad

Goggles, Flippers – Large, Pull Buoy, Kick Board

Swimmers should always have drink bottle filled and on hand.