

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
	6.00 - 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

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.