

National target Squad

\$136.50 / month

This squad is aimed at the swimmers who have already competed at the state level and are approaching National qualifying times. Swimmers in this group must be prepared to commit to 6-7 sessions per week as requested. These sessions will be published as to when the athletes are expected. All swimmers must be registered members of the swimming club.

Test set would involve completing the following sets to enter this group. Swimmers will be invited to join this group and must have proven history of regular attendance.

60 x 50 on the 45

This group will be limited to 20 swimmers.

Swimming sessions:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.00-7.00am		5.00-7.00am		5.00-7.00am	5.00-7.00am
PM	6.00 - 7.30pm	5.10-7.00pm		4.40-6.30pm		

Am sessions have a 15minute dry land warm up 5.00-5.15am

Tuesday and Thursday have a 20 minute dryland warm up prior to swimming

Monday has a 1 hour gym session prior to swimming

Saturday has a 1 hour gym session after swimming

Gym sessions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7.00-8.00 am
	5.00-6.00pm					

Swimmers are expected to complete the Pilates DVD 3 times per week at their leisure. Dry land warm ups are to completed before all sessions approximately 20 minutes in the afternoon and 15 minutes in the mornings.

Swimmers are expected to compete in the following events over winter

All 4 winter Div 1 or Div 2 meets

South Australian Short Course Championships

Club Time Trials

Centre Kick board challenge (TBA)