

NEW SQUAD TIMETABLE

Preamble

Tracy King ceased coaching at the Narooma Swimming Pool in early December, and I would like to take this opportunity to *THANK Tracy* for all her hard work and effort over recent years. *Although, Tracy is no longer coaching, we look forward to seeing Tracy join the ranks of a dedicated swim-parent, bringing and taking Banjo to training!* 😊

As most people are aware, Community Aquatics has recently appointed a new Head Swim Coach - Airidas.

Airidas started his new role directly after finishing his commitments at the NSW State Swimming Championships, with his previous swim team.

Airidas will be responsible for the direct delivery of coaching services across both Narooma and Moruya Swimming Pools, as well as assisting (*and mentoring*) the delivery of future coaching services at Batemans Bay Swimming Pool.

Essentially, Airidas will lead the Eurobodalla swim program, where swimmers are free to be members of any Swim Club (*or not*) and still be part of his TEAM.

Airidas has made a commitment to the Eurobodalla Community to ensure that all swimmers (*young or old*) receive great training, and stroke development to achieve maximum potential in the water.

Whether, a Swimmers' potential is Local, State, National... or even Olympics! **Airidas will do his part.**

Brad Paterson
Manager - Community Aquatics

Timetable Changes: Starting Monday 8th January 2018 (Summer)

The highlights are:

- The restructure of squad titles and times.
- A more personal approach to each swimmer within the traditional Bronze/ Silver / Gold squads. Although these squad groups have been condensed, swimmers will be requested and encouraged to attend a set number of sessions each week to match their stage of development.

Green Squad: Now called **Orca Squad**

- Previously this squad was allocated TWO x 45 minute sessions per week (total 1.5hrs per week).
- The new timetable contains five x 1hour sessions: 3 afternoons and 2 mornings (total 5 hrs per week).

Bronze / Silver / Gold: Now called **Senior Squad**

- Previously these squads were separated. Bronze had 1hour sessions and Silver / Gold had sessions between 1-1.5hours
- The new timetable offers seven x 1.5hour sessions per week. Previously, the Silver/ Gold squads were allocated a maximum of 8.5 -9.5 training hours per week, this has been increased to a minimum of 10.5hrs.

It is important to note that the Head Coach will liaise with, and encourage each individual swimmer to attend a minimum number of session per week. It is envisaged that all swimmers in this squad will:

- Attend a minimum of 3 session per week.
- Be able to use the pace clock and understand how swim training sessions are structured
- Should any Senior Squad member not be able to make a 4.30pm afternoon session, they will be encouraged to attend the Adult/ Swim Fit squads AND / OR encouraged to attend/travel to Senior squads sessions at Narooma or Moruya Pool to make up.

Please keep in mind that during the transition process some “*younger*” senior squad swimmers might be given “*early marks or walk backs*” if the 1.5hours proves to be too difficult in the short term.

On the following page you will read the new squad titles, training times and entry conditions.

Squad Timetable

NAROOMA POOL

TIME	DAY					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS		Seniors 6 - 7.30am	Seniors 6 - 7.30am		Seniors 6 - 7.30am	Seniors* 6.30 - 8am
		Orca 7.15-8.15am				Orca 8 - 9am
AFTERNOONS	Orca 3.30 - 4.30pm			Orca 3.30 - 4.30pm	Orca 3.30 - 4.30pm	
	Seniors 4.30 - 6pm		Seniors 4.30 - 6pm		Seniors 4.30 - 6pm	
	Adult / Fit-Swim 6 - 7pm		Adult / Fit-Swim 6 - 7pm		Adult / Fit-Swim 6 - 7pm	

*Senior Saturday morning sessions are held before public opening hours.

MORUYA POOL

TIME	DAY				
	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS	Seniors 6 - 7.30am			Seniors 6 - 7.30am	
AFTERNOONS		Orca 3.30 - 4.30pm		Orca 3.30 - 4.30pm	
		Seniors 4.30 - 6pm		Seniors 4.30 - 6pm	
		Adult / Fit-Swim 6 - 7pm		Adult / Fit-Swim 6 - 7pm	

Squad Minimum Definition / Standards for Entry

ORCA: Must be able to swim a minimum and continuous 150m Free/ 100 Back / 100 Breas / 25 Fly and a Basic Diving

SENIORS: Must be able to swim a minimum and continuous 400m Free / 200 Back / 200 Breas / 75 Fly and IM Turns

ADULT / FIT-SWIM: Must be able to swim a minimum and continuous 200 Free or 6x50m with 30 seconds rest