

GASC SQUADS AND SQUAD PATHWAYS

We welcome all swimmers who want to improve for:

- Swim fitness
- Readiness for water polo
- Triathlons
- Competitive swimming pathways

Geraldton Amateur Swimming Club has five squads. Swimmers are placed in a squad after an assessment with a coach. Please refer to the guidelines below for a description of each squad. The decision of the best squad for your child is determined by our coaching team.

Final criteria on squad placement for your child is subjective. These criteria will include, but is not limited to training history, training ability, endurance, skill levels, rate of improvement, motivation and commitment to training.

Meeting with your coach to develop training plans, goals and review performance is an important part of training, however, it's not practical to have these discussions on pool deck whilst coaches are in training sessions. Our coaches are more than happy to arrange a suitable time to meet with you, alternatively please also feel free to email coachmary@gasc.club with any concerns or questions regarding your child's squad placement or progress.

Expectations of Swimmers

- Swimmers should be ready to commence each session on time.
- Swimmers should bring goggles, short fins, front facing snorkel and water bottle to each session.
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

Expectations of parents

- Parents must abide by the GASC Parents / Guardian Code of Conduct.
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session to arrange a convenient time to talk.

Enrolment

Fees are confirmed by enrolling via the GASC Registration Forms. An invoice will be emailed, fees are paid per term or semester, payment being made on the first day of each term.

Green Squad

Overview

Green Squad is the first training group after the learn to swim levels. Swimmers in this group are predominantly of 7 to 12-years and training is focused on “stroke development”. Swimmers will learn to refine stroke techniques developed in the learn-to-swim program, develop racing skills (streamlines, starts, turns & finishes). Swimmers are introduced to lap swimming and training etiquette.

Sessions will emphasise training etiquette, stroke development and coordination.

Minimum of 1 session per week, two sessions available / Term or Semester payment

Guidelines for inclusion

Inclusion in the Green Squad program will be at the discretion of Geraldton Amateur Swim coaches and have completed stage 5 at learn to swim or VAC lessons. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Green Squad program are listed below:

- Swimmers are usually aged between 7-12 years old.
- Swimmers must demonstrate proficiency in freestyle, backstroke & breaststroke.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4:00PM- 4:45PM		4:00PM- 4:45PM		

Green Squad sessions are 45 minutes in duration and are offered on two sessions during the week

Program Structure

Each Green Squad session focuses on a ‘stroke of the day’ which rotates so that the stroke varies on any particular day from week to week. Generally, kick, stroke drills and technique work will be done in the ‘stroke of the day’. There is a racing skills focus, and most sessions include aerobic work. Green Squad members are encouraged to compete at GASC race events and time trials.

The Green Squad will swim approximately 800m-1km per session.

Promotion to next Squad

Green squad swimmers may be promoted to the Blue Squad at the discretion of the Green Squad coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable.

Blue Squad

Overview

Blue squad is targeted on “stroke development” and swimmers are generally 8 to 12-years. Training will centre around technique and skill development for all strokes and racing skills. Swimmers will continue to learn training etiquette and what is expected of them to reach their potential.

Sessions will emphasise technique development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Blue Squad program either from Green Squad or externally, is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Blue Squad program are listed below:

- Swimmers are usually aged between 8-12 years old.
- Swimmers must demonstrate proficiency in all four competitive strokes.
- It is recommended that for optimal improvement and ultimate promotion to Bronze Squad, swimmers should attend two sessions minimum per week.
- Swimmers are encouraged to compete at GASC race events and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:45PM-4:45PM	3:45PM-4:45PM		3:45PM-4:45PM	6:00AM-7:00AM	

Blue Squad sessions are 60 minutes in duration and are offered on four sessions during the week

Program Structure

Each Blue Squad session focuses on a ‘stroke of the day’ which rotates so that the stroke varies on any particular day from week to week. Generally, kick, stroke drills and technique work will be done in the ‘stroke of the day’. There is a racing skills focus, and most sessions include aerobic work. Blue Squad members are encouraged to compete at GASC race events and time trials.

The Blue Squad will swim approximately 1.3km - 1.5km per session.

Promotion to next Squad

Blue squad swimmers may be promoted to the Bronze Squad at the discretion of the GASC coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable

Bronze Squad

Overview

Bronze Squad is a group that is targeted at a “learn to train” focus with swimmers in the group consisting predominantly of 9 to 13-year-old children. This group are encouraged to compete; however, training will continue to centre around technique and skill development that will enhance the swimmer’s capacity to train with intensity over increasing volumes.

Sessions will emphasise aerobic development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Bronze Squad program either from Blue Squad or externally, it is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Bronze Squad program are listed below:

- Swimmers are usually aged between 9-13 years old.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills (starts, turns & finishes).
- It is recommended that for optimal improvement and ultimate promotion to Silver Squad, swimmers should attend three sessions per week.
- Swimmers are encouraged to compete at race meets and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM-7:00AM 3:45PM-4:45PM	3:45PM-4:45PM	3:45PM-4:45PM	3:45PM-4:45PM	6:00AM-7:00AM 3:45PM-5PM	9:00AM-10:30AM

Bronze Squad sessions are predominately 60 minutes in duration. Bronze are offered on seven sessions during the week to train.

Program Structure

The Bronze Squad program is planned with a view to preparing swimmers for competition, and to improve fitness and general wellbeing. Sessions will include a variety of technique, skill, endurance, power and speed elements to achieve optimal competitive performance. The Bronze Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition where relevant and to provide some fun elements. Bronze Squad members are encouraged to compete at race meets and time trials.

The Bronze Squad will swim approximately 1.9km - 2.3km per session.

Promotion to next Squad

Bronze squad swimmers may be promoted to the Silver Squad at the discretion of the GASC coach.

Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable

Silver Squad

Overview

Silver squad is a group that is targeted at a “train to train” and “train to compete” focus with swimmers in the group consisting predominantly of swimmers aged 13+ years. This group continues to centre around refining technique and skill and focusing on endurance, power and speed elements to achieve optimal competitive performance and increased intensity. Medley swimming: i.e. training all four strokes, will be front and centre in this group.

This group is encouraged to compete in 50m-200m events distances. Sessions will emphasise aerobic development, stroke length and coordination.

Guidelines for inclusion

Inclusion in the Silver Squad program either from Bronze Squad or externally, it is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Silver Squad program are listed below:

- Swimmers are usually aged between 11+ years old.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills (starts, turns & finishes).
- It is recommended that for optimal improvement and ultimate promotion to Gold Squad, swimmers should attend four sessions per week.
- Swimmers should bring goggles, short fins, front facing snorkel, small paddles and a water bottle to each session.
- Swimmers are encouraged to compete at race meets and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-7:05AM 3:45PM-4:45PM	4:45PM-6:30PM	6:00AM-7:05AM 3:45PM-4:45PM	4:45PM-6:30PM	6:00AM-7:05AM 3:45PM-5PM	9:00AM-10:30AM

Silver Squad sessions are predominately 60+ minutes in duration. Silver sessions are offered nine sessions during the week to train.

Program Structure

The Silver Squad program is planned with a view to preparing swimmers for competition, and to improve fitness and general wellbeing. Sessions will include a variety of technique, skill, endurance, power and speed elements to achieve optimal competitive performance. The Silver Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition. Silver Squad members are encouraged to compete at race meets and time trials.

The Silver Squad will swim approximately 2.2km-3.5km per session.

Promotion to next Squad

Silver squad swimmers may be promoted to the Gold Squad at the discretion of the GASC coach. Promotion is based on:

Attendance - evidence of adequate commitment.

Attitude - ability to train in a group, exhibiting consideration for other squad members, listening attentively to the coach and following instructions, and giving their best effort in every training session.

Ability - completing the session comfortable

Gold Squad

Overview

Gold squad is a group that is targeted at a “train to compete” and an “elite athlete” focus with swimmers in the group consisting predominantly of swimmers aged 13 years to open athletes. Swimmers are to attend all designated competitions, with training centred around refining fitness requirements and skills for racing. Weekly training sets will reflect periodised requirements for preparation for major competitions and individual athlete needs. Medley training will still be prominent but stroke and event specific work for individual athletes will be commonly in place.

Sessions aimed at an “elite athlete” focus will be coordinated to maximise all physiological requirements, delivered in an individualised manner.

Guidelines for inclusion

Inclusion in the Gold Squad program either from Silver Squad or externally, it is at the discretion of GASC coaches. Swimmers will usually be given a trial period to determine if they are suitable.

Guidelines for inclusion in the Gold Squad program are listed below:

- Swimmers are usually aged between 13+ years old.
- Swimmers must demonstrate proficiency in all four competitive strokes and racing skills.
- It is recommended that for optimal improvement, swimmers should attend five sessions per week.
- Swimmers should bring goggles, short fins, front facing snorkel, small paddles, large paddles and a water bottle to each session.
- Swimmers are encouraged to compete at race meets and time trials.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-7:05AM 3:45PM-4:45PM *5:00PM-6:00PM	4:45PM-6:30PM	6:00AM-7:05AM 3:45PM-4:45PM *5:00PM-6:00PM	4:45PM-6:30PM	6:00AM-7:05AM 3:45PM-5PM	9:00AM-10:30AM

Gold Squad sessions are predominately 60+ minutes in duration. Gold sessions are offered nine sessions during the week to train.

*Additional training may be scheduled outside of advertised times.

Program Structure

The Gold Squad program is planned with a view to preparing swimmers for competition, and to improve fitness and general wellbeing. Sessions will include a variety of technique, skill, endurance, power and speed elements to achieve optimal competitive performance. The Gold Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition. Gold Squad members are encouraged to compete at race meets and time trials.

The Gold Squad will swim approximately 2.7km-5.5km per session.