

# 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.