

# 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.