

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.