

Squad details

Written by Administrator

Sunday, 01 May 2011 23:00 - Last Updated Monday, 05 February 2018 08:03

Pre Competitive

3 hours pool time per week. Minimum attendance: 2 hour

Competitive 1

4 hours pool time per week. Minimum attendance: 3 hours

Competitive 2

5 hours pool time per week. Minimum attendance: 4 hours

Competitive 3

5 hours pool time per week. Minimum attendance: 4 hours

Competitive Development 1

4 hours pool time per week. Minimum age 9. Minimum attendance: 3 hours

Competitive Development 2

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5.5 hours pool time per week. Minimum attendance: 4 hours

Competitive Development 3

9 hours pool time per week. Minimum attendance: 6 hours

Junior Development

7 hours pool time per week. Minimum attendance: 5 hours

Junior Elite

9-10 hours pool time per week. (Select swimmers Sunday 8-9pm). Minimum attendance: 6 hours

Elite

13 hours 45 mins pool time per week. Minimum attendance: 8 hours

Red Squad

3 hours pool time per week. (For swimmers recovering from injury or unable to maintain minimum attendance levels)

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Masters Squad

3 hours pool time per week.

Land Training

1 hour studio time per week. (Minimum age 12 - for Junior Elite / Elite squad members)

Squad swimmers are expected to attend at least the specified minimum number of training sessions per week. MSC will review a squad position should attendance or squad criteria not be able to be maintained.