



The Geelong College Recreation Centre

Squad Program Information Pack



THE
**GEELONG
COLLEGE**
RECREATION CENTRE



Squads at The Geelong College

The Geelong College Squad program has been developed for students that have completed level 6 of Royal Lifesaving Australia's Swim and Survive program or equivalent, and are working towards competitive swimming. Squad swimming at The Geelong College Recreation Centre is made easy with highly qualified instructors who deliver a very engaging and interactive program.

Key focuses

Technique

Swimmers learn and progressively refine technique and develop proficiency in all four competitive strokes, starts and turns, as well as improving distance capabilities and speed.

Speed

All Squad members participate in 50m sprint times where swimmers are rewarded for trying to beat their personal best time, which is displayed around the Centre. They are also invited to participate in the annual Squad carnival, an exciting introduction to competitive swimming!

Endurance

A 400m swim is conducted during our endurance terms. Squad swimmers aim to achieve a personal best time and meet the time requirement for their next level certificate.

Safety and Survival

Lifesaving skills and survival techniques are a fundamental component of the Squad program. These skills and techniques are vital to our program and the development of a swimmer.

Progression through our Squad program

Bronze level

This level is focused on developing the fundamentals of Squad swimming – learning correct starts and turns, as well as working towards correct stroke technique and efficiency.

Silver level

These swimmers will learn the technical requirements and etiquette of training and racing, and refine their competitive stroke techniques.

Gold level

The swimmers at this level focus on refining their skills into race efficiencies and striving towards achieving set goals in training, time trials and swim meets.



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The Geelong College Recreation Centre Squad training timetable

Monday		Tuesday		Wednesday	Thursday	Friday
4.00pm	Bronze/Silver Sharyn	Silver/ Gold Sharyn		Bronze/Silver Shaun		
4.15pm						
4.30pm						
4.45pm	Silver Sharyn		Bronze Rowena	Gold Shaun	Silver Shaun	Bronze Jeff
5.00pm						
5.15pm						
5.30pm	Gold Shaun				Bronze/Silver Shaun	
5.45pm						
6.00pm						
6.15pm						
6.30pm						
6.45pm						

Enrolment process

If you are interested in joining the squad program, please email sue.gook@geelongcollege.vic.edu.au or call reception on 5226 3129. Our team will take you through the simple enrolment process.

More information is available on our website or by contacting us:

Website: www.geelongcollege.vic.edu.au/community/recreation-centre

Email: sue.gook@geelongcollege.vic.edu.au

Phone: (03) 5226 3129



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The Geelong College Recreation Centre Squad Levels

Bronze Squad

Purpose

During Bronze squads, we aim to mould Learn-to-Swim graduates into Squad swimmers with a good understanding of stroke and technique. Our coaches will work to refine this, as well as work on tumble turns, Butterfly and race efficiencies. Swimmers in this squad are typically 8-12 years old.

Prerequisites

- Have passed a level 6 or equivalent

Training Expectations

- Wear a Green College cap, goggles and bring a water bottle
- We encourage all swimmers to obtain their own fins, kick board and pull buoy – they can be borrowed from the storeroom if required.
- Take on feedback and make veritable efforts to improve technique and skills as advised by coaches
- Show engagement and strong work ethic throughout the training session
- Adhere to lane etiquette expectations
- Support other members of the Bronze Squad and be a good teammate

Competition Swimming

At The Geelong College Recreation Centre, we encourage all Bronze swimmers to participate in our annual Squad carnival. This will provide a fantastic opportunity to develop their swimming abilities to a competitive level and give confidence when competing in school events and much more. All events will be advertised around the Centre as the date approaches.

Assessment

During Squad sessions all swimmers will be tested to set criteria, outlined below. On completion of the assessment and when deemed competent, the Squad swimmer will obtain their Bronze Certificate and Bronze swim cap.

- Correct technique for Freestyle, Backstroke and Breaststroke
- Freestyle and Backstroke tumble turns
- Complete a 400m Freestyle swim
- 50m Freestyle under 50sec
- 50m Freestyle kick under 1:15min
- Bronze level water safety

The Geelong College Recreation Centre Squad Levels

Silver Squad

Purpose

Our coaches aim to achieve a competitive team environment during all squad sessions while continuing to develop stroke technique, endurance and race efficiencies. Swimmers in this squad are typically 10-14 years old.

Prerequisites

- Have passed a Bronze Level Certificate

Training Expectations

- Wear a Bronze cap, goggles and bring a water bottle
- We encourage all swimmers to obtain their own fins, kick board and pull buoy – they can be borrowed from the storeroom if required
- Take on feedback and make veritable efforts to improve technique and skills as advised by coaches
- Show engagement and strong work ethic throughout the training session
- Adhere to lane etiquette expectations
- Support other members of the Silver Squad and be a good teammate

Competition Swimming

At The Geelong College Recreation Centre, we encourage all Silver swimmers to participate in our annual Squad carnival as well as the Geelong Sharks and Geelong Swim Club encouragement swim meet. This will provide a fantastic opportunity to develop their swimming abilities to a competitive level and give confidence when competing in school events and much more. All events will be advertised around the Centre as the date approaches.

Assessment

During Squad sessions, all swimmers will be tested to set criteria, outlined below. On completion of the assessment and when deemed competent, the Squad swimmer will obtain their Silver Certificate and Silver swim cap.

- 100m IM technique
- Complete 25m of Butterfly
- Breaststroke turns and split strokes
- Track start dives
- TGC Lifesaving / Water Safety
- 400m Freestyle under 7:30min
- 50m Freestyle kick under 1:05min

The Geelong College Recreation Centre Squad Levels

Gold Squad

Purpose

Our coaches aim to achieve a competitive team environment during all squad sessions while continuing to develop stroke technique, endurance and race efficiencies. Swimmers in this squad are typically 12-16 years old.

Prerequisites

- Have passed a Silver Level Certificate

Training Expectations

- Wear a Silver or Gold Squad College cap, goggles and bring a water bottle
- We encourage all swimmers to obtain their own fins, kick board and pull buoy – they can be borrowed from the storeroom if required
- Take on feedback and make veritable efforts to improve technique and skills as advised by coaches
- Show engagement and strong work ethic throughout the training session
- Adhere to lane etiquette expectations
- Support other members of the Gold Squad and be a good teammate

Competition Swimming

At The Geelong College Recreation Centre, we encourage all Gold swimmers to participate in our annual Squad carnival as well as the Geelong Sharks and Geelong Swim Club encouragement swim meet. This will provide a fantastic opportunity to develop their swimming abilities to a competitive level and give confidence when competing in school events and much more. All events will be advertised around the Centre as the date approaches.

Assessment

During Squad sessions, all swimmers will be tested to set criteria, outlined below. On completion of the assessment and when deemed competent, the Squad swimmer will obtain their Gold Certificate and Gold swim cap.

- 100m IM correct technique
- 50 meters Butterfly no fins
- Correct Backstroke starts and finishes
- TGC Lifesaving / Water Safety
- 50m Freestyle under 50sec
- 400m Freestyle under 7min
- 50m Freestyle kick under 55sec