

# SUTHERLAND SHIRE LEISURE CENTRE

## SQUAD AND ATHLETE PATHWAY PROGRAM



SUTHERLAND SHIRE



LEISURECENTRES

A business unit of Sutherland Shire Council

Sutherland Shire  
COUNCIL



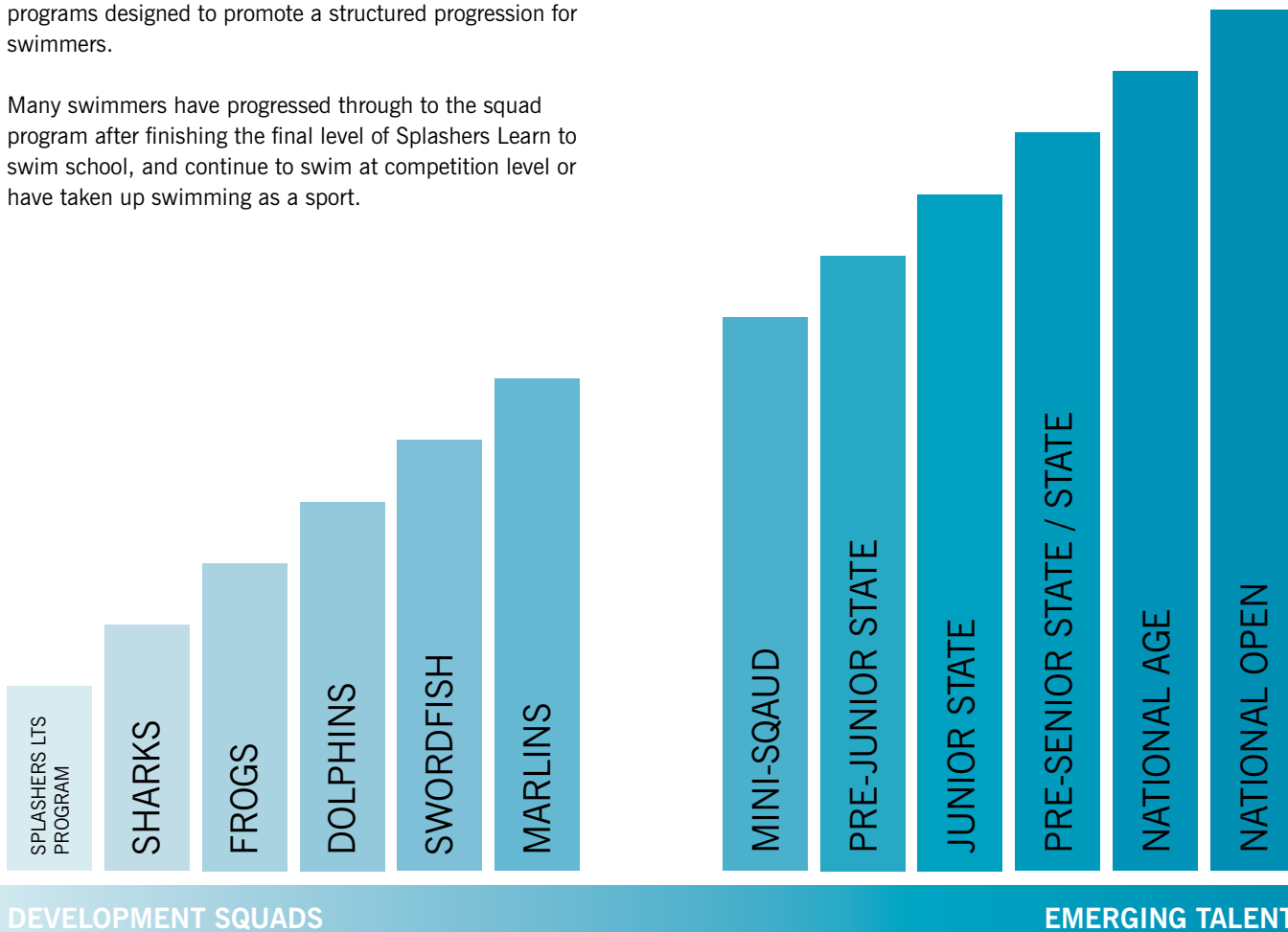
## SUTHERLAND LEISURE CENTRE SQUAD STRUCTURE

Squad programs for anyone who simply enjoys the sport of swimming to athletes wanting to compete at a national level.

The squad structure at Sutherland Leisure Centre is a multi-level program that has been developed over many years to provide anyone with the opportunity to enjoy the sport of swimming, also providing an athlete pathway program for more serious swimmers wanting to compete at a national level.

Sutherland Leisure Centre provides a broad range of squad programs designed to promote a structured progression for swimmers.

Many swimmers have progressed through to the squad program after finishing the final level of Splashers Learn to swim school, and continue to swim at competition level or have taken up swimming as a sport.



The Squad program is divided into three tiers:

1. Development Squads
2. Emerging Talent Squads
3. Adult Squads

- Swimmer can interchange through levels by discretion of the Head Coach.
- Swimmers are encouraged to join SLC Aquadot swim team upon reaching the Mini-Squad level. SLC Aquadot is Sutherland Leisure Centre's swim club.

## DEVELOPMENT SQUADS:

Development Squads are the next levels of up from the Splashers learn to swim program.

The development squad aims to improve the technique and fitness of the swimmer and is structured as follows:

### SHARKS:

Children progress from the learn-to-swim program increasing stamina and fitness. Squad etiquette and freestyle and backstroke stroke technique are taught. The breaststroke kick is introduced.

Sessions are 30 minutes.



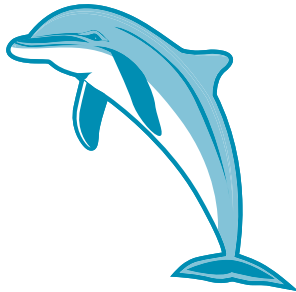
### FROGS:

Freestyle and backstroke skills are improved and distances increased. Stamina & fitness levels are increased with the introduction of the complete breaststroke. The butterfly kick is introduced. Sessions are 45 minutes.



### DOLPHINS:

Butterfly is taught as a complete stroke. Swim distances are up to two kilometres in an hour with an emphasis on stroke technique. Programs for this squad have set times and aerobic levels. Sessions are 60 minutes.



### SWORDFISH:

This squad is for the Dolphins with stronger swimming stamina and is designed to increase endurance.

Sessions are 60 minutes.



### MARLINS:

This program is for teenagers who want to improve their fitness level for water polo, triathlon racing, surfing, lifesaving competition and general swimming. Cross training is incorporated into this squad with an emphasis on endurance and stamina improvement. This squad covers three to five kilometres in 90 minutes.



## EMERGING TALENT SQUADS:

The Emerging talent squads provide athletes the opportunity to keep rising through each squad level, training in the direction of the athlete pathway program. These athletes are more serious and strive to compete at a national level.

### National Squads:

#### NATIONAL OPEN

Requirements of participant include:

- National Open pool qualifiers
- National Open / Open Water qualifiers 16yrs years and over
- 10 sessions per week
- Must attend 60% of SLC Aquadot club meets
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

#### NATIONAL AGE

Requirements of participant include:

- National Age pool qualifiers 13 yrs and over
- 9 sessions per week
- Must attend 60% of SLC Aquadot club meets
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

#### NATIONAL SURF

Requirements of participant include:

- 6 sessions per week
- National Surf or Royal Life Saving Gold Medalists
- Water Polo National League players
- Ex-National Level Swimmers
- Maximum 10 in squad.
- Must be a member, and race where possible, for SLC Aquadot.
- 16yrs and over.
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.



### State Squad:

**State squad is aimed at state qualifiers aged 11 years and over.**

Requirements of participant include:

- National Age pool qualifiers under 13 yrs old.
- National Age Open Water qualifiers.
- National Open Open Water qualifiers 15yrs and under
- 7 sessions per week.
- Must attend 60% of SLC Aquadot Club Meets.
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

**Sessions run for 2 hours**

### Pre-Senior State Squad:

**Pre - senior state squad is aimed at swimmers 12 years and over who have not yet qualified for state level competition.**

Requirements of participant include:

- 6 sessions available per week.
- Attendance at SLC Aquadot club meets is encouraged.

**Sessions run for 1 ½ hours**

## Junior State Squad:

**Junior State Squad is aimed at 9 - 12 year old metropolitan qualifiers, with the aim to be racing at state level.**

Requirements of participant include:

- State Age qualifiers 11 yrs and under.
- 6 sessions per week.
- Must attend 60% of SLC Aquadot Club Meets.
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

**Sessions run for 2 hours**

## Pre - Junior State Squad:

**Pre - Junior Squad is aimed at 7-10 year old talented swimmers.**

Requirements of participant include:

- Must be striving to achieve Metropolitan and State qualifying times.
- Three sessions per week.
- Must attend 60% of SLC Aquadot Club Meets.
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

**Sessions run for 90 minutes**

## Mini - Squads:

**Mini - Squads is aimed at talented swimmers aged 7 and up.**

Requirements of participant include:

- Must be striving to race at Area race meets.
- 3 sessions per week
- Must attend 60% of SLC Aquadot Club Meets
- Other swimmers can be considered for inclusion - by discretion of the Head Coach.

## ADULT SQUADS:

The adult squad programs are designed to cater for swimming levels ranging from beginners to masters. Adult squads provide a social aspect to swimming and also give swimmers the opportunity to swim in competition if they choose to. Adult squads are structured as follows:

### Teenage:

Teenage swimmers wanting improve their fitness and swimming capabilities are able to join a lane graded squad applicable to their age level.

**Sessions run for 1 hour**

### Adult Learn to Swim:

Classes are available for all levels of adults wishing to learn to swim or join in a squad participation program.

**Sessions run for 45 mins**

### Adult Stroke Correction:

Incorporates all strokes with emphasis on drills and fitness. Adults should be able to swim one kilometre of freestyle and backstroke and have a recognisable breaststroke. Competition is available for Interested individuals.

**Outdoor 50-metre pool – sessions are 90 minutes**

### Masters:

Focuses on the competitive adult swimmer, surfer, tri-athlete or water polo player. Adults must be capable of swimming two kilometres of freestyle continuously and be able to handle backstroke, breaststroke and butterfly. Emphasises is on fitness with three-five kilometres being completed per session.

**Session run for 90 minutes**

## Competitive Programs

Competitive squads are designed to provide programs for individuals wishing to compete at metropolitan, state and national levels. Each squad includes stretching and gym sessions to assist with development. Competition squad programs are to be paid in full at the start of the month. Credits can be claimed if more than a week is missed and may be put towards the following month.

## Swim Club

Why not join the Sutherland Leisure Centre Aquadot Swim Club? The club caters for all levels of swimmers, including the development of levels through to Competitive.

## Adult Swim Club

Sutherland Leisure Centre / Sandburn Swim Club caters for adults who wish to engage in competition swimming as well as enjoying social activities.

All coaches at Sutherland Leisure Centre carry a minimum Green Level accreditation. Some of our more experienced coaches hold Bronze and Silver Levels of accreditation.



## FUTURE CHAMPION PROGRAM:

The Future Champion Program has been developed to provide incentives for swimmers outside the normal day to day training environment.

The aim of the program is to provide each athlete with the necessary skills to deal with swimming in a senior competitive environment. Skills inherited from the Future Champion Program can be used by the athlete for the rest of their lives.

The future Champion Program encompasses a series of training camps and competitions and is structured as follows:

### Inter - district competition:

Inter - district competition involves taking swimmers away for competition, either as the whole program, or as individual squads.

These trips aim to position swimmers in racing environments that they are not generally exposed to, as well as being a fun and social approach for swimmers to get to know each other away from the training pool.

Parents are encouraged to attend the inter district competitions as it provides them with the opportunity to become well-informed as to what the swimmers experience when they go away for National titles and is a good way for parents to get to know the coaches better.

At present squad teams travel to Canberra for race meets at the Australian Institute of Sport, and also attended race meets on the Central Coast of NSW.

## 11/12 years camps:

The 11/12 years camps are open to all 11 and 12 year old swimmers who swim at Sutherland Leisure Centre, regardless of what squad they swim in, and their ability.

These camps run twice a year at the Leisure Centre and involve:

- intense stroke analysis
- parent / swimmer education in specific areas such as nutrition and injury prevention
- testing
- dry land training

## 13 years camps:

The 13 years camps are open to all 13 year old swimmers who swim at Sutherland Leisure Centre, regardless of what squad they swim in, and their ability.

These Camps are held twice a year at Sutherland Leisure Centre and involve:

- intense stroke analysis
- parent / Swimmer education in specific areas such as nutrition and injury prevention
- testing
- dry Land Training
- goal Setting
- mental Skills

## State squads training and competition camps:

State squads training and competition camps are open to swimmers in the Pre-Senior State and State squads. Camps involve athletes traveling away to a training facility to train for a few days, before ending the camp with a competition.

## National program training and competition camps:

National program training and competition camps are open to swimmers in the National squads and involve athletes traveling away to a training facility to train for a few days, before ending the camp with a competition.

The camps provide an opportunity for coaches to work with the swimmers on specifics before competition, as well as providing new experiences for swimmers. Camps can be organised with other programs, which allow for swimmers to meet new people, as well gain benefit from interaction with other coaches.

The squad coach will advise athletes and parents/carers with details and information of camps in advance of camps.



## HEAD SQUAD COACH, GAVIN STEWART

Gavin Stewart began teaching at Sutherland Leisure Centre in February 1996, coaching adult learn to swim and was promoted to coaching Pre-Junior and Pre-Senior levels, before accepting a head coaching position at Menai in July 2001. In February 2004 Gavin returned to Sutherland Leisure Centre as the State Squad coach.

Today, Gavin Stewart holds the title of Sutherland Leisure Centre's head coach. Gavin is a silver licensed squad coach and holds a Bachelor of Science (Exercise Science). He has coached numerous state and national medalists and raced swimmers in junior national teams.

His coaching influences include; Sandra Romanis, Bernie McLennan and all national team coaches. When Gavin is not coaching his interests include surf life saving, mountain biking, surfing and snowboarding.  
Heading: SLC Aquadot – Swim Club



## SUTHERLAND LEISURE CENTRE AQUADOT SWIM TEAM

Sutherland Leisure Centre is proud to be affiliated with SLC (Sutherland Leisure Centre) Aquadot Swim Club – One of the New South Wales most successful clubs.

All swimmers are encouraged to join SLC Aquadot.

The Aquadot Swim Team had its origins in 1978 and through the guidance of coach Greg Hodge, built the foundations of the swim club of today. The Aquadot logo was inspired through early location at a squash and swim centre in Sutherland, hence AQUA (water) and DOT (the squash ball).

Aquadot provides a variety of swimming races, strokes individual medley and long distance swimming at Sutherland Leisure Centre's indoor 25m and outdoor 50m pools.

Join the Aquadot Swim Club on Friday evenings from 6.30pm at Sutherland Leisure Centre for Club races. For more information on Aquadot Swim Club visit [www.aquadot.com.au](http://www.aquadot.com.au)

**Contact Information** - SLC Aquadot Swim Team  
Address: PO Box 442, Sutherland NSW 1499  
Telephone: 02 95205879  
Email: [slcaquadot@hotmail.com](mailto:slcaquadot@hotmail.com)  
[www.aquadot.com.au](http://www.aquadot.com.au)





## REBOOKING

For the same day and time are taken prior to the end of each month for the following month. You can book and pay for 2 months in advance if you require. Check with Swim School reception for available classes.

## PAYMENT

Is made in advance on a monthly basis and the cost includes the child's entry and one spectator's entry at the time of class only. Passes must be presented on entry. Fees are not refundable.

## SWIM GEAR FOR TRAINING

Sutherland Leisure Centre has a fully stocked shop, which provides equipment for all your training needs.

### Goggles

designed for all faces and better swimming. It is recommended to use goggles for training and racing.

### Silicone caps

designed to reduce drag while swimming.

### Kickboard

helps improve leg strength and heart rate.

### Fins

long and training fins increase leg strength and heart rate.

### Handpaddles

improves all strokes and strengthens upper body while minimising the risk of injury.

### Pool buoys

increase buoyancy and lowers heart rate for improved upper body workouts.

Rawson Ave, Sutherland

Ph: 8536 9777

[www.sslc.com.au](http://www.sslc.com.au)