



## JUNIOR PERFORMANCE SQUAD INFORMATION SHEET

*Please note that any reference to “parents” in this Information Sheet includes reference to guardians and carers where applicable.*

### **Overview**

Junior Performance Squad is one of two Squads above Black Squad (the other being Junior Squad). Junior Performance Squad caters for competent junior swimmers involved in swimming as a competitive sport. The focus is to continue and refine swimmers’ development in all four strokes from the level attained in Black Squad or Junior Squad, with a focus on developing their full competitive potential.

The emphasis is to continue to improve technique in all strokes, including starts and turns, improve endurance and speed, and prepare swimmers for optimal competitive performance.

### **Guidelines for Inclusion**

Inclusion in Junior Performance Squad, whether from Black Squad, Junior Squad or externally, is at the discretion of the Junior Performance Squad coaches. Swimmers will usually be given a trial period to determine if they are suitable. Guidelines for inclusion in Junior Performance Squad are listed below:

- Swimmers are usually 11-14 years old.
- Swimmers must demonstrate excellent proficiency in all four strokes, including starts and turns.
- Swimmers must regularly attend at least four sessions per week, two of which must be morning sessions.
- Swimmers must be members of Knox-Pymble Swimming Club (see below), and compete in designated meets.
- Swimmers should have at least one NSW Championships qualifying time.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

### **Sessions and Timetables**

Junior Performance Squad sessions are usually two hours in duration and are usually offered every day of the week, and twice on some days.

Timetables showing session times for each school term are emailed to all parents prior to each term, and are available on the Knox Aquatic Centre (‘KAC’) webpage and from the KAC office. Session times may vary during school holidays, and timetables for holiday periods will also be emailed to parents and be available on the KAC webpage and from the KAC office. Parents will be notified by email of any changes to timetables due to other pool bookings.

## **Program Structure**

The Junior Performance Squad program is planned by the principal coach with a view to preparing swimmers for designated meets. Sessions will include a variety of technique, skill, endurance and speed elements to achieve optimal competitive performance.

The program also includes a dry-land program (including exercises and yoga) designed to enhance performance and reduce the risk of injury.

The program aims to teach/coach swimmers, challenge them, and prepare them for competition.

## **Expectations of Swimmers**

- Swimmers must maintain session and meet attendance requirements.
- Swimmers should be ready to commence each session on time.
- Swimmers must bring a water bottle and a gear bag containing all equipment required by the coaches. (KAC supplies kickboards).
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

## **Expectations of parents**

- Parents must abide by the KAC Parents Code of Conduct.
- Parents must not remain in the pool area during sessions.
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session, or speak to a staff member in the KAC office.

## **Friday Races**

Junior Performance Squad swimmers may participate in Friday Races conducted at KAC on most Friday evenings during school terms. Please contact the KAC office for details.

## **Knox-Pymble Swimming Club**

Junior Performance Squad swimmers must be members of Knox-Pymble Swimming Club ('the Club'). Club members compete in club, inter-club, and District meets; and Metropolitan, NSW and Australian Championships. The Club is one of the most successful age-group clubs in NSW.

Go to [www.knoxpymble.swimming.org.au](http://www.knoxpymble.swimming.org.au) to find out more about the Club, including registration information.

## **Enrolment, Fees, Suspension and Cancellation**

Enrolment is effected by completing an enrolment form. Enrolment is perpetual, continuing until swimmers are promoted or enrolment is cancelled.

Fees are paid monthly in advance by direct debit only, with payment being made on the first day of each month for that month.

Enrolment may be suspended by completing a suspension request form. Suspension must be for a minimum of two weeks and maximum of four weeks, and the suspension request form must be submitted no later than seven days prior to the end of the month to be effective for the following month. For absences longer than four weeks parents must cancel the enrolment and re-enrol at a later date.

Enrolment may be cancelled by completing a cancellation request form. The cancellation request form must be submitted no later than seven days prior to the end of the month to be effective for the following month.

Fee changes will be notified by email.

## **Progression**

Junior Performance Squad swimmers may be promoted to Senior Performance Squad at the discretion of the Senior Performance Squad coaches, or be promoted to Senior Squad at the discretion of the Senior Squad coaches. Junior Performance Squad swimmers may also return to Junior Squad at the discretion of the Junior Squad coaches if they no longer wish to be seriously involved in competitive swimming.