



## BLACK SQUAD INFORMATION SHEET

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

### **Overview**

Black Squad is the Squad above Blue Squad. The focus is to continue and refine swimmers’ development in all four strokes from the level attained in Blue Squad, with an increasing focus on developing their skills for competitive swimming.

The emphasis is to continue to improve technique in all strokes, including starts and turns, develop endurance and speed, and continue to improve skills and knowledge to assist in competitive performance.

### **Guidelines for Inclusion**

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

- Swimmers are usually 8-12 years old.
- Swimmers must demonstrate good proficiency in all four strokes, including starts and turns.
- While there are no minimum attendance requirements, it is recommended that for optimal improvement and ultimate progression to Junior Performance Squad, swimmers attend at least three sessions per week.
- While there is no requirement to participate in competition, it is recommended that swimmers participate in Friday Races (see below) and join Knox-Pymble Swimming Club (see below).
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

### **Sessions and Timetables**

Black Squad sessions are 90 minutes 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**

Each Black Squad session focuses on a 'stroke of the day' (including individual medley), which rotates so that the stroke varies on any particular day from week to week. Generally kick, stroke drills and technique work will be done in the 'stroke of the day', and usually some of all strokes will be done in every session. Yoga sessions are also included in the program.

The Black Squad program aims primarily to teach/coach swimmers, but also to challenge them, prepare them for competition where relevant and to provide some fun elements.

## **Expectations of Swimmers**

- Swimmers must swipe their card, or report in, at the KAC office, prior to each session, and receive a token to give to the coach.
- 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 (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**

Black Squad swimmers are encouraged to 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**

Black Squad swimmers are encouraged to join 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**

Black Squad swimmers may be promoted to Junior Squad at the discretion of the Junior Squad coaches, or to Junior Performance Squad at the discretion of the Junior Performance Squad coaches.