



SENIOR SQUAD INFORMATION SHEET

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

Overview

Senior Squad is the Squad above Junior Squad. Senior Squad caters primarily for senior swimmers who want to swim for general fitness, health and wellbeing, or to assist with their participation in school swimming competition or other sports, such as water polo. Swimmers may still wish to compete for Knox-Pymble Swimming Club (see below) or another club.

The primary emphasis is to improve fitness and endurance, but attention is also given to improve technique in all strokes, including starts and turns, and to improve speed, especially for those swimmers who compete.

Guidelines for Inclusion

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

- Swimmers are usually 14-18 years of age.
- Swimmers must be capable freestyle swimmers and have a basic ability to do the other strokes.
- While there are no minimum attendance requirements, it is recommended that 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).
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Sessions and Timetables

Senior Squad sessions are either one hour or 90 minutes in duration and are usually offered every day of the week. It is recommended that the more proficient swimmers attend the 90-minute sessions.

Timetables showing session times for each school term are emailed to all parents or swimmers 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 or swimmers and be available on the KAC webpage and from the KAC office. Parents or swimmers will be notified by email of any changes to timetables due to other pool bookings.

Program Structure

The Senior Squad program offers a mixture of endurance, speed, technique and fun elements to provide a beneficial and enjoyable swimming experience. The content of any session depends to a large extent on the ability and priorities of the swimmers at that session.

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 fins to each session. (KAC supplies kickboards and any other equipment used.)
- 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 speak to coaches before or after (not during) the session, or speak to a staff member in the KAC office.

Friday Races

Senior 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

Senior Squad swimmers may 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 to find out more about the Club, including registration information.

Enrolment, Fees, Suspension and Cancellation

Enrolment is effected by completing an enrolment form. Swimmers may either enrol for a monthly membership or purchase a 10-visit pass. Monthly membership enrolment is perpetual, continuing until swimmers are promoted or enrolment is cancelled. Monthly membership 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

Senior Squad swimmers may return or be promoted to Senior Performance Squad at the discretion of the Senior Performance Squad coaches, or join the Adult Squad when they leave school.