

EAST BRISBANE SWIM CLUB - SQUAD PROGRAM - Term 4 2007

SWIM SQUADS	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		SESSIONS Min / Week
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
CHURCHIE JUNIOR SQUAD				3.15	7.00			3.30					1
JUNIOR SQUAD OUTSIDE				4.00	7.00			3.30					1
JUNIOR COMP		3.30		4.00	6.00		6.00	4.30	6.00				4
		5.00		5.30	7.30		7.30	6.00	7.30				
SENIOR SQUAD		5.00	6.00			5.00	6.00						1
		6.30	7.30			6.30	7.30						
SENIOR DEVELOPMENT	6.00			4.00	6.00			4.30	6.00	3.30	7.00*		4
	7.30			5.30	7.30			6.00	7.30	5.00	9.00*		
SENIOR STATE SQUAD		4.30	5.30	4.00G		4.30	5.15G	4.30	5.30	3.30	7.00*		8
		6.30	7.30	5.00G		6.30	7.30S	6.30	7.30	5.00	9.00*		
SENIOR NAT' SQUAD		4.30	5.30	4.00G	5.30	4.30	5.15G	4.30	5.30	3.30	7.00*		10
		6.30	7.30	5.00G	7.30	6.30	7.30S	6.30	7.30	5.00	9.00*		

SWIM SQUAD	REQUIREMENTS	✓ Commit
CHURCHIE JUNIOR SQUAD	This Junior squad requires the swimmer to swim 200m + all 4 strokes correctly - Swimming Gear required: Swim bag containing Fins, goggles, pull buoy and Water bottle.	
JUNIOR SQUAD	This Junior squad requires the swimmer to swim 200m + all 4 strokes correctly - Swimming Gear required: Swim bag containing Fins, goggles, pull buoy and Water bottle.	
JUNIOR COMP	This Junior program requires the swimmer to attend a minimum 4 sessions per week and be a member of the East Brisbane Swim Club - Swimming Gear required: Swim bag containing Fins, snorkel, 2 x goggles, pull buoy, paddles and Water bottle.	
SENIOR SQUAD	This Senior program requires the swimmer to have a background in competition swimming - Swimming Gear required: Swim bag containing Fins, Snorkel, 2 x goggles, pull buoy, paddles and Water bottle.	
SENIOR DEVELOPMENT	This Development program requires the swimmer to attend 4 session per week & be a member of the East Brisbane Swim Club - Swimming Gear required: Swim bag containing Fins, Snorkel, 2 x goggles, pull buoy, paddles and Water bottle.	
STATE SQUAD	This program requires swimmers to have swimming as their number one sport. The aim is to compete at State and individual GPS events - Swimmers must be a member of East Bne Swim Club - Maintain and cope with squad workload - Maintain Log book - Swimming Gear required: Swim bag containing Fins, Snorkel, 2 x goggles, pull buoy, Water Bottle, hand paddles, log book and a training time record board	
NATIONAL SQUAD	This program requires swimmers to have swimming as their number one sport. The aim is to compete at Nationals and individual GPS events - Swimmers must be a member of EBSC - Maintain and cope with squad workload - Maintain Log-book - Swimming Gear required: Swim bag containing Fins, Snorkel, 2 x goggles, pull buoy, waterbottle, hand paddles, log book and a training time record board.	

Swimmer:	Age:	Class:	Contact:
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Details:	Sign:
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Comments:

Please contact Head Coach - Mark Lorrimer on 3896 6301 or email vickmark@bigpond.net.au