

Swimland Swim Club

Squad Structure 2011-2012



SSC Development Squad

Complete 200 FR and 100 IM

Attend 1-2 SSC sessions per week (1hr) *

Minimum SSC Tech 1 complete working towards SSC Tech 5

SSC Intraclub Squad

Complete 200 FR under 4:15.00 and 100 IM under 2:15.00

Attend 2-3 SSC sessions per week (1hr15min) *

Minimum SSC Tech 3 complete working towards SSC Tech 9

SSC District Squad

Complete 400 FR under 7:20.00 and 200 IM under 4:00.00

Attend 3-4 SSC sessions per week (1hr30min) *

Minimum SSC Tech 5 complete working towards SSC Tech 9

SSC State Target

Complete 400 FR under 6:40.00 and 400 IM under 7:20.00

Attend 5-6 SSC sessions per week (1hr45min) *

Minimum SSC Tech 7 complete working towards SSC Tech 9

SSC National Target

Complete 800 FR under 12:00.00 and 400 IM under 6:40.00

Attend 5-6 SSC sessions per week (2hr) *

Minimum SSC Tech 9 complete

SSC National Elite Squad

Complete 1500 FR under 21:15.00 and 400 IM under 6:00.00

Attend 7 or more sessions per week (2hr)*

Minimum SSC Tech 9 complete

* Recommended sessions for minimum stroke/skill/training development

Please Note: Squad Structure may occasionally be re-aligned to correspond with athlete development