

Swimland Swim Club

Squad Structure 2010-2011



SSC Development Squad

Complete 200 FR and 100 IM

Attend 1-2 SSC AM session per week (1hr AM) *

PSS Pumpkin Certificate completed

Minimum SSC Tech 1 complete working towards SSC Tech 5

Attend 1 session with PSS Squad Program (PM) per week**

SSC Intraclub Squad

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

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

PSS Red Certificate completed

Minimum SSC Tech 3 complete working towards SSC Tech 9

Attend 1 session with PSS Squad Program (PM) per week**

SSC District Squad

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

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

PSS Caramel Certificate completed

Minimum SSC Tech 5 complete working towards SSC Tech 9

Attend 1 session with PSS Squad Program (PM) per week**

SSC State Squad

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

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

PSS Charcoal Certificate completed

Minimum SSC Tech 7 complete working towards SSC Tech 9

Attend 1-2 sessions with PSS Squad Program (PM) per week**

SSC National Squad

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

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

PSS Charcoal Certificate completed

Minimum SSC Tech 9 complete

Attend 1-2 sessions with PSS Squad Program (PM) per week**

SSC National Elite Squad

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

[Comply with National Elite Squad Policy](#)

- this includes maintaining a minimum of 6 SSC swim sessions per week with

National Elite Squad (This squad travels and trains together at multiple sites)

PSS Charcoal Certificate completed

Minimum SSC Tech 9 complete

* Recommended sessions for minimum stroke/skill development

** Suggested sessions to complement PSS Certificate progression

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