



SQUAD CRITERIA

Please be aware that this is to be used as a **guide only**, as an attempt to be transparent and highlight what we will be monitoring when making decisions regarding squad progression.

All final squad level decisions are at the discretion of the coaches below:

Open Squads	Seb B, Marcus G and/or Robbe D
National Age	Marcus B
State Age	Marcus B, Tom G and/or Robbe D
Junior Squads: (Metro, Junior, Youth, Transition, Breakout)	Guy G

NATIONAL PERFORMANCE SQUAD

Min. # of sessions	<ul style="list-style-type: none"> • 8 	Min. age	<ul style="list-style-type: none"> • n/a
Max. # of sessions	<ul style="list-style-type: none"> • 9 	Max. age	<ul style="list-style-type: none"> • n/a
Co-curricular training	<ul style="list-style-type: none"> • Gym (x3) • Pilates (x1-2) • Spin class (as prescribed) • Sauna (upon coach request) 	Target meets	<ul style="list-style-type: none"> • Australian Trials and/or • Australian Open Water Champs
Required equipment	<ul style="list-style-type: none"> • WMP Cap • Kickboard • Pull buoy • Snorkel • Kit Bag • Fins • Sponge 		<ul style="list-style-type: none"> • HRV4Training app • Activation bands • Hand paddles (large) • Hand paddles (small) • Finger paddles • Cord (optional) • Heart rate monitor (Polar)
Prerequisites for consideration	<ul style="list-style-type: none"> • LC Trials qualifying time (QT) • Pathway Program: <ul style="list-style-type: none"> ◦ Those whose total training commitment (including S&C) is 10+ sessions per week and have achieved a SC/LC National Open Qualifying ◦ If qualifying times are not yet available, then we use the previous years qualifying times to determine selection. ◦ Swimmers 17 & under who have achieved a National Open QT = 2-3 sessions 		

NATIONAL/STATE OPEN SQUAD

Min. # of sessions	<ul style="list-style-type: none"> • 2 	Min. age	<ul style="list-style-type: none"> • 16
Max. # of sessions	<ul style="list-style-type: none"> • 7 	Max. age	<ul style="list-style-type: none"> • n/a
Co-curricular training	<ul style="list-style-type: none"> • Gym (x2) • Pilates (x1) • Sauna (upon coach request) 	Target meets	<ul style="list-style-type: none"> • Australian Championships • Victorian Open States (SC & LC)
Required equipment	<ul style="list-style-type: none"> • Kickboard • Pull buoy • Snorkel • Kit Bag • Fins • Sponge 		<ul style="list-style-type: none"> • Activation bands • Hand paddles (large) • Hand paddles (small) • Finger paddles • Heart rate monitor (Polar)
Prerequisites for consideration	<ul style="list-style-type: none"> • State Open qualifying time • Study commitments for age groupers: <ul style="list-style-type: none"> ◦ Swimming less than 5 and in VCE (Year 11 & 12) • Open Pathway Program: <ul style="list-style-type: none"> ◦ Those in the National Age squad likely to achieve a National open QT within the next season (within 2% OR already have a qualifying time) AND are over 16 years of age: 2-3 sessions ◦ Meeting the current State Age criteria including minimum sessions AND achieved a State Open Qualifying time AND are over 16 years of age: 1-2 sessions 		

NATIONAL AGE & TARGET SQUAD

Min. # of sessions	• 7	Min. age	• 13 (F) or 14 (M)
Max. # of sessions	• 8-9	Max. age	• 17 (F) or 18 (M)
Co-curricular training	<ul style="list-style-type: none"> • Gym (minimum x2) • Pilates 	Target meets	<ul style="list-style-type: none"> • State Age/Open SC + LC • Vic Metro SC + LC • Australian Age Champs
Required equipment	<ul style="list-style-type: none"> • Hand paddles • Kickboard • Pull buoy • Band • Pencil + Waterproof notebook 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins • Drink bottle • Sponge 	
Prerequisites for consideration	<ul style="list-style-type: none"> • National Age qualifying time/s • Can achieve the following in-pool without falling off cycle: <ul style="list-style-type: none"> ◦ 10 x 100 kick @ 2:00; ◦ 20 x 100 @ 1:30; and ◦ 12 x 100 IM @ 1:50 with correct, legal crossover turn <p><u>National Pathway program:</u></p> <ul style="list-style-type: none"> ◦ Those in the SAN State Squad that have achieved a national QT but are under the age of eligibility and currently meet the current state age minimum training criteria = 1-2 sessions <ul style="list-style-type: none"> • Coaches may elect to have discussions with athletes around 1-2 sessions with the National Age squad if they are <u>within 3% of multiple</u> National Age QTs at the conclusion of the previous season 		

STATE AGE SQUAD

Min. # of sessions	• 5	Min. age	• 11
Max. # of sessions	• 7	Max. age	• 18
Co-curricular training	<ul style="list-style-type: none"> • Gym (0-2) <ul style="list-style-type: none"> ◦ TBC with coach 	Target meets	<ul style="list-style-type: none"> • Vic Metro SC + LC • Vic Age SC + LC • Metro West SC + LC
Required equipment	<ul style="list-style-type: none"> • Hand paddles • Kickboard • Pull buoy • Band • Waterproof notebook 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins • Drink bottle 	
Prerequisites for consideration	<ul style="list-style-type: none"> • Victorian Age SC or LC qualifying time (in events \geq 100m) • Can achieve the following in-pool without falling off cycle: <ul style="list-style-type: none"> ◦ 8 x 100 kick @ 2:10; ◦ 15 x 100 Fr @ 1:40; and ◦ 8 x 100 IM @ 2:00 with legal Bk/Br turn <p><u>State Age Pathway program:</u></p> <ul style="list-style-type: none"> • Has at least one state time but is under state age qualifying age • Has at least one sprint qualifying time <p><u>State Age Pathway program:</u></p> <ul style="list-style-type: none"> • Those in the SAN Metro Squad that have achieved a state age qualifying time but are under the age of eligibility and are currently meeting the current state age minimum training criteria = 1-2 sessions • Those that have achieved a sprint qualifying time and are within the age of eligibility = 2-3 sessions 		

METRO SQUAD

Min. # of sessions	• 3	Min. age	• 10
Max. # of sessions	• 5	Max. age	• 15
Co-curricular training	• Self-guided activation before each training session	Target meets	<ul style="list-style-type: none"> • Metro West SC + LC • Metro All Juniors • Qualify for Vic Metro SC + LC
Required equipment	<ul style="list-style-type: none"> • Drink bottle • Hand paddles • Kickboard • Pull buoy 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins 	
Prerequisites for consideration	<ul style="list-style-type: none"> • Close to 1+ Metro SC or LC Qualifying Time / State Sprint Qualifying time <ul style="list-style-type: none"> ◦ Within 2 secs for 50m ◦ Within 5 secs for 100m • Those moving up from junior must have been in the junior squad for at least 6 months (recommended 3 weekly sessions); • Can achieve the following (rough guide): <ul style="list-style-type: none"> ◦ 10 x 50 kick @ 1:25 ◦ 8 x 100 swim @ 2:10 SC / @ 2:15 LC without falling off cycle & executing good skills • Regular completion of full junior sessions (without stopping for breaks) • Regular racing attendance at targeted meets <p><u>Metro Pathway program:</u></p> <ul style="list-style-type: none"> • Those who meet the prerequisites can gradually transition into metro squad • Min. 3 sessions total: start with 1 metro and build up as the individual's fitness/standards improve 		

JUNIOR SQUAD

Min. # of sessions	• 1-2	Min. age	• 10
Max. # of sessions	• 3	Max. age	• 15
Co-curricular training	• n/a	Target meets	<ul style="list-style-type: none"> • Metro West SC + LC • Metro All Juniors • WMP competitions
Required equipment	<ul style="list-style-type: none"> • Drink bottle • Hand paddles small • Kickboard • Pull buoy 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins 	
Prerequisites for consideration	<ul style="list-style-type: none"> • Those moving up from transition must have been in the transition squad for a minimum of 6 months (recommended 2 weekly sessions) • Regular completion of full transition sessions (without stopping for breaks) • Regular racing attendance at targeted meets • Can achieve the following (rough guide): <ul style="list-style-type: none"> ◦ Freestyle for 200 metres with correct turns, underwaters, and breakouts off each wall ◦ Backstroke for 200 metres with correct turns, underwaters, and breakouts off each wall ◦ Butterfly for 50 metres with 3 underwater kicks in a streamline off the wall ◦ Breaststroke 200 metres with correct turns, pullout, and breakouts off each wall ◦ 1 x 50 Kick (all strokes) < 1:15 <p><u>Junior Pathway program:</u></p> <ul style="list-style-type: none"> • Those who meet the prerequisites can gradually transition into junior squad • Min. 2 sessions total: start with 1 junior + 1 transition and eventually move to 2 junior as the individual's fitness/standards improve 		

TRANSITION SQUAD

Min. # of sessions	• 1	Min. age	• 8
Max. # of sessions	• 2	Max. age	• 13
Co-curricular training	• n/a	Target meets	<ul style="list-style-type: none"> • Metro West SC + LC • Metro All Juniors • WMP competitions
Required equipment	<ul style="list-style-type: none"> • Drink bottle • Kickboard • Pull buoy 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins 	
Prerequisites for consideration	<ul style="list-style-type: none"> • Completed SAN LTS Level 6 • Those coming from other programs: <ul style="list-style-type: none"> ◦ Freestyle, Backstroke for 100 metres with correct turns, underwaters, and breakouts off each wall ◦ Butterfly for 25 metres with 3 underwater kicks in a streamline off the wall ◦ Breaststroke for 100m metres with correct kick and streamline ◦ 50m Freestyle Kick in under 1:30 ◦ 50m Backstroke kick in under 1:30 ◦ 50m Breastroke kick in under 1:30 ◦ Underwater streamline Butterfly kick 10m 		

YOUTH SQUAD

Min. # of sessions	• 1	Min. age	• 13
Max. # of sessions	• 3	Max. age	• 17
Co-curricular training	• n/a	Target meets	• n/a
Required equipment	<ul style="list-style-type: none"> • Drink bottle • Kickboard • Pull buoy 	<ul style="list-style-type: none"> • Snorkel • Kit Bag • Fins 	
Prerequisites for consideration	<ul style="list-style-type: none"> • Must have completed SAN Learn to Swim (Level 6) • <u>Those coming from other programs:</u> <ul style="list-style-type: none"> ◦ Underwater streamline Butterfly kick 10m ◦ 50m Freestyle Kick in under 1:30 ◦ Freestyle, Backstroke for 100 metres with correct turns, underwaters, and breakouts off each wall ◦ Butterfly for 25 metres with 3 underwater kicks in a streamline off the wall ◦ Breaststroke for 100m metres with correct kick and streamline ◦ 50m Backstroke kick in under 1:30 ◦ 50m Breastroke kick in under 1:30 		

BREAKOUT SQUAD

Min. # of sessions	<ul style="list-style-type: none">• 1	Min. age	<ul style="list-style-type: none">• 9
Max. # of sessions	<ul style="list-style-type: none">• 2	Max. age	<ul style="list-style-type: none">• 13
Co-curricular training	<ul style="list-style-type: none">• n/a	Target meets	<ul style="list-style-type: none">• Metro West SC + LC• Metro All Juniors• WMP competitions
Required equipment	<ul style="list-style-type: none">• Drink bottle• Kickboard• Pull buoy	<ul style="list-style-type: none">• Snorkel• Kit Bag• Fins	
Prerequisites for consideration	<ul style="list-style-type: none">• Can satisfy criteria to pass SAN LTS Level 5		