

RLSNW Competitive Swim Squads Strength & Conditioning Program

THE RLS NSW COMPETITIVE SQUAD STRENGTH PROGRAM

Onsite program for area, state and national athletes

Fully supervised sessions with a highly qualified physiotherapist and strength coach

Individualised athlete programming

Periodic testing to track progress

Regular communication with swim coaching staff

Provision of the Teambuildr app which allows for

- Customizable programming for each athlete
- Free user-friendly mobile app to view and log workouts, access videos and communicate with coach
- Monitoring of performance metrics

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Strength training offers **safe, effective, and evidence-based benefits** for adolescent athletes when properly supervised, supporting both athletic performance and long-term health.

BENEFITS OF STRENGTH TRAINING

Promotes healthy growth and development

By supporting healthy bone density, joint stability and muscular balance

Improves confidence and motivation

By boosting self-esteem, body awareness, and encourages long term physical activity habits

Assists in injury prevention

By improving movement literacy and the resilience of soft tissues, reducing the risk of both acute and overuse injuries

Improves athletic performance

Enhances power, speed, coordination and agility

Is safe when supervised

Research confirms that with proper technique, appropriate loads, and qualified guidance, strength training is not only safe for teens — it's highly beneficial.

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COACH PROFILE

Nadine Booth

- Titled Sports and Exercise Physiotherapist
- Strength and Conditioning Coach
- Previous swim instructor, squad coach
- Previous competitive swimmer
- Extensive experience working with both professional and amateur sporting teams and associations