



**UNSW**  
AUSTRALIA

# Metro Squad

Never Stand Still

Fitness & Aquatic Centre

YMCA

**Metro Squad** is the second level of the UNSW competitive squad program. As a member of this squad you are choosing swimming as a competitive sport with the goal of qualifying for the NSW Metropolitan championships.

In order to achieve this goal Metro swimmers are required to:

- Attend a minimum of 3 sessions per week
- Swim to the best of your ability in each session
- Respect your coach and your fellow swimmers
- Advise your coach if you will be absent from swimming
- Join the UNSW Swim Club
- Attend UNSW Swim Club Race Nights
- Participate in targeted Carnivals for the UNSW Swim Club
- Compete at the Metsea Summer and Winter Championships

The coaches also make the commitment to support you at Squad training and at Carnivals. The coaches will devise a program that suits your development and goals. If you have any questions or concerns regarding your training or racing please speak to your coach. You can speak to them briefly at training but it is advisable to make an appointment to speak to them at a suitable time for both you and your coach.

JUNIOR COMPETITIVE SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
METRO	AM	6.45 - 8.00		6.45 - 8.00	6.50 - 8.00*	6.45 - 8.00	
	PM		3.45 - 5.15				
TRANSITION**	AM						
	PM						

\*Long Course Training – Thursday AM

\*\*The coach will advise the swimmer and the parents when the swimmer has qualified for transition session in Junior State Age (for more information see criteria over the page or speak to one of the coaches)

## How to Join

For those currently swimming in the program, please fill in an amendment form at the swim school desk to transfer from your current squad to metro squad.

For new swimmers you will need to fill out a membership form and select the appropriate payment option either the up front or direct debit option.

Metro Squad fees are \$158.00 per month or \$73 per fortnight on DD (direct debit). The preferred method of payment is via direct debit.

For further information please see the swim school desk or call us on 9385 6267.

UNSW Fitness & Aquatics Swim School  
Cnr Anzac Parade & High Street, B5, Kensington NSW 2052  
P: 02 9385 6267

ABN: 28 067 150 010

F: 02 9385 6119

E: [swimschool.unsw@ymcansw.org.au](mailto:swimschool.unsw@ymcansw.org.au)





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### **Transition Criteria for Junior State Age Squad**

Metro Squad Swimmers will be able to transition into the Junior State Age Squad when they meet the qualifying times below. You will be notified when you qualify for additional sessions and which sessions you will be allowed to attend.

- 1 session = 8% of NSW Metropolitan or State Age qualifying times
- 2 sessions = 6% of NSW Metropolitan or State Age qualifying times
- 3 sessions = 4% of NSW Metropolitan or State Age qualifying times
- 4 sessions = 2% of NSW Metropolitan or State Age qualifying times

### **UNSW Swim Club**

Metro Squad swimmers are part of the UNSW Swim School Competitive program and therefore are required to be part of the UNSW Swim Club. The UNSW Swim Club is supported by the Swim School but run by volunteer parents and older swimmers. Being part of the club allows you to participate at Club Night and compete in inter club, regional and State level Meets.

To join the UNSW Swim Club, you will need to go to the club website <http://www.unsw.swimming.org.au/>. On the home page click on the join now button; this will direct you to the centralised registration system for all swim clubs in Australia. Club membership runs from 1<sup>st</sup> October to 30<sup>th</sup> September each season.

The club website and Facebook page are regularly updated and provide you with all the information regarding club activities and up and coming meets.

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