



# National Open Squad

Never Stand Still

Fitness & Aquatic Centre

YMCA

The **National Open Squad** is the top level of the UNSW competitive squad program. The swimmers in this squad will need to have met and maintained at least one of the following criteria's in order to be a member of this squad.

- Qualify for Open Nationals
- Top 10 at Age Nationals
- Medal at Open Water Nationals
- At Head Coach's discretion

As part of the swimmers ongoing commitment to their squad and to help them achieve their goals National Open swimmers are required to:

- Attend a minimum of 8 sessions
- Attend 2 gym sessions and complete daily rehab/flexibility and warm up exercises
- Obtain scheduled physio screenings and massages
- Attend Training Camps
- Attend all targeted swim meets
- Compete at Metsea, NSW Metropolitan and State Age and Open Championships and National Age
- Be available for relay selection at NSW Winter and Summer State Championships and National Championships
- Attend UNSW Swim Club Race Nights
- Assist at club nights and fund raising events
- If you are unable to attend a session you are must notify Bruce and organise a time to make the session up.
- Respect your coach and your fellow swimmers

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.

COMPETITIVE SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL OPEN	AM	5.30 – 7.00		5.30 – 7.00	5.00 – 7.00	5.30 – 7.00	5.30 - 7.30 8.00 - 9.00*
	PM	3.00 - 4.30 4.30 – 6.15	4.00 – 5.00* 5.00 – 6.30		3.00 - 4.30 4.15 – 6.00		
STATE OPEN NATIONAL AGE	AM		5.30 - 7.00		5.00 – 7.00	5.30 – 7.00	5.30 - 7.30 8.00 - 9.00*
	PM	4.45 - 6.30		4.00 - 5.00* 5.00 - 6.30			

\* gym





**UNSW**  
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### **Transition Criteria for National Open Squad**

National Age /State Open Squad Swimmers will be able to transition into the National Open Squad when they meet the qualifying times below. Bruce or Bec will notify you when you qualify for additional sessions and which sessions to you will be allowed to attend. Transition into the National Open Squad is based on qualifying times and Head Coach's Discretion.

- 1 session = 4 % of National Open qualifying times
- 2 sessions = 3% of National Open qualifying times
- 3 sessions = 2% of National Open qualifying times
- 4 sessions = 1% of National Open qualifying times

### **How to Join**

For those currently swimming in the program, please fill in an amendment form at the swim school desk.

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.

State Squad fees are \$82.50 per fortnight on DD (direct debit) or \$175.00 per month upfront. The preferred method of payment is via direct debit – please see the swim school desk to complete appropriate paperwork

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

### **UNSW Swim Club**

State Open and National Age 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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