



Ascot Swim Club Squad Training

As an added benefit of Ascot Swim Club membership, swimmers with a **Recreational Membership or above** have access to our professionally coached Squad Training program.

Held at the Ascot State School pool on **Monday and Wednesday afternoons**, our squad program is designed to help swimmers develop their technique, fitness, confidence and racing skills in a fun and supportive environment.

Whether your child simply wants to become a stronger swimmer, improve their PBs at our Friday night Club Meets or develop the skills needed to progress into competitive swimming, our squad program provides a pathway for them to continue developing their swimming right here at Ascot.

For more information on the different squad programs we offer and FAQ's, please see below:

Do you offer different squad levels?

Yes, we offer three squad levels based on swimming ability rather than age:

Stroke Development → Junior Squad → Senior Squad

Correct technique remains a focus at every level, with training becoming progressively more challenging as swimmers develop their skills, endurance and confidence. These include:

STROKE DEVELOPMENT

45 minute sessions | Recommended 1 session per week

Stroke Development is the first step in our squad pathway and is ideal for swimmers who are confident swimming independently and are ready to focus more closely on developing correct stroke technique.

Recommended swimming ability:

Swimmers should be able to:

- Swim **25m Freestyle** confidently with side breathing
- Swim **25m Backstroke** with basic correct technique
- Demonstrate good body position and kicking technique
- Have been introduced to **Breaststroke and Butterfly**
- Follow instructions and participate confidently in a group swimming environment



What will swimmers work on?

Sessions will focus on building strong foundations across all four swimming strokes, with particular attention given to:

- Improving Freestyle and Backstroke technique
- Developing Breaststroke and Butterfly
- Body position, kicking and breathing
- Introduction to swimming drills
- Building confidence swimming full lengths of the pool
- Improving efficiency in the water
- Developing good training habits

The emphasis at this level is technique rather than speed or distance, helping swimmers establish the skills they will need before progressing into Junior Squad.

Swimmers will need to bring Goggles, Swimming Cap and Fins to each lesson.

JUNIOR SQUAD

60 minute sessions | Recommended 2 sessions per week

Junior Squad is designed for swimmers who have established the fundamentals of all four strokes and are ready to progress from stroke development into structured squad training.

Training will continue to place a strong emphasis on correct technique while introducing greater endurance, more advanced drills and racing skills.

Recommended swimming ability:

Swimmers should be able to:

- Swim **Freestyle and Backstroke confidently and efficiently**
- Swim **Breaststroke and Butterfly** with an understanding of the correct basic technique
- **Swim full lengths of the pool across all four strokes**
- Demonstrate an understanding of basic swimming drills
- Follow a structured training set and coach instructions within a group
- Maintain their technique while swimming increasing distances



What will swimmers work on?

Junior Squad introduces swimmers to a more structured training environment and will include:

- Refining technique across all four strokes
- Stroke-specific drills
- Starts, turns and finishes
- Streamlining and underwater skills
- Building swimming endurance
- Improving speed while maintaining good technique
- Introduction to using the pace clock
- Race skills and strategies
- Developing independence and confidence during squad training

This level provides a great bridge between learning correct stroke technique and becoming a more capable, confident squad swimmer.

Swimmers will need to bring Goggles, Swimming Cap and Fins to each lesson.

SENIOR SQUAD

60 minute sessions | Recommended 2 sessions per week

Senior Squad is our highest squad level and is designed for capable swimmers who have established sound technique across all four strokes and are ready for longer and more challenging training sets.

Sessions combine technique, endurance, speed and race skills while continuing to reinforce the importance of maintaining good swimming technique as training intensity increases.

Recommended swimming ability:

Swimmers should generally be able to:

- Swim **50m sets of Freestyle, Backstroke, Breaststroke and Butterfly** with sound technique
- Demonstrate a good understanding of swimming drills across all four strokes
- Perform basic starts, turns and finishes
- Follow structured training sets and coach instructions independently
- Maintain focus and technique within a group training environment
- Have sufficient swimming fitness to participate in a 60-minute squad session



What will swimmers work on?

Senior Squad training may include:

- Refining all four competitive strokes
- More advanced stroke drills
- Starts, turns and finishes
- Streamlining and underwater skills
- Endurance and fitness
- Speed and race-pace work
- Pace-clock skills
- Race strategies
- Maintaining technique under fatigue
- Preparing swimmers who are interested in progressing into competitive swimming

While Senior Squad introduces greater endurance and training intensity, strong technique remains at the heart of the program.

Swimmers will need to bring Goggles, Swimming Cap and Fins to each lesson.

Which squad is right for my child?

Our squad levels are based on **swimming ability and technique rather than a swimmer's age or school year level.**

The criteria above is intended as a guide. We understand that swimmers develop different strokes and skills at different rates, so a child may not necessarily meet every criterion listed for a particular level.

After reading through the different squad levels about, if you're unsure which squad is most appropriate, please contact us before booking. Our coach may also recommend moving a swimmer to another group if they feel a different level would provide a safer and more beneficial training environment.

Our aim is to ensure every swimmer is placed in a group where they feel **confident, challenged and able to continue progressing.**



What if my swimmer is not quite up to the level of swimming ability required for the squads?

No problems. If your swimmer does not yet meet the requirements for the Stroke Development program, we recommend they continue developing their skills with Learn-to-Swim lessons at Ascot State School pool with Belinda Cadzow Swim School.

More details can be found here - <https://www.belindacadzowswimschool.com.au/>

How much are the Squad Training programs?

The Squad Training programs run as an **8-week course during Terms 4 from Week 2-9.**

All squad sessions are \$15 per lesson.

Therefore if booking for the recommended number of training sessions per week, the cost of the 8-week course will be:

- **Stroke Development:** If training once per week – \$120 for the 8-week course
- **Junior Squad:** If training twice per week – \$240 for the 8-week course
- **Senior Squad:** If training twice per week – \$240 for the 8-week course

Places are limited to ensure swimmers receive appropriate coaching and attention.

Please note, Squad Training is exclusively available to current Ascot Swim Club members with a Recreational Membership or above.

How do I book to join a Squad?

Once you have joined Ascot Swim Club as a member, you can then book a Squad Training program by clicking on the link below:

<https://events.humanitix.com/ascot-swim-club-squad-training>

Places are limited so we recommend booking as soon as possible.



Is there a type of fins that you recommend for squad training?

Yes, based on our coaches experience they recommend the Speedo DMC fins for the training sessions. These can be purchased from various suppliers online or in-store.