

Squad Criteria 2017/18

Masters & Senior Age Squad		
Lead Coach	Support Coach/s	Lane Assistants
Stewart Crowe	John Molyneaux	
Aims & Objectives	Provide the opportunity for continued participation in the sport for both recreational and competitive Masters & Senior age swimmers.	
Age Range	18yrs+ Chronological age	
LTAD Phase	<i>Train to Win</i> – High Level Competition <i>Active for Life</i> – Fit for Life	+ Competitive - Event specific + Fitness - General Conditioning
Sessions	Up to 5 sessions Available Up to 6.5hrs. Available	Entry to Full Masters is at the Coaching Teams discretion.

Equipment		
Kick Board	Pull Buoy	Fins (ideally)
Drinks Bottle	Spare Hat/Goggles	Hand Paddles (ideally)

Squad Focus
<p>This is a fun and friendly squad atmosphere but swimmers should be able to swim at a reasonable pace for sessions of between 2500-4500. Swimmers in this squad are also actively encouraged to participate in various Masters & Seniors age competitions.</p> <p>It is advantageous to have come from a competitive swimming background but by no means a must.</p>