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## IMMANUEL PIRANHAS SQUAD ENTRY CRITERIA

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### STRUCTURE COMPONENTS

The squad entry criteria consist of some or all of the following components:

- stroke technique
- skills (starts, turns, finishes, underwater work)
- endurance
- speed
- attendance
- training and racing attitude

Swimmers will be assessed for the criteria during racing and training.

### GENERAL GUIDELINES

- The criteria have been developed to ensure that all swimmers receive the correct, appropriate, and best training for their ability, skill and development level.
- Placing a swimmer in a squad before they have developed the technique, skills, speed, and conditioning needed in that squad will not be optimal for their performance.
- The coaches are looking out for the best interest of the swimmers when deciding which squad, they should be in.
- These criteria are used as a guide but ultimately it is up to the coach to decide which squad the swimmer will be placed in.
- On occasion a coach may place a swimmer into the higher squad for one or more sessions to see if the swimmer is ready for the next squad. This may also be done to help the swimmer transition into the next squad.

To get into the following squads a swimmer is required to meet the following criteria:

- One very important common criteria is that coaches, swimmers and parents have a mutual respect for one another at all times.
- There must be mutual respect between all swimmers, coaches, staff, and parents to create an environment that is conducive to getting the best results possible and to make it a good experience for everyone.
- If there are any issues that a parent or swimmer is concerned about please talk directly to the coaches outside of coaching hours.
- Due to the inherent competitive nature of competitive swimming there will be competition between swimmers.
- This competitive environment is partly what drives swimmers to achieve higher results.
- A healthy competitive nature is a good thing but swimmers and parents must always show respect for one another at all times in or outside of the training environment.



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### DEVELOPMENT SQUAD

This is the first step to prepare for competitive team swimming. This squad is designed to continue swimmer development on all four strokes to a basic level of proficiency – learn to swim well.

#### *Stroke technique and skill component*

- Correct stroke technique for all strokes
- Correct starts, turns, and finishes for all strokes and individual medley
- Learn lane etiquette and use of the pace clock is introduced

#### *Endurance component*

- 5 x 100 freestyle on a send-off time of 2 minutes

#### *Attendance component*

- Swimmers are encouraged to attend minimum of 2 sessions per week

## STATE SQUAD

Swimmers continue developing their race skills as well as their fitness and strength – learn to train and challenge yourself.

### *Stroke technique and skill component*

- This is the most important criteria for a swimmer to achieve before they move into the state squad.
- Consistent correct stroke technique for all strokes
- Consistent correct starts, turns, and finishes for all strokes and individual medley

### *Endurance component*

- 10 x 100 freestyle on a send-off time of 1 minute 45 seconds

### *Speed component*

- Achieve one of the following 2021 State Age Long Course Qualifying Times as:

Stroke	U12 Male	U12 Female
50 Freestyle	36.50	35.50
50 Breaststroke	47.90	48.75
50 Backstroke	42.30	43.25
50 Butterfly	38.75	39.40

### *Attendance component*

- Swimmers are encouraged to attend minimum 3 sessions per week

### *Attitude component*

- Train correctly and follows instructions
- Trains and races with a positive attitude

### *Other*

- Know how to use the pace clock correctly
- Go on the correct send-off time
- Able to train well with other swimmers in the lane – good lane etiquette
- Ability to focus on your own training and racing
- Ability to extend your limits during demanding training sets

## SURF LIFESAVING OPEN SQUAD

### *Endurance component*

- 10 x 100 freestyle on 1:30
- Achieve the 2021 State Age Long Course Qualifying Times as:

Stroke	U13 Male	U13 Female
400m Freestyle	05:20.25	05:19.50

### **NATIONAL SQUAD (Pool and Open Water)**

The endeavour of swimmers in this squad is their disciplined pursuit of excellence – learn to perform.

#### ***Stroke technique and skills component***

- Refined technique and skills
- Have the willingness to focus on and continuously work on the finer technique and skill elements and knowing that this is important for top performance to be achieved
- Know your race plans and strategies
- Continually maintaining the correct stroke length and working on the correct stroke rates for different events

#### ***Endurance component***

- 20 x 100 freestyle on a send-off time of 1:30

#### ***Speed component***

- Be within the following number of seconds from one national qualifying time for the age you are at the date of the national age group meet in the current season.
  - within 1 second of 50 metre freestyle
  - within 2 sec of 100 metre events
  - within 4 sec of 200 metre events
  - within 8 sec of 400 metre events
  - within 16 sec of 800 metre freestyle
  - within 30 sec of 1500 metre freestyle
  - within 3 percent of national open water/pool qualifying times
  - within 3 percent of half the 5k qualifying time for a 2.5km open water event (i.e., 5km time plus 3% divided by 2)

#### ***Attendance component***

- Swimmers are encouraged to attend minimum 5 sessions per week
- Recommended 7 to 9 sessions

#### ***Attitude component***

- Have the will to win and know that training and racing can be demanding physically and mentally
- Know that rest and recovery is an important component of performance during training and racing
- Making the right choices when it comes to nutrition as this is what will fuel your performance for training and racing

#### ***Other***

- Ability to do your best at training and racing no matter who you train with or race against
- Ability to control your emotions during training and racing
- Act and behave positively and realise that you are a role model for the younger swimmers