



Gold Squad

Squad placement is based on meeting minimum criteria (stipulated below), commitment to the program and performance in your respected events. There will be times when the coaches will exercise discretion based on injury, illness, study and mental well-being which will be addressed with the individual on a case-by-case basis.

Criteria:

- ◇ An athlete has swum in a National Age final (top 16), from the previous season or achieved 2 or more National Open Long Course or Open Short Course times.
- ◇ They must have swum in the National meet for that season.
- ◇ Male athletes are 15 years or over as at National Age Championships.
- ◇ Female athletes are 14 years or over as at National Age Championships.
- ◇ Take on feedback/guidance instructed by the coach.
- ◇ Open water athletes has swum at National Open Water Championships and achieved top 5 based on their age and gender as well as their commitment, training ability and attendance.
- ◇ Multiclass athletes will be considered on their race performance at National Championships on their age and gender, commitment, training ability, and attendance.
- ◇ Minimum of 7 Swimming sessions with the Immanuel Piranhas Swim Club (IMSC) unless agreed with gold coach.
- ◇ All athletes must be registered and training members with IMSC.

Expectations:

The Gold squad is a performance-based squad and a privilege to be a part of. This squad aims to achieve peak results at the National Age and Open Championships, providing a pathway for swimmers to transition into South Australian squads such as Flippers and SASI.

Key Criteria to be considered:

- ◇ There are 11 available training sessions consisting of swimming, dryland, spin and gym. These sessions must be agreed upon with the Gold coach.
- ◇ If a swimmer cannot uphold the squad's expectations, a meeting can be requested with the coaching team to reassess squad positioning.
- ◇ Squad placement will be reviewed yearly after the National Age/Open Championships in April. If the agreed criteria are not met, there will be no guaranteed place in the squad.
- ◇ For any unforeseen circumstances, please contact the head coach if an athlete cannot meet the above criteria.
- ◇ Athletes may be invited to train with the squad at the coaches' discretion, however, must agree to the above expectations and criteria.
- ◇ As Gold Squad members, swimmers will be expected to represent IMSC to the highest of standards and exemplify Club values.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity
- ◇ Provide athletes with support through various mental and physical challenges.

Gold Session Weekly Planner:

TERM 1, 2023 ONLY

Gold Squad – Minimum 7 sessions per week (Coach Rian)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5 – 7am	5 – 7am		5 – 7am	5 – 7am	Spin 5:30 – 6am Swim 6 – 8am
PM	Marion Outdoor 4:30-6:30pm		5 – 6:45pm		Marion Outdoor 5 – 7pm	
GYM			7 – 8pm			8:15 – 9:30am

Training Requirements / Coaches Expectations:

- ◇ Can make a training cycle of 20 x 100 on 1:25
- ◇ Can make a training cycle of 5 x 100 kick on 2:00
- ◇ Can make a training cycle of 5 x 100 IM on 1:40
- ◇ Show a consistent level of skills through turns, streamline, dives and lane etiquette at a National level.
- ◇ Dryland is compulsory.
- ◇ Train a minimum of 7 x in the water + 2 gym sessions.



Blue Squad

Squad placement is based on meeting minimum criteria (stipulated below), commitment to the program and performance in your respected events. There will be times when the coaches will exercise discretion based on injury, illness, study, and mental well-being which will be addressed with the individual on a case-by-case basis.

Criteria:

- ◇ Athlete has achieved a national time (from the previous season) and/or meets the 2% benchmark of a national time for the age they will be at National Championships that year in two or more events, one of them being 100m or above.
- ◇ They must have swum at National and/or State Championships for that season.
- ◇ Male athletes are 13 years or over at National Age Championships. They must still meet the Benchmark times of 14 years boys.
- ◇ Female athletes are 12 years or over at National Age Championships. They must still meet the Benchmark times of the 13 years girls.
- ◇ Take on feedback/guidance instructed by the coach.
- ◇ Open water athletes has achieved a National Open Water qualifying time in their age and gender, as well as commitment, training ability and attendance.
- ◇ Multiclass athletes will be considered on their race performance at National Championships in their age and gender, commitment and training ability and attendance.
- ◇ Minimum of 6 Swimming sessions with the Immanuel Piranhas Swim Club (IMSC).
- ◇ All athletes must be registered and training members with IMSC.

Expectations:

The Blue squad is a performance-based age group squad and a privilege to be a part of. The aim of this squad is to achieve peak results at State and National Championships providing a pathway for swimmers to transition into the Gold squad as well as the SA Junior Development squads.

Key Criteria to be considered:

- ◇ There are 11 available training sessions consisting of swimming, dryland, spin and gym. These sessions must be agreed upon with the Blue coach. If a swimmer cannot uphold the squad's expectations, a meeting can be requested with the coaching team to reassess squad positioning.
- ◇ Squad placement will be reviewed yearly after the National Age/Open Championships in April 31st & October 31st. If the agreed criteria are not met, there will be no guaranteed place in the squad.
- ◇ For any unforeseen circumstances, please contact the blue coach if an athlete cannot meet the above criteria.
- ◇ Athletes may be invited to train with the squad at the coaches' discretion, however, must agree to the above expectations and criteria.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity.
- ◇ Provide athletes with support through various mental and physical challenges.

Blue Squad Weekly Training Plan:

TERM 1, 2023 ONLY

Blue Squad – Minimum 6 sessions per week (Coach Rian / Grant)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5 – 7am		5 – 7am	5 – 7am		Spin 5:30 – 6am Swim 6 – 8am
PM	5 – 7pm	5:30 – 7pm	5 – 6:45pm		5 – 7pm	
Gym			7 – 8pm			8:15 – 9:30am

Training Criteria / Coaches Expectations:

- ◇ Can make a training cycle of 20 x 100 on 1:30
- ◇ Can make a training cycle of 5 x 100 kick on 2:00.
- ◇ Can make a training cycle of 5 x 100 IM on 1:45.
- ◇ Show a consistent level of skills through turns, streamlining, dives and lane etiquette at a national level.
- ◇ Dryland is compulsory



Green Squad:

Squad placement is based on meeting a minimum criterion (stipulated below), commitment to the program and performance in your respected field. There will be times when the coaches will exercise discretion based on injury, illness, study, and mental well-being which will be addressed with the individual on a case-by-case basis.

Criteria:

- ◇ The athlete has achieved 2 State Times for their respected age group and gender events on the day of competition.
- ◇ Must be 10 years both Male / Female or over
- ◇ Must train a minimum of 4 x swim per week with Immanuel Piranhas Swim Club (IMSC) and all drylands
- ◇ Show a consistent level of great skill across all strokes, turns and dives at a state level.
- ◇ Must compete at a State Age, State Open, State Relay or State Open Water Championship
- ◇ All athletes must be registered and training members with IMSC.

Expectations:

The Green Squad is a performance-based age group squad and a privilege to be a part of. The aim of this squad is to achieve peak results at State Championships providing a pathway for swimmers to transition into the Blue Squad. This squad aims to create a fun and inclusive environment for all swimmers.

Key Criteria to be considered:

- ◇ There are 7 available training sessions consisting of swimming and dryland. These sessions must be agreed upon with the green coach. If a swimmer cannot uphold the squad's expectations, a meeting can be requested with the coaching team to reassess squad positioning.
- ◇ Squad placement will be reviewed yearly after the State Age Long Course Championship (31st March) and Short Course Championship (31st August). If the agreed criteria are not met, there will be no guaranteed place in the squad.
- ◇ For any unforeseen circumstance, please contact the Green Coach if an athlete cannot meet the above criteria.
- ◇ Athletes may be invited to train with the squad at the coaches' discretion, however, must agree to the above expectations and criteria.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity
- ◇ Provide athletes with support through various mental and physical challenges.

Green Squad Weekly Planner:

TERM 1, 2023 ONLY

Green Squad – Minimum 4 sessions per week (Coach Grant / Mark)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5 – 7am	5 – 7am			6:30 – 8:30am Marion Outdoor
PM	5 – 7pm	5:30 – 7pm		5:30 – 7:00pm	5 – 7pm	

Training Criteria / Coaches Expectations:

- ◇ Have had or have a State Qualifying time for 2 x 100's e.g., 100 Freestyle & 100 Breaststroke.
- ◇ Take on feedback well whilst also being able to push themselves in a hard training environment.
- ◇ Show a consistently good level of skills overall strokes, including turns and dives.
- ◇ Train well with others whilst being respectful towards all team members.
- ◇ Train a minimum 4 x in the pool, plus compulsory dryland before all sessions
- ◇ Can make a training cycle of 10 x 100 on 1:40.
- ◇ Can make a training cycle of Kick 4 x 100 freestyle on 2:30 cycle.
- ◇ Can make a training cycle of 4 x 100 IM on 2:00 cycle.
- ◇ Streamline off every start and turn, correct turns, and understand lane etiquette.



Red Squad:

Squad placement is based on meeting a minimum criterion (stipulated below), commitment to the program and performance in your respected field. There will be times when the coaches will exercise discretion based on injury, illness, study, and mental well-being which will be addressed with the individual on a case-by-case basis.

Criteria:

- ◇ Show a consistent level of skills such as turns, dives, and overall strokes
- ◇ Can make a training cycle of 5 x 100 Freestyle on a 2:00 time cycle
- ◇ Can make a training cycle of 10 x 50 Kick on a 1:30 time cycle
- ◇ Minimum 3 x swimming sessions per week
- ◇ Must be a registered and training member of Immanuel Piranhas Swim Club (IMSC)

Expectations:

The Development Squad is designed to develop skills and techniques in a fun and supportive environment. Athletes must be able to take on feedback well and improve on those feedback cues, and train well with others whilst being respectful towards all team members.

Key Criteria to be considered:

- ◇ There are 7 available swimming sessions per week. These sessions must be agreed upon with the red coach. If a swimmer cannot uphold the squad's expectations, a meeting can be requested with the coaching team to reassess squad positioning.
- ◇ Squad placement will be reviewed yearly after State Age Long Course and Short Course Championships. If the agreed criteria is not met, there will be no guaranteed place in the squad.
- ◇ For any unforeseen circumstance, please contact the red coach if an athlete cannot meet the above criteria.
- ◇ Athletes may be invited to train with the squad at the coaches' discretion, however, must agree to the above expectations and criteria.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity
- ◇ Provide athletes with support through various mental and physical challenges.

Red Squad Weekly Planner:

TERM 1, 2023 ONLY

Red Squad – Minimum 3 sessions per week (Grant / Mark)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	7 – 8am		7 – 8am		7 – 8am	7 – 8:30am
PM	4 – 5:30pm	4 – 5:30pm		4 – 5:30pm	4 – 5:30pm	



Black (Open Surf) Squad:

Squad placement is based on meeting minimum criteria (stipulated below), commitment to the program and performance in Surf-Lifesaving events. There will be times when the coaches will exercise discretion based on injury, illness, study and mental well-being which will be addressed with the individual on a case-by-case basis.

Criteria:

- ◇ Take on feedback/guidance instructed by the coach.
- ◇ Is proficient at 400m freestyle under 5:00.
- ◇ Can make a training cycle of 10 x 100 on 1.25.
- ◇ Is a member of a surf lifesaving club.
- ◇ All athletes must be registered and training members with the Immanuel Piranhas Swim Club (IMSC).

Expectations:

The black squad is designed to help athletes achieve peak results at State (Surf States) and National Championships (Aussies), as well as create a pathway for younger nippers to transition into to achieve their surf lifesaving goals.

Key Criteria to be considered:

- ◇ There are 5 available swimming sessions per week. These sessions must be agreed upon with the Black coach. If a swimmer cannot uphold the squad's expectations, a meeting can be requested with the coaching team to reassess squad positioning.
- ◇ Squad placement will be reviewed yearly after the Australian Surf Lifesaving Championships in April. If the agreed criteria are not met, there will be no guaranteed place in the squad.
- ◇ For any unforeseen circumstances, please contact the black coach if an athlete cannot meet the above criteria.
- ◇ Athletes may be invited to train with the squad at the coaches' discretion, however, must agree to the above expectations and criteria.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity
- ◇ Provide athletes with support through various mental and physical challenges.

Black (Open Surf) Squad Weekly Planner:

TERM 1, 2023 ONLY

Black (Open Surf) Squad – Minimum Level of competency (Coach Rian)					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	5 – 7 am	5 – 7 am	5 – 7 am	5 – 7 am	5 – 7 am
PM					



White (Fitness) Squad:

Squad placement is based on meeting a minimum criterion (stipulated below), commitment to the program for a minimum of 1 term is compulsory to structure a well-balanced program for the members of this squad. There will be times when the coaches will exercise discretion based on injury, illness, study, and mental well-being which will be addressed with the individual on a case-by-case basis.

Expectations:

The focus of this squad is to support all athletes to reach their aquatic goals, regardless of their sport, however, knowledge of all four strokes is required. There are no minimum sessions for the fitness squad, although session bookings will run in line with the swim school using their term booking scheme.

Criteria:

- ◇ Must be a registered and training member of Immanuel Piranhas Swim Club (IMSC).
- ◇ All Athletes must be 12 years and older.

The Coaching team:

- ◇ Motivate and encourage athletes to their fullest potential.
- ◇ Act with integrity
- ◇ Provide athletes with support through various mental and physical challenges.

Fitness Squad Weekly Planner:

TERM 1, 2023 ONLY

White (Fitness) – Minimum level of competency		
Friday PM	Saturday AM	Sunday AM
7 – 8pm	8:30 – 9:30am	10:30 – 11:30am



Boys 14 Years:

	Benchmark +	2.00%
50 FS	26.78	27.32
100 FS	58.96	1.00.14
200 FS	2.07.97	2.10.53
400 FS	4.33.97	4.39.35
800 FS	9.26.43	9.37.76
1500 FS	18.03.02	18.24.68
50 BK	31.08	31.70
100 BK	1.06.75	1.08.09
200 BK	2.25.40	2.28.31
50 BRST	34.12	34.80
100 BRST	1.15.2	1.16.70
200 BRST	2.44.20	2.47.48
50 FLY	28.55	29.12
100 FLY	1.04.11	1.05.39
200 FLY	2.24.15	2.27.03
200 IM	2.26.30	2.29.23
400 IM	5.16.50	5.22.83

Boys 15 Years:

	Benchmark +	2.00%
50 FS	25.98	26.5
100 FS	57.19	58.33
200 FS	2.04.13	2.06.61
400 FS	4.25.65	4.30.96
800 FS	9.09.57	9.20.56
1500 FS	17.30.80	17.51.82
50 BK	30.16	30.76
100 BK	1.04.76	1.06.06
200 BK	2.21.04	2.23.86
50 BRST	33.12	33.78
100 BRST	1.12..96	1.14.42
200 BRST	2.39.35	2.42.54
50 FLY	27.69	28.24
100 FLY	1.02.19	1.03.43
200 FLY	2.19.83	2.22.63
200 IM	2.21.91	2.24.75
400 IM	5.07.00	5.13.14

Boys 16 Years:

	Benchmark +	2.00%
50 FS	25.44	25.95
100 FS	56.01	57.13
200 FS	2.01.57	2.04.00
400 FS	4.20.18	4.25.38
800 FS	8.58.34	9.09.58
1500 FS	17.09.32	17.29.91
50 BK	29.24	29.82
100 BK	1.02.78	1.04.04
200 BK	2.16.68	2.19.41
50 BRST	32.12	32.72
100 BRST	1.10.72	1.12.13
200 BRST	2.34.50	2.37.59
50 FLY	26.84	27.38
100 FLY	1.00.26	1.01.47
200 FLY	2.16.94	2.19.68
200 IM	2.18.99	2.21.77
400 IM	5.00.67	5.06.68

Boys 17 Years:

	Benchmark +	2.00%
50 FS	24.91	25.41
100 FS	54.84	55.94
200 FS	1.59.01	2.01.39
400 FS	4.14.70	4.19.79
800 FS	8.47.10	8.46.88
1500 FS	16.47.84	17.08.00
50 BK	28.63	29.20
100 BK	1.02.11	1.03.35
200 BK	2.15.22	2.17.92
50 BRST	31.79	32.43
100 BRST	1.09.97	1.11.37
200 BRST	2.32.88	2.35.94
50 FLY	26.55	27.08
100 FLY	59.62	1.00.81
200 FLY	2.14.06	2.16.74
200 IM	2.16.06	2.18.78
400 IM	4.54.34	5.00.23

Boys 18 Years:

	Benchmark+	2.00%
50 FS	24.64	25.13
100 FS	54.24	55.32
200 FS	1.57.73	2.00.08
400 FS	4.11.96	4.17.00
800 FS	8.41.49	8.51.92
1500 FS	16.37.10	16.57.04
50 BK	28.23	28.79
100 BK	1.01.45	1.02.68
200 BK	2.13.77	2.16.45
50 BRST	31.46	32.09
100 BRST	1.09.23	1.10.61
200 BRST	2.31.27	2.34.30
50 FLY	26.27	26.8
100 FLY	58.98	1.00.16
200 FLY	2.12.62	2.15.27
200 IM	2.14.60	2.37.29
400 IM	4.52.18	4.57.00

Boys 19 – 20 Years:

	Benchmark +	2.00%
50 FS	24.16	24.64
100 FS	53.65	54.72
200 FS	1.57.39	1.59.56
400 FS	4.11.02	4.16.04
800 FS	8.34.93	8.45.23
1500 FS	16.24.57	16.44.26
50 BK	27.84	28.40
100 BK	1.00.21	61.01.41
200 BK	2.11.33	2.13.96
50 BRST	30.6	31.21
100 BRST	1.07.00	1.08.34
200 BRST	2.25.54	2.28.45
50 FLY	26.11	26.63
100 FLY	57.9	59.06
200 FLY	2.10.20	2.12.80
200 IM	2.12.14	2.14.78
400 IM	4.46.37	4.52.10



Girls 13 Years:

	Benchmark +	2.00%
50 FS	29.94	29.94
100 FS	1.03.97	1.05.25
200 FS	2.17.85	2.20.61
400 FS	4.51.58	4.57.41
800 FS	9.56.35	10.08.28
1500 FS	18.56.04	19.18.76
50 BK	34.74	35.43
100 BK	1.13.44	1.14.91
200 BK	2.39.16	2.42.34
50 BRST	38.88	39.66
100 BRST	1.23.71	1.25.38
200 BRST	3.00.23	3.03.83
50 FLY	32.25	32.90
100 FLY	1.10.23	1.11.63
200 FLY	2.38.74	2.41.91
200 IM	2.37.89	2.41.05
400 IM	5.37.02	5.43.76

Girls 14 Years:

	Benchmark +	2.00%
50 FS	28.76	29.34
100 FS	1.02.69	1.03.94
200 FS	2.15.09	2.17.79
400 FS	4.45.75	4.51.47
800 FS	9.44.52	9.56.21
1500 FS	18.33.52	18.53.86
50 BK	33.74	34.41
100 BK	1.11.29	1.12.72
200 BK	2.34.50	2.37.59
50 BRST	37.76	38.52
100 BRST	1.21.22	1.22.84
200 BRST	2.54.86	2.58.36
50 FLY	31.32	31.95
100 FLY	1.08.14	1.09.50
200 FLY	2.34.04	2.37.12
200 IM	2.33.15	2.36.21
400 IM	5.26.91	5.33.45

Girls 15 Years:

	Benchmark +	2.00%
50 FS	28.29	28.86
100 FS	1.01.12	1.02.34
200 FS	2.14.05	2.16.73
400 FS	4.42.83	4.48.49
800 FS	9.29.49	10.01.28
1500 FS	18.13.98	18.35.86
50 BK	33.07	33.73
100 BK	1.09.86	1.11.26
200 BK	2.31.40	2.34.43
50 BRST	37.01	37.75
100 BRST	1.19.56	1.21.15
200 BRST	2.51.29	2.54.72
50 FLY	30.69	31.30
100 FLY	1.06.75	1.08.09
200 FLY	2.30.91	2.33.93
200 IM	2.30.00	2.33.00
400 IM	5.20.17	5.26.57

Girls 16 Years:

	Benchmark +	2.00%
50 FS	27.99	28.55
100 FS	1.00.48	1.01.69
200 FS	2.12.67	2.15.32
400 FS	4.39.92	4.45.52
800 FS	9.23.58	9.34.85
1500 FS	18.02.71	18.24.36
50 BK	32.74	33.73
100 BK	1.09.14	1.11.26
200 BK	2.29.85	2.29.03
50 BRST	36.64	37.73
100 BRST	1.18.73	1.20.30
200 BRST	2.49.50	2.52.89
50 FLY	30.38	30.99
100 FLY	1.06.05	1.07.37
200 FLY	2.29.34	2.32.33
200 IM	2.28.42	2.31.39
400 IM	5.16.80	5.23.14

Girls 17 Years:

	Benchmark +	2.00%
50 FS	27.7	28.25
100 FS	59.84	1.01.04
200 FS	2.11.29	2.13.92
400 FS	4.37.00	4.42.54
800 FS	9.17.66	9.28.81
1500 FS	17.51.45	18.12.88
50 BK	32.4	33.05
100 BK	1.08.43	1.09.80
200 BK	2.28.29	2.31.26
50 BRST	36.26	36.99
100 BRST	1.17.90	1.19.46
200 BRST	2.47.71	2.51.06
50 FLY	30.07	30.67
100 FLY	1.05.36	1.06.67
200 FLY	2.27.78	2.30.74
200 IM	2.26.84	2.29.78
400 IM	5.13.43	5.20.72

Girls 18 – 19 Years:

	Benchmark +	2.00%
50 FS	27.54	28.09
100 FS	58.64	59.81
200 FS	2.08.50	2.11.07
400 FS	4.31.81	4.37.25
800 FS	9.19.57	09:30.8
1500 FS	17.39.03	18.00.21
50 BK	31.12	31.74
100 BK	1.07.00	1.08.34
200 BK	2.24.93	2.27.83
50 BRST	35.14	35.84
100 BRST	1.15.68	1.17.19
200 BRST	2.42.92	2.46.19
50 FLY	29.13	29.71
100 FLY	1.04.51	1.05.80
200 FLY	2.23.84	2.26.84
200 IM	2.24.84	2.27.84
400 IM	5.09.17	5.15.17