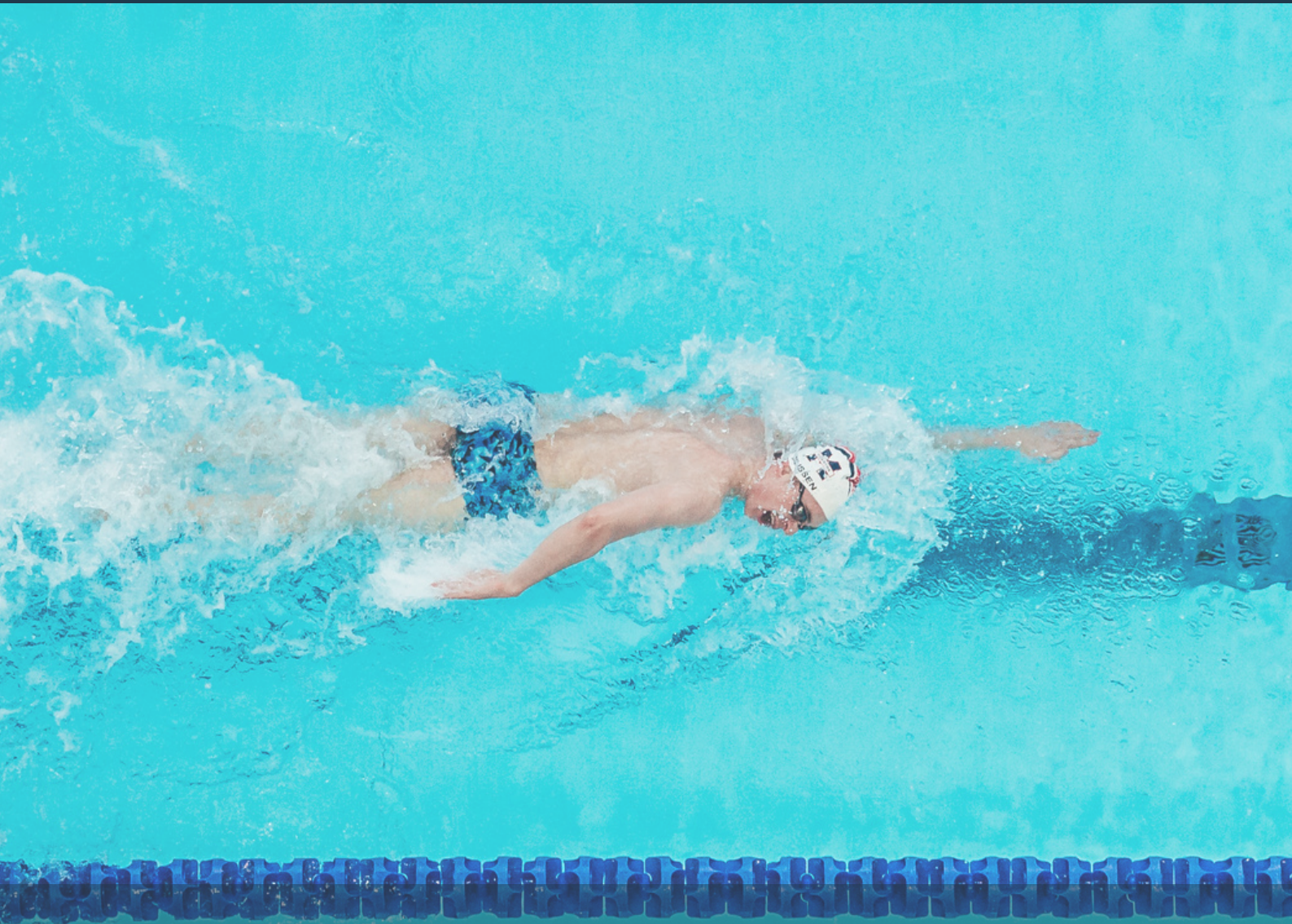




**MELBOURNE
SPORTS
CENTRES**



MSAC
Squad Program

#BEYOURBEST


WELCOME

Based at Melbourne's premier multi-sport facility, Melbourne Sports & Aquatic Centre (MSAC), our swim squad is not limited to the water.

Our squads will have access to MSAC's other facilities, including: courts, spin room, Athlete Performance Centre (APC), specialist Strength and Conditioning coaches. Our comprehensive squad program will allow our coaching team to develop an individualised and differentiated training program to align with individual swimmers' commitment and goals.

The MSAC Swim Squad aims to provide the best environment to allow our swimmers to reach their goals and maximise their potential in and out of the water. We work with our swimmers to provide an environment where they can grow as individuals and athletes.

MSAC Swim Squad values the following:

- Diversity in our approach, in our team and in our athletes.
 - Open communication between parents, athletes, coaches, teachers and support staff.
 - Learning opportunities by our swimmers, parents and staff.
 - Creativity in our approach.
 - Ambition in our athletes and our staff.
 - Positivity in our communication to each other.
 - Reliability in our commitment to each other.
 - Supporting one another each and everyday.
 - Support academic and other co-curricular pursuits of our members.
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DEVELOPMENT: (MIN 4 SESSIONS/WEEK)

The Development Squad is the first level in our competitive swimming program and introduces participants to racing. Swimmers will learn the technical requirements and etiquette of training and racing to refine their competitive swimming techniques.

Entry Level



- Display technique and skills to squad standards
- Demonstrate training etiquette
- Be capable of completing training sessions in their entirety
- Attend a minimum of two training sessions per week
- Possess a standard level of coachability

Swimmers are highly encouraged to be members of a Swim Club and race at Meets

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Pull buoy
- Kick board

Pathway



The pathway from Development Squad to progress to State Development Squad will be at the discretion of the head state coach to ensure the swimmer is indeed ready for progression. As a guide the swimmer will.

As a guide the swimmer will:

- Have regular attendance of 2 sessions per week
- Be a strong swimmer in all strokes and able to complete for example a 100m individual medley and a 400m freestyle
- Be an encouraging team mate to their fellow Msac swimming squad members.

STATE DEVELOPMENT: (MIN 4-5 SESSIONS/WEEK)

The Development Squad is the first level in our competitive swimming program and introduces participants to racing. These swimmers will learn the technical requirements and etiquette of training and racing and refine their competitive swimming techniques.

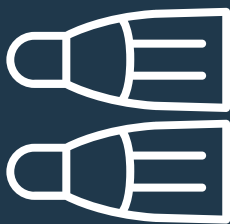
Entry Level



- Display technique and skills to squad standards
- Demonstrate training etiquette
- Be capable of completing training sessions in their entirety
- Attend a minimum of two training sessions per week
- Possess a standard level of coachability

Swimmers are highly encouraged to be members of a Swim Club and race at Meets

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Pull buoy
- Kick board

Pathway



The pathway from Development Squad to progress to State Development squad will be at the discretion of the head state coach to ensure the swimmer is indeed ready for progression. As a guide the swimmer will.

As a guide the swimmer will:

- Have regular attendance of 2 sessions per week
- Be a strong swimmer in all strokes and able to complete for example a 100m individual medley and a 400m freestyle
- Be an encouraging team mate to their fellow Msac swimming squad members.

TARGET STATE: (MIN 5 – 6 SESSIONS/WEEK)

Swimmers at this level focus on refining their skills into race efficiencies and striving towards racing state qualifying times. The increased training regime allows swimmers to refine speed, technique and stroke. This squad focuses on learning how to train for state competitions.

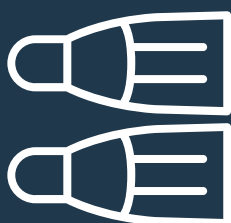
Entry Level



- Display technique and skills to squad standards
- Demonstrate training etiquette
- Be capable of completing training sessions in their entirety
- Attend a minimum of three, and progressing to four sessions per week
- Possess a standard level of coachability

State swimmers are highly encouraged to be members of a Swim Club and race at Meets

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Pull buoy
- Kick board

Pathway



The pathway from State Target Squad to progress to the State Squad will be at the discretion of the State head coach to ensure the swimmer is indeed ready for progression.

As a guide the swimmer will:

- Have regular attendance of 3 sessions per week
- Be a strong swimmer in all strokes and able to complete for example a 200m individual medley and a 800m freestyle
- Be an encouraging team mate to their fellow swimming squad members.

STATE AGE: (MIN 5 - 6 SESSIONS/WEEK)

This squad is for participants with state qualifying times and who are working relentlessly towards national qualifying times. The sessions across the week focus on stroke efficiencies and constant improvement.

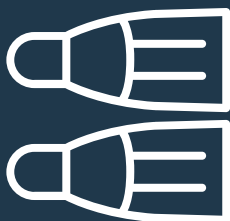
Entry Level



- Have a practiced training etiquette, stroke technique and skills
- Attend a minimum of six one and half hour swim sessions per week
- Be purposefully aiming to achieve metropolitan and state qualifying times in multiple events
- Capable of training loads and intensities
- Possess a standard level of coachability

All State Swimmers are expected to be a member of a Swim Club and race at Mini Meets, Club, Local Meets and Metropolitan and State Championships as they qualify.

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Finger paddles
- Pull buoy
- Kick board
- Front snorkel

Pathway



The pathway from State Squad to the National Squad will be based on selection via the Head Swimming Coach.

- Recommended attendance: 5 to 6 per week pool sessions
- Dry land sessions offered: 3 Sessions

NATIONAL AGE: (MIN 7- 8 SESSIONS/WEEK)

Designed for swimmers with registered national qualifying times and are on their way towards elite athlete status. Both swimmer and coach are focused on striving towards state and national representation.

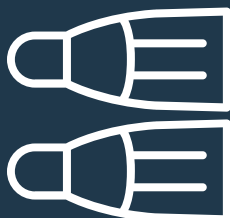
Entry Level



- Attain multiple state qualifying times and top 10 rankings at Metro Swim meets
- Complete 95 percent attendance of allocated sessions
- Complete two group gym sessions and Dryland sessions
- Be capable of training loads and intensities
- Attain a high skill level and sound technique in all aspects of main events
- Embrace a positive team culture, be purposefully improving on ownership, accountability and self-management skills
- Possess a great standard of coachability

All of National Squad Members of and race at Local, Metropolitan, State and National Championships as they qualify.

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Finger paddles
- Pull buoy
- Kick board
- Front snorkel

Pathway



Selection into the Elite Squad by Head Swimming Coach.

Sessions offered: 9 per week

Recommended attendance: 8 to 9 per week

- Dry land sessions offered: 2 gym sessions + 1 Land session per week

NATIONAL OPEN: (MIN 8-9 SESSIONS/WEEK)

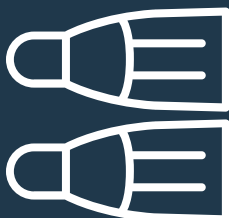
Designed for swimmers with registered national open qualifying times and striving to be a high-performance athlete

Entry Level



- Complete 95 percent attendance of allocated sessions
 - Complete two group gym sessions and Dryland sessions
 - Be capable of training loads and intensities
 - Attain a high skill level and sound technique in all aspects of main events
 - Embrace a positive team culture, be purposefully improving on ownership, accountability and self-management skills
 - Possess a great standard of coachability
- All Open Squad Members of and race at Local, State and National Championships as they qualify.

Equipment



- Mesh kit bag
- Two caps
- Two pairs of goggles
- Short soft fins
- Finger paddles
- Pull buoy
- Kick board
- Front snorkel

Pathway



Selection into the Elite Squad by Head Swimming Coach.

Sessions offered: 9 per week

Recommended attendance: 8 to 9 per week

- Dry land sessions offered: 3 gym sessions, Spin and Platies + 2 Land session per week

TRAINING KIT

Throughout training sessions, swimmers may use some or all of the following equipment. Please note these items are not supplied by MSAC Squad Program and must be purchased the athlete.

We recommend the following suppliers:

[Engine Swim](#)

[DC Fins](#)

[Strokemakers Paddles](#)

[Aqua Sphere Centre Snorkel](#)

Short Fins

Kickboard

Training cap

Pull bouy

Googles

Paddles

Mesh kit bag

Snorkel

SQUAD TIMETABLES

DEVELOPMENT: (MIN 3 SESSIONS/WEEK)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday				
Tuesday			X	X
Wednesday			X	
Thursday			X	X
Friday			X	
Saturday				
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

STATE DEVELOPMENT: (MIN 4 SESSIONS/WEEK)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday			X	
Tuesday			X	X
Wednesday			X	X
Thursday			X	
Friday				
Saturday	X			
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

SQUAD TIMETABLES

TARGET STATE: (MIN 5 SESSIONS/WEEKS)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday			X	
Tuesday			X	
Wednesday	X			
Thursday			X	X
Friday			X	
Saturday	X	X		
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

STATE AGE: (MIN 6 SESSIONS/WEEK)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday	X		X	X
Tuesday	X			
Wednesday			X	X
Thursday	X		X	X
Friday			X	
Saturday	X			
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

SQUAD TIMETABLES

NATIONAL AGE: (MIN 7 SESSIONS/WEEK)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday	X			
Tuesday	X		X	X
Wednesday			X	
Thursday	X			X
Friday	X		X	
Saturday	X	X		
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

NATIONAL OPEN : (MIN 8 SESSIONS/WEEK)

	AM		PM	
	Swim	Gym	Swim	Gym
Monday	X		X	X
Tuesday	X		X	
Wednesday			X	X
Thursday	X		X	
Friday	X	X		
Saturday	X	X		
Equipment	Fins, Hand & finger paddles, kick board, pull buoy, water bottle, snorkel & spare goggles			

SWIM FEES

Development Squad	\$80 per fortnight
State Development	\$85 per fortnight
Target State	\$95 per fortnight
State Age	\$110 per fortnight
National Age	\$130 per fortnight
National Open	\$160 per fortnight
SSCT Staff	25% discount



Get in touch:

Website: melbournesportscentres.com.au

Email: squads@melbournesportscentres.com.au

LinkedIn: Melbourne Sports Centres

Facebook: Melbourne Sports Centres

Instagram: [@melbournesportscentres](https://www.instagram.com/melbournesportscentres)

Team

Kenrick Monk OLY - Head Coach

Adrian Hirsh - Senior Coach

Lex Sendikas - Senior Coach