



LILYDALE SWIMMING CLUB SQUAD HANDBOOK

As at May 2011



LILYDALE SWIMMING CLUB



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Club Contact Details

Based at Kilsyth Centenary Pool – 75 Hawthory Road, Kilsyth.

Club Management	Position	Contact 1	Contact 2
Phil Jones	Club President	aroonajones@optusnet.com.au	0427873547
Paul Gilling	Vice President	pmgilling@dodo.com.au	0419302269
Rob Pogorzelski	Vice President	lsc.vp1@gmail.com	0437129913
Graeme McLauchlan	Treasure	graham.mc@bigpond.com	0409254248
Ian Laidler	Secretary/Public Officer	lilydalesc@hotmail.com	
Coaching Staff			
Lawrence Krauter	Head Coach	Krauter@live.com.au	0402374384

LILYDALE SWIMMING CLUB



INTRODUCTION

LILYDALE SWIMMING CLUB –PARTNERS with

Lilydale Swimming Club is affiliated with Swimming Victoria. This allows its members to compete in organised swimming meets. Swimming Victoria provides meets which cater to all ability levels from juniors to state and national level swimmers.

<http://www.swimmingvictoria.org.au/>

(Swimming Victoria Website)

Lilydale Swimming Club is also affiliated with Dandenong Ranges District Swimming Association (Metro East). Metro East also provides competitions outside of those offered by Swimming Victoria. Metro East provides meets which cater for juniors through to district level swimmers.

<http://home.vicnet.net.au/~drdsa/home.htm>

(Metro East Website)

Lilydale Swimming Club work with many swim schools to provide young swimmers with the opportunity to continue with their swimming for competition or fitness needs. Belgravia Leisure, Kings Swim School (Chirnside Park) and Jo Moores Swim School are the major of the swim schools that work with the Lilydale Swimming Club.

<http://www.kilsythcp.com.au/>

(Kilsyth Centenary Pool Website)

<http://www.kingswim.com.au/centre-locations/victoria/chirnside-park.html>

(Kings Swim School Chirnside Park Website)

Ideal entry into Lilydale Swimming Clubs development pathway is between 7-10 years of age but swimmers outside this age range are always welcome as the Club caters for all competent swimmers. Swimmers are first introduced into our Junior Squads (Talent Squad and Junior Development Squad) where swimmers will learn and refine the basics of all four competitive strokes in an enjoyable, supportive and social environment. From these squads swimmers may progress into a number of squads, each with its own specific targets, from national competition to fitness based.

LILYDALE SWIMMING CLUB



SQUAD STRUCTURE

Squad Flow Chart

National Level or National Target I
(Aged 13 & over)

Youth Performance Squad

Age State and State Target Level
(Aged 12 & over)

Age Development Squad

State Target and District Level
(In most cases aged 14 & under)

Junior Xcellence Squad

District Level
(In most cases aged 14 & under)

Junior
Development
Squad

Encouragement Meet Level
(In most cases aged 11 & under)

Talent Squad

Swim School Level

Swim School

Progression through the development pathway is dependent upon the coaching staff's assessment of the swimmer's progress, training application and current results as well as the availability of a vacant position in the appropriate squad



TALENT SQUAD

Coach:	Ann Longridge
Aim:	To develop and foster skills in all four competitive strokes.
Entry Level:	Must be able to complete 50m of Freestyle and Backstroke and show ability to do correct Breaststroke kick.
Requirements:	Swimmers are expected to attend 1 session per week, but it is recommended that swimmers complete full attendance.
Racing Commitments:	Swimmers are encouraged to compete at Encouragement Meets and Intra Club meets

Training Time Table	Sessions
Tuesday	4.45pm for stretching, 5.00-6.00pm in the pool
Thursday	4.45pm for stretching, 5.00-6.00pm in the pool
Friday	6.15pm for stretching, 6.30-7.30pm in the pool

Talent Squad does not specifically train for success at certain meets as the squad predominately targets skill acquisition.

JUNIOR DEVELOPMENT SQUAD

Coach:	Tyler Phillips
Aim:	To further skill development in all four competitive strokes, as well as learning race and squad training skills.
Entry Level:	Must be able to complete 100m of Freestyle and Backstroke, Breaststroke, Butterfly and show ability maintain squad training cycles as determined by the coach.
Requirements:	Swimmers are expected to attend 1 session per week, but it is recommended that swimmers complete full attendance.
Racing Commitments:	Swimmers are encouraged to compete at Encouragement Meets and Intra Club meets, some swimmers may compete at Swimming Victoria meets (SV Meets).

Training Time Table	Sessions
Tuesday	5.45pm for stretching, 6.00-7.00pm in the pool
Wednesday	5.45pm for stretching, 6.00-7.00pm in the pool
Thursday	5.00pm-6.00pm Dry land* (Kilsyth Pool/Oval)
Friday	6.15pm for stretching, 6.30-7.30pm in the pool

**location of dry land training is dependent on weather, in poor weather training will still go ahead on pool deck*

Junior Development Squad will training for major success at the following meets:

- 7-10 Trials
- Metro East All Juniors
- District Championships

Information about these meets can be found on pages 9-10



JUNIOR XCELLENCE SQUAD

Coach:	Lawrence Krauter
Aim:	To start aerobic development whilst refining race and training skills.
Entry Level:	Must have mastered basic technique and race skills in all four competitive strokes. Must also have the ability maintain squad training cycles as determined by the coach.
Requirements:	Swimmers are expected to attend 4 sessions per week, but it is recommended that swimmers complete full attendance.
Racing Commitments:	Swimmers are encouraged to compete at Swimming Victoria meets and to set training and race goals to achieve State Times.

Training Time Table	Sessions
Monday	6.45pm for stretching, 7.00-8.30pm in the pool
Tuesday	6.45pm for stretching, 7.00-8.30pm in the pool
Wednesday	6.45pm for stretching, 7.00-8.30pm in the pool
Thursday	5.00pm for Dry Land* (Kilsyth Pool/Oval), 6.00-7.00pm in the pool
Friday	5.00am for stretching, 5.30-7.00am in the pool
Saturday	1.45pm for stretching, 2.00-3.30pm in the pool**

**location of dry land training is dependent on weather, in poor weather training will still go ahead on pool deck*

***some Saturday sessions maybe used for physio screenings for flexibility and injury prevention reasons*

Junior Xcellence Squad will train for major success at the following meets:

- State Age Championships Short Course
- State Age Championships Long Course
- District Championships

Junior Xcellence Squad will also target the following meets:

- 7-10 Trials
- State Sprint Meet
- Metro East All Juniors

Information about these meets can be found on pages 9-10



AGE DEVELOPMENT SQUAD

Coach:	Lawrence Krauter
Aim:	To continue aerobic development and improving strength and conditioning in all four strokes. Swimmers will learn more difficult racing styles and skills to improve individual performances in preferred events at a State level.
Entry Level:	Must have mastered technique and race skills in all four competitive strokes. Swimmers in this squad must show the motivation and dedication required to compete at State Championships. Swimmers must also understand the importance of stretching and proper recovery methods. Must also have the ability maintain squad training cycles as determined by the coach.
Requirements:	Swimmers are expected to attend 5 sessions per week, but it is recommended that swimmers complete full attendance.
Racing Commitments:	Swimmers are encouraged to compete at Swimming Victoria meets and to set training and race goals to achieve State Times.

Training Time Table	Sessions
Monday	5.00-7.00am and 5.00pm Dry Land (Kilsyth Pool/Oval), 6.00-7.00pm in the pool
Tuesday	5.00-7.00am and by application only 4.30-5.30pm Gym at Luther College***
Wednesday	5.00-7.00am
Thursday	5.00-7.00am and by application only 4.30-5.30pm Gym at Luther College*** 7.00-8.30pm
Friday	4.45-6.30pm
Saturday	3.30-5.00pm**

**location of dry land training is dependent on weather, in poor weather training will still go ahead on pool deck*

***some Saturday sessions maybe used for physio screenings for flexibility and injury prevention reasons*

****swimmers must apply for use of Luther College Gym facility using sheet found on page___*

Age Development Squad will train for major success at the following meets:

- State Age Championships Short Course
- State Age Championships Long Course
- District Championships

Age Development Squad will also target the following meets:

- State Sprint Meet
- State Open and Multi-Class Championships Short Course
- State Open and Multi-Class Championships Long Course

Information about these meets can be found on pages 9-10



YOUTH PERFORMANCE SQUAD

Coach:	Lawrence Krauter
Aim:	To achieve high performance results at State and National level.
Entry Level:	Must have mastered technique and race skills in all four competitive strokes. Swimmers in this squad must show the motivation and dedication required to compete at National Championships. Swimmers must also show a board knowledge of the sport of swimming (become students of the sport). Must also have the ability maintain squad training cycles as determined by the coach.
Requirements:	Swimmers are expected to attend 7 sessions per week, but it is recommended that swimmers complete full attendance. Swimmers are responsible for their own recovery.
Racing Commitments:	Swimmers are competing at Swimming Victoria meets and set training and race goals to achieve National times.

Training Time Table	Sessions
Monday	5.00-7.00am and 4.15-6.00pm
Tuesday	5.00-7.00am and by application only 4.30-5.30pm Gym at Luther College***
Wednesday	5.00-7.00am and 4.15-6.00pm
Thursday	5.00-7.00am and by application only 4.30-5.30pm Gym at Luther College***
Friday	5.00-7.00am and 4.45-6.30pm
Saturday	3.15-5.00pm**

**location of dry land training is dependent on weather, in poor weather training will still go ahead on pool deck*

***some Saturday sessions maybe used for physio screenings for flexibility and injury prevention reasons*

****swimmers must apply for use of Luther College Gym facility using sheet found on page___*

Youth Performance Squad will train for major success at the following meets:

- Open Nationals Short Course
- Age Nationals Long Course
- Telstra Opens

Age Development Squad will also target the following meets:

- State Sprint Meet
- State Open and Multi-Class Championships Short Course
- State Open and Multi-Class Championships Long Course
- State Age Championships Short Course
- State Age Championships Long Course

Information about these meets can be found on pages 9-10

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COMPETITIONS INFORMATION**

7-10 Trials	
Where to find Information:	Metro East & Swimming Victoria http://home.vicnet.net.au/~drdsa/home.htm and http://www.swimmingvictoria.org.au/
Age Group:	7-10 years of age.
Competitor Base:	Swimmers competing will range from beginners to Age State level swimmers.
Date:	Trials are run in late October, with Semi-Finalists competing at Metro East Vs. North and 7-10 Semi-Finals in early November.

Metro East All Jr's	
Where to find Information:	Metro East & Swimming Victoria http://home.vicnet.net.au/~drdsa/home.htm and http://www.swimmingvictoria.org.au/
Age Group:	14 years of age and under.
Competitor Base:	Swimmers competing will range from beginners to Age/Open State level swimmers.
Date:	Trials, Semi-Finals and Finals are run in March.

District Championships	
Where to find Information:	Metro East http://home.vicnet.net.au/~drdsa/home.htm
Age Group:	All age's.
Competitor Base:	Swimmers competing will range from beginners to Age/Open State level swimmers.
Date:	Runs early March

State Age Championships Short Course	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	12-18 years of age.
Competitor Base:	Swimmers competing will range from State Age/Open level to National level swimmers.
Date:	Runs early September

State Age Championships Long Course	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	12-18 years of age.
Competitor Base:	Swimmers competing will range from State Age/Open level to National level swimmers.
Date:	Runs mid-December.

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**** ALL COMPETITION INFORMATION IS MEANT AS A GUIDE ONLY FOR UP TO DATE INFORMATION ABOUT ANY MEETS PLEASE VISIT THE RELEVANT WEBSITES****

State Sprint Meet	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	12 years of age and over.
Competitor Base:	Swimmers competing will range from State Age/Open level to National level swimmers.
Date:	Runs mid-February.

State Open and Multi-Class Championships Short Course	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	12 years of age and over.
Competitor Base:	Swimmers competing will range from State Open level to National level swimmers.
Date:	Runs mid-September

State Open and Multi-Class Championships Long Course	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	12 years of age and over.
Competitor Base:	Swimmers competing will range from State Open level to National level swimmers.
Date:	Runs mid-January

Age Nationals Long Course	
Where to find Information:	Swimming Australia http://www.swimming.org.au/
Age Group:	12 years of age and over.
Competitor Base:	All swimmers competing will be National Age level swimmers.
Date:	Runs mid-April

Open Nationals Short Course	
Where to find Information:	Swimming Australia http://www.swimming.org.au/
Age Group:	OPEN
Competitor Base:	All swimmers competing will be Open National level swimmers.
Date:	Depends on the scheduling of other International meets

Telstra Opens	
Where to find Information:	Swimming Australia http://www.swimming.org.au/
Age Group:	OPEN
Competitor Base:	All swimmers competing will be Open National level swimmers.
Date:	Runs mid-March