



## Senior Competition Squad – Lilydale Swimming Club

MONDAY PM	TUESDAY PM	THURSDAY PM
6.40-7.00 stretching and dry land activities	7.10-7.30 stretching and dry land activities	7.10-7.30 stretching and dry land activities
7.00-8.30 pool training	7.30-8.30 pool training	7.30-8.30 pool training

### **Targets/Goals:**

- 1) Represent the Club at all State Championship events.
- 2) Compete in minimum of 1 targeted qualifying meets each season.

### **Attendance:**

There is no attendance policy within this squad, though for more competitive results more sessions is better.

***\*Starting 30<sup>th</sup> of January 2012***