



## State Target Squad – Lilydale Swimming Club

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
5.00-5.30 stretching and dry land activities 5.30-7.00 pool training 7.00-7.30 depending on period in season we will use this time for dry land or extra pool time	5.00-5.30 stretching and dry land activities 5.30-7.00 pool training 7.00-7.30 depending on period in season we will use this time for dry land or extra pool time	No session, rest and recover	5.00-5.30 stretching and dry land activities 5.30-7.00 pool training 7.00-7.30 depending on period in season we will use this time for dry land or extra pool time	5.00-5.30 stretching and dry land activities 5.30-7.00 pool training 7.00-7.30 depending on period in season we will use this time for dry land or extra pool time	No session, rest and recover
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM
4.15-4.45 stretching and dry land activities 4.45-6.30 pool training	No session, rest and recover	4.15-4.45 stretching and dry land activities 4.45-6.30 pool training	No session, rest and recover	4.15-4.45 stretching and dry land activities 4.45-6.30 pool training	2.40-3.00 stretching and dry land activities 3.00-5.00 pool training

### Targets/Goals:

- 1) Maintain the attitude and training ethic of a State level Swimmer
- 2) Represent the Club at all State Championship events.
- 3) Compete in minimum of 2 targeted qualifying meets each season.
- 4) Compete at National Competition if Qualified.

### Attendance:

Due to the high performance nature of this squad there is a strict attendance policy within this squad.

- 1) Attend a minimum of 6 sessions.
- 2) Attend all provided gym sessions.
- 3) Make up sessions can only be organised if the swimmers has a proven record of maintaining 6 or more sessions per week.

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