



LILYDALE SWIMMING CLUB SQUAD HANDBOOK

As at February 2012



Table of Contents:

Introduction	page 3
Squad Structure	page 4
Talent Squad	page 5
Junior Development Squad	page 5
Junior Xcellence Squad	page 6
State Target Squad	page 7
Senior Competition Squad	page 8
Competitions Information	page 9

Club Contact Details

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Lawrence Krauter	Head Coach	krauter@live.com.au	0402374384

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

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 works 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 Award Swim School are the major of the swim schools that work with the Lilydale Swimming Club.

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

(Kilsyth Centenary Pool)

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

(Kings Swim School Chirnside Park)

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

(Award Swim School)

Ideal entry into Lilydale Swimming Club's 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 Junior Competition.

SQUAD STRUCTURE

Squad Flow Chart



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:	Lawrence Krauter
Aim:	To develop and foster skills in all four competitive strokes.
Entry Level:	Must be able to complete 50m of Freestyle, Backstroke and Breaststroke, swimmers must also have started learning Butterfly.
Requirements:	Swimmers are expected to attend 1 session per week, but it is recommended that swimmers complete 2-3 sessions.
Racing Commitments:	Swimmers are encouraged to compete at Encouragement Meets and Intra Club meets

Tuesday pm	Thursday pm	Friday pm
4.40-5.00 stretching 5.00-6.00 pool training	4.40-5.00 stretching 5.00-6.00 pool training	6.10-6.30 stretching 6.30-7.30 pool training

JUNIOR DEVELOPMENT SQUAD

Coach:	Tyler Phillips and Lawrence Krauter
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 and 50m Butterfly.
Requirements:	Swimmers are expected to attend 2 sessions per week, but it is recommended that swimmers complete 3-4 sessions.
Racing Commitments:	Swimmers are encouraged to compete at Encouragement Meets and Intra Club meets, some swimmers may compete at Swimming Victoria meets (SV Meets).

Monday pm	Wednesday pm	Friday pm	Saturday pm
5.40-6.00 stretching 6.00-7.00 pool training	5.40-6.00 stretching 6.00-7.00 pool training	6.10-6.30 stretching 6.30-7.30 pool training	12.10-12.30 stretching 12.30-1.30 pool training

Junior Development Squad will train for success at the following meets:

- 7-10 Trials
- Metro East All Juniors
- Club Championships and Club Night Competitions

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:	Swimmers must have efficient and controlled technique of all strokes and skills. They also must show that they train with the desire and motivation to compete successfully at State Championships.
Requirements:	Swimmers are expected to attend 4 sessions per week, but it is recommended that swimmers complete 5-6 sessions.
Racing Commitments:	Swimmers are encouraged to compete at Swimming Victoria meets and to set training and race goals to achieve State Times.

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday am
No session	No session	No session	No session	5.30-6.00 stretching 6.00-7.30 pool training	No session
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm	Saturday pm
6.40-7.00 stretching 7.00-8.30 pool training	5.40-6.00 stretching 6.00-7.30 pool training	6.40-7.00 stretching 7.00-8.30 pool training	5.40-6.00 stretching 6.00-7.30 pool training	No session	1.10-1.30 stretching 1.30-3.00 pool training

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

- State Age Championships Short Course
- State Age Championships Long Course
- State Sprint Championships

Junior Xcellence Squad will also target the following meets:

- 7-10 Trials
- Metro East All Juniors
- Club Championships and Club Night Competitions

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

STATE TARGET 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:	Swimmers must have a State QT and train with the desire and motivation to compete successfully at State Championships.
Requirements:	Swimmers are expected to attend 6 sessions per week, but it is recommended that swimmers complete 7-8 sessions.
Racing Commitments:	Swimmers are encouraged to compete at Swimming Victoria meets and to set training and race goals to achieve State Times.

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday am
5.00-5.30 stretching 5.30-7.30 pool training	5.00-5.30 stretching 5.30-7.30 pool training	No session	5.00-5.30 stretching 5.30-7.30 pool training	5.00-5.30 stretching 5.30-7.30 pool training	No session
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm	Saturday pm
4.15-4.45 stretching 4.45-6.30 pool training	No session	4.15-4.45 stretching 4.45-6.30 pool training	No session	4.15-4.45 stretching 4.45-6.30 pool training	2.40-3.00 stretching 3.00-5.00 pool training

State Target Squad will train for success at the following meets:

- State Age Championships Short Course
- State Age Championships Long Course
- State Sprint Championships
- State OWS Championships

State Target Squad may also target the following meets:

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

State Target Squad may also compete in the following meets:

- National Age Championships
- State Teams Championships
- National Opens Long Course
- National Opens Short Course
- National OWS

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

SENIOR COMPETITION SQUAD

Coach:	Tyler Phillips
Aim:	To swim competitively in a friendly and relaxed training environment
Entry Level:	Swimmers must be 15 years or older and have some form of a training back ground.
Requirements:	Swimmers are expected to attend 1 session per week, but it is recommended that swimmers complete 2-3 sessions.
Racing Commitments:	Swimmers may compete at Swimming Victoria meets.

Monday pm	Tuesday pm	Thursday pm
6.40-7.00 stretching and dry land activities 7.00-8.30 pool training	7.10-7.30 stretching and dry land activities 7.30-8.30 pool training	7.10-7.30 stretching and dry land activities 7.30-8.30 pool training

Senior Competition Squad will train for success at the following meets:

- State Sprint Meet
- State OWS Championships

Senior Competition Squad may also compete in the following meets:

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

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

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.

State Age Championships Short Course	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	11-18 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:	11-18 years of age.
Competitor Base:	Swimmers competing will range from State Age/Open level to National level swimmers.
Date:	Runs mid-December.

Sprint Championships	
Where to find Information:	Swimming Victoria http://www.swimmingvictoria.org.au/
Age Group:	11 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:	Generally 15 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:	Open aged
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 aged
Competitor Base:	All swimmers competing will be Open National level swimmers.
Date:	Depends on the scheduling of other International meets

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

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