



State Junior Squad Criteria

The State Junior Squad is for swimmers competing at State Age level. The sessions will start to be individualised with a focus on stroke efficiencies and constant improvement. Sessions will aim to develop fundamental skills and technical proficiencies of all four strokes.

State Junior Squad swimmers are required to be Full Swimmer members of the Cranbrook Aquatics Swimming Club (CASC).

State Junior Squad swimmers are required to attend four sessions per week. Sessions will run for 1 hour and 30 minutes each and will regularly include dry land exercises prior to swimming sessions.

Swimmers do not need to book any day or time but should have discussions with the State Junior Squad Coach around the best sessions for their schedule.

Squad fees are charged monthly in advance and must be paid by direct debit.

To be eligible for selection for the State Junior Squad swimmers must be aged 13 years or under (boys) or 12 years or under (girls) and maintain one of the following:

- Qualify for State Junior Long Course Championships
- Qualify for State Junior Short Course Championships
- Top 10 State Open Water.

As part of the ongoing commitment to the State Junior Squad and to help swimmers achieve their goals, swimmers are required to:

- Attend a minimum of four sessions per week
- Attend two dry land / gym sessions per week
- Complete daily prehab / rehab, flexibility and warm up exercises
- Attend all targeted meets that include:
 - MetSEA Championships
 - NSW Metropolitan Championships
 - NSW State Age Championships
- Participate in the CASC relays at all targeted meets
- Attend CASC club nights and fundraising events
- Notify the Head Swimming Coach in advance of any absences or planned breaks, and plan a make up session for any missed session with the Head Swimming Coach
- Wear the CASC uniform at all swim meets
- Respect all swimmers and coaches and comply with all relevant codes of conduct, including the CASC Code of Conduct.

Failure to meet the ongoing requirements of the State Junior Squad will result in a swimmer being moved into an alternate squad group, or alternatively, in serious cases, unable to continue to participate in any squad programme.

The Head Swimming Coach will have final discretion on selection for the State Junior Squad.



Application for Exception

Swimmers may be granted an exception to the selection criteria to train in the State Junior Squad in special circumstances which may include (but are not limited to) injury, illness or other sporting commitments.

Applications for an exception, including the basis for the request for the exception and supporting documentation, must be submitted to Daniel Arnarnart, Head of Aquatics via email to darnarnart@cranbrook.nsw.edu.au. Applications will be considered by the Head of Aquatics and Head Swimming Coach.

The swimmer, their parent, the Head Swimming Coach and the Head of Aquatics may meet to discuss the application.

Applicants will be notified of the outcome of their application by email. Any appeal in relation to the outcome of an application must be made to the Director of Sport, whose decision will be final.

Required Equipment

Swimmers must come prepared to all sessions for dry land and swim training, bringing all required equipment which includes:

- Sports apparel including joggers
- Goggles
- CASC swim cap
- Water bottle
- Flippers (DMC Elite)
- Snorkel
- Band
- Pull-buoy
- Paddles (Hand & Fingers)
- Kickboard.

Biomechanics

The squad programme incorporates biomechanical analysis utilising the SwimPro dual camera system.

It is a condition of participation in the State Junior Squad that a parent of the swimmer provides consent for biomechanical analysis to be conducted on their child. This includes providing consent to recordings, footage and images being used in print and/or electronic format used for the purpose of education and development of swimmers and Cranbrook School staff.

Recordings, footage and images of a swimmer will only be shared or utilised in any marketing material with prior consent of a parent.