



State Target Squad Criteria

The State Target Squad is for swimmers with times that are within 5% of State Age qualifying times. The sessions will start to be individualised with focus on stroke efficiencies and constant improvement. Sessions will aim to develop on the fundamental skills and technical proficiencies of all four strokes.

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

State Target Squad swimmers are required to attend three sessions per week. Sessions will run for 1 hour 15 minutes each. Swimmers do not need to book any day or time but should have discussions with the State Target 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 old or under and maintain times within 5% of the State Junior Age qualifying times.

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

- Attend a minimum of three sessions per week
- Attend all targeted meets that include:
 - MetSEA Championships
 - NSW Metropolitan Championships
- Participate in the CASC relays at all targeted meets
- Attend CASC club nights and fundraising events
- Notify the Assistant Head Swimming Coach in advance of any absences or planned breaks, and plan a make up session for any missed session with the Assistant Head Swimming Coach
- Wear 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 Target 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 Target Squad.



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 program incorporates biomechanical analysis utilising the SwimPro dual camera system.

It is a condition of participation in the State Target 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 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.