



Emerging Squad Criteria

The Emerging Squad is for swimmers competing at Metropolitan and/or NSW State Age Swimming Championships. 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.

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

Emerging 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 in the afternoon of after swimming on Saturday mornings

Swimmers do not need to book any day or time but should have discussions with the Emerging 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 Emerging Squad swimmers must be 15 years and under and maintain one of the following:

- Qualify for Metropolitan and/or State Long Course Championships
- Qualify for Metropolitan and/or State Short Course Championships

All swimmers must be able to complete the following time cycles long course in order to progress to the Emerging Squad:

DISTANCE	DISCIPLINE	TIME CYCLE
5 X 100	FREESTYLE	1'45
8 X 50	KICK	1'10
8 X 50	PULL	1'10

As part of the ongoing commitment to the Emerging 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:
 - Speedo Sprints
 - 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 Emerging 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 Emerging Squad.



Application for exception

Swimmers may be granted an exception to the selection criteria to train in the Emerging 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 Arnamnart, Head of Aquatics via email to darnamnart@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 and the 1080 resistance training device

It is a condition of participation in the Emerging 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.