



Performance Squad Criteria

The Performance Squad is for swimmers competing at State Age, Open or Australian Age Level whilst learning race strategies and building upon practice habits. Skill development is a major focus to help strive towards achieving top 10 placings at Nationals.

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

Sessions must be planned with the Head Swimming Coach and swimmers will be eligible to attend up to seven sessions per week with a minimum requirement to attend six sessions per week. Sessions will run for up to two hours 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 Performance 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 the Performance Squad group swimmers must be:

Females 13 & Over
Males 14 & Over

Maintain one of the following:

- Qualify for Metropolitan and State Senior Long Course Championships (*excluding 50m events)
- Qualify for Metropolitan and State Senior Short Course Championships (*excluding 50m events)
- Qualify for NSW State Open Swimming Championships
- Top 10 State Open Water.
- Qualify for Australian Age Swimming Championships
- Qualify for Australian Open Water Swimming Championships: 5km/7.5km/10km

*50 metre qualifiers will be considered dependent on squad size and lane availability.

Squad size is limited to 18 swimmers, swimmers with the highest level of achievement will be considered first.

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

DISTANCE	DISCIPLINE	TIME CYCLE
10 X 100	FREESTYLE	1'30
6 X 100	KICK	2'05
6 X 100	PULL	1'35

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

- Attend a minimum of six sessions per week
- Attend three 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
 - NSW State Open Championships
 - NSW Open Water Championships
 - Australian Age Swimming Championships



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○ Australian Open Water Swimming 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 Performance Squad will result in a swimmer being moved into an alternate squad groups, 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 Performance Squad

Application for exception

Swimmers may be granted an exception to the selection criteria to train in the Performance in special circumstances which may include (but are not limited to) injury, illness, HSC or IB Diploma studies or other school / work 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.

It is a condition of participation in the Performance 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.