



Emerging Senior Squad Criteria

The Emerging Senior Squad is for swimmers aged between 13 – 17 years old competing at:

- National Age Championships
- Metropolitan and/or NSW State Age Swimming Championships

The squad will also be open to Cranbrook School students who meet the following criteria and can meet the required time cycles listed below.

- Cranbrook CAS Swim Team members
- Cranbrook Water Polo 16A's and 1st grade
- NSW Triathlon equivalent or higher
- NSW Surf Championships equivalent or higher

The programming and sessions for this squad will be primarily directed towards the target meets for swimmers, which are State Age and Age Nationals. 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 Senior Squad swimmers are required to be Full Swimmer members of the Cranbrook Aquatics Swimming Club (CASC).

Emerging Senior Squad swimmers must:

- 13 – 17 year old females
- 14 – 17 year old males
- Swim Team members – attend a minimum four sessions per week
- Water Polo, Triathlon, Surf championships – attend a minimum of two sessions per week

Sessions will run for 1 hour and 30 minutes each and will require the athlete to complete self-managed dry land exercises prior to swimming sessions. At times there will be coach delivered dryland exercises before afternoon sessions or after swimming on Saturday mornings.

The squad will have a maximum of 24 swimmers.

Swimmers do not need to book any day or time but should have discussions with the Emerging Senior Squad Coach around the best sessions for their schedule. Squad fees are charged monthly in advance and must be paid by direct debit.

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 | 1'35 |
| 8 X 50 | KICK | 1'00 |
| 8 X 50 | PULL | 55 |



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
 - National Age Championships
 - National Open Water 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 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

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.



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.

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.