

# Hooked Swim & Highlanders Swimming Club Squad Progression

## Competitive Squads

## Non Competitive Squad

Senior National Squad
- Swim: 7-8
- Gym: 2-3
- 1.5-2 hour sessions
- Focus: Open Nationals

Age National Squad
- Swim: 5-7
- Gym: 2
- 1.5-2 hour sessions
- Focus: Age Nationals

State Age Squad
- Swim: 4-5
- Dryland: 3x30minutes
- 1.5 hour sessions
- Focus: State Age

Junior Competitive Squad
- Swim: 3-4 sessions
- Dryland :15minutes before every session
- 1.15 hour sessions
- Focus: Junior States

Junior Emerging Squad
- Swim: 2-3 sessions
- 1 hours sesssions
- Passed Learn to Swim
- Focus: Club meets

Adult Surf Squad
- 16 years+
- Rotto focus, fitness, social
- 5 available session
- 1-1.5 hours sessions

Age Surf Squad
- 12 years+
- Fitness, water polo and surf
- 5 available session
- 1-1.5 hours sessions

