

# JUNIOR COMPETITIVE INFORMATION SHEET

*Please note that any reference to “parents” in this Information Sheet includes reference to guardians and carers where applicable.*

## Overview

The Junior Competitive Squad is the Squad above the Junior Emerging Squad. The focus is to continue to refine swimmers’ development in all four strokes from the level attained in Junior Emerging, with an increasing emphasis on developing skills for competition.

The emphasis is on improving technique in all strokes, including starts and turns; developing endurance and speed; and improving skills and knowledge to assist in competitive performance.

## Guidelines for Inclusion and Progression

Inclusion in the Junior Competitive Squad, either from the Junior Emerging Squad or externally, is at the discretion of the principal Junior Competitive Squad Coach. Swimmers will usually be given a trial period to determine their suitability. Guidelines for inclusion in the Junior Competitive Squad are listed below:

- Swimmers are generally 9-12 years old.
- Swimmers must demonstrate proficiency in all four strokes, including starts and turns.
- While there are no minimum attendance requirements, it is recommended that swimmers attend at least three sessions per week for optimal improvement and ultimate progression to State Squad.
- Swimmers must be members of the Highlanders Swimming Club and compete in designated meets.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

Junior Competitive Squad swimmers may be promoted to State Squad at the discretion of the principal State Squad Coach or to Age Surf Squad at the discretion of the principal Age Surf Squad Coach.

## Program Structure

Each Junior Competitive Squad session focuses on a ‘stroke of the day’ (including individual medley), which rotates so that the stroke varies on any particular day. Each week has a skill(s) focus applicable to all strokes, which is/are determined by the seasonal phase of training. Generally, kick, stroke drills, and technique work will be done during the ‘stroke of the day’; usually, some strokes will be done during every session.

The Junior Competitive Squad program aims primarily to teach/coach swimmers, but it also challenges them, prepares them for competition where applicable, and provides some fun elements.

### **Sessions and Timetables**

Junior Competitive Squad sessions are 75 minutes in duration. Sessions are offered every day of the week.

Timetables showing session times for each school term are emailed to all parents before each term and are available on the Hooked Swim webpage and from the Hooked Swim office. Session times may vary during school holidays, and timetables for holiday periods will also be emailed to parents. Parents will be notified by email of any changes to timetables due to other pool bookings.

### **Expectations of Swimmers**

- Swimmers should be ready to commence each session on time.
- Swimmers must bring a water bottle and a gear bag containing the coaches' required equipment.
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

### **Expectations of parents**

- Parents must abide by the Highlanders' Parents' Code of Conduct.
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session or talk to a staff member in the Hooked Swim Office.

### **Highlanders Swimming Club**

Junior Competitive Squad swimmers are encouraged to join the Highlanders Swimming Club ('the Club'). Club members compete in the club, inter-club, and Metropolitan, WA and Australian Championships. The Club is one of the most successful age-group clubs in WA.

Go to <https://highlanders.swimmingclub.org.au> to learn more about the Club, including registration information.

### **Enrolment, Fees, Suspension and Cancellation**

Enrolment is perpetual, continuing until swimmers are promoted or enrolment is cancelled.

Fees are paid fortnightly in advance by direct debit only, with payment made upon joining the squad.

Enrolment may be suspended via email. The suspension must be for a minimum of two weeks and a maximum of four weeks, and the suspension request must be submitted no later than two weeks before the suspension date.

Enrolment may be cancelled by written notice.

Fee changes will be notified by email.