Squad Progression Chart

HOOKEDSWIM

HIGHLANDERS SWIMMING CLUB

National Squad

- SWIM: 7-8 SESSIONS
- GYM: 2-3 SESSIONS
- 1.5-2 HOUR SESSIONS
- FOCUS: OPEN NATIONALS

Age National Squad

- SWIM: 5-6 SESSIONS
- GYM: 2 SESSIONS
- 1.5-2 HOUR SESSIONS
- FOCUS: AGE NATIONALS

State Age Squad

- SWIM: 4-5 SESSIONS
- DRYLAND: 3X30MIN SESSIONS
- 1.5-2 HOUR SESSIONS
- FOCUS: STATE AGE

Junior Competitive Squad

- SWIM: 3-4 SESSIONS
- 1.15 -1.5 HOUR SESSIONS
- FOCUS: JUNIOR STATES

Senior Surf Squad

- OVER 16+ YEARS
- FOCUS: ROTTO. FITNESS, SOCIAL
- 5-6 AVAILABLE SESSIONS
- 1-1.5 HOUR SESSIONS

Age Surf Squad

- OVER 10+ YEARS
- FOCUS: FITNESS, WATER POLO & SURF
- 1 HOUR SESSIONS

Junior Emerging Squad

- SWIM: 2-3 SESSIONS
- 1 HOUR SESSIONS
- PASSED LTS
- FOCUS: TARGET MEETS

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