

Squad Training Groups

Squad Level	Description
Junior	The Junior Squad builds upon the fundamental swimming skills and developing your child's ability to learn how to train and develop a love for the sport through having fun. The primary focus is on learning competitive stroke and race techniques, with an emphasis on stroke technique, teamwork, basic training etiquette and discipline. Recommended to attend at least 2 sessions a week.
Junior Advanced	The Junior Advanced Squad is aimed at young swimmers who are apart of our Swim Club and want to regularly complete at both local and regional swimming meets. To join this squad, you will need to be a member of the Centenary Dolphin Swim Club (or plan to join). It is recommended to attend at least 3 sessions per week.
Bronze	The Bronze Squad is designed for swimmers competing at a Brisbane and State Level. The Bronze Squad is the entry group into our competitive-focused squads for swimmers aged 10 and over who are aiming to reach the top level of regional competitions. Recommended to attend at least 4-5 sessions a week and you will need to be a member of the Centenary Dolphins Swim Club.
Silver	The Silver Squad is for State and National qualifiers 12 years and over. Squad sessions maintain an emphasis on stroke technique while incorporating more aerobic endurance, racing skills and dry land sessions. It aims to continue developing swimmers' conditioning for competition and create training habits and behaviours that give athletes the highest chance of long-term success. Recommended to attend at least 5 - 6 sessions a week, and you will need to be a member of the Centenary Dolphins Swim Club.
Gold	The Gold Squad is for our National Age and Open swimmers, 14 years and over, who are dedicated to the sport and have personal ambitions to compete at the highest level in swimming. Moving into this squad is at the coaches discretion. Recommended to attend at least 6-7 sessions a week.
Fitness	The Fitness Squad welcomes swimmers of all levels and abilities from ages 16 and above who may be training for Masters Meets, ocean swims, Triathlons, or just want to increase their general fitness. These sessions help swimmers improve their performance and technique to achieve their individual goals.

SATURDAY MORNING RACE CLUB

From 8:00am - 9:30am, all squads combine for our Race Club! Swimmers are taken through a variety of skills, with a specific focus on race techniques and strategies for both individual and relay events. This is a fantastic opportunity for our young swimmers to train alongside our State and National swimmers, and get to know one another.

The Swim Club also runs a BBQ breakfast for our swimmers on occasion - Saturday is a session not to be missed!

SQUAD TIMETABLE

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior						8:00 - 9:30
Junior Advanced		5:30 - 7:00		5:30 - 7:00		8:00 - 9:30
Bronze	5:30 - 7:00	5:30 - 7:00		5:30 - 7:00	5:30 - 7:00	7:00 - 9:30
Silver	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	7:00 - 9:30
Gold	5:30 - 7:30	5:30 - 7:00	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	7:00 - 9:30
Fitness	5:30 - 6:30		5:30 - 6:30		5:30 - 6:30	7:00 - 8:00

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45		
Junior Advanced	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45	3:45 - 4:45		
Bronze	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15		
Silver	4:45 - 6:45	4:45 - 6:45	4:45 - 6:45	4:45 - 6:45		
Gold	4:45 - 6:45	4:45 - 6:45	4:45 - 6:45	4:45 - 6:45		
Fitness		6:00 - 7:00		6:00 - 7:00		

Join our Squad

We are always keen to welcome new swimmers to our Rackley team, especially those who like the joy of racing at any level. Scan the QR code to book a squad trial session/assessment.



Training Equipment Required

	JUNIOR	BRONZE	SILVER	GOLD
Goggles (2 pairs)	✓	✓	✓	✓
Centenary Dolphins Swim Cap	✓	✓	✓	✓
Kickboard	✓	✓	✓	✓
Pull Bouy	✓	✓	✓	✓
DMC Training Fins	✓	✓	✓	✓
Mesh Bag	✓	✓	✓	✓
Front Training Snorkel		✓	✓	✓
Agility Paddles (under 16 years) ISO Paddles (16 years and over)		✓	✓	✓

All equipment required can be purchased via our online store, [City Sport](#).
Scan the QR code to visit us and purchase any additional equipment you will need for your new journey with Rackley Swimming!

