

## DOLPHINS SQUAD

Entry level squad which introduces younger swimmers from the learn-to-swim system into swimming club structure with a fun technique focussed program. It is aimed at developing swimmers to a standard so they can compete successfully at various levels from school through to interclub competitions.

The squad develops further skills and abilities in all four strokes whilst encouraging participation in competitive swimming, with an aim to attend 4 district swim meets and qualifying for the Gippsland Championships.

Two (2) swim sessions per week and will provide an introduction to club drills and basic competition skills with the average age of swimmers being under 8yrs.

The season is divided into 3 cycles with preparation for the following major competitions.

### **DOLPHINS SQUAD** – *Coaches: Tara Whiteside*

Cycle 1	23 Apr – 31 Aug <i>General preparation for winter club meets</i>
Cycle 2	03 Sep – 02 Nov <i>Preparation for GSI meets</i>
Cycle 3	05 Nov – 11 Mar <i>Preparation for Country Optus Junior Dolphins Meet (10 Nov) and Gippsland Championships (09-11 Mar)</i>

*Team Manager: Julie Thomas*

### **TRAINING TIMES**

<b>DAY</b>	<b>TIME</b>	<b>VENUE</b>
Monday	6.00pm – 7.00pm	Warragul
Friday	6.00pm – 7.00pm	Warragul

### **SQUAD MEMBERS**

Fergus Hay	Charlotte Hogan	Paige Butters
Kye Reynolds	Melina Mai	Erica Reynolds
Campbell Moore	Riken Moore	Max Stafford
Ashton Stafford		

Should you have any questions regarding squad allocation please contact Coaching Coordinator Paul Myers ph: 0419 877 490 [myersholdings@dcsi.net.au](mailto:myersholdings@dcsi.net.au)