

STATE DEVELOPMENT SQUAD

The State Development Squad aims to increasing the swimmers capabilities and knowledge of all four strokes, including IM's, through general endurance and specific drill progressions. Athletes will swim more distance in the sessions to prepare for longer swims such as 100m and 200m. Swimmers will also be taught how to train through anaerobic sessions designed for racing. Swimmers train 5 pool/3 dry land sessions per week and target qualifying and competing at both Victorian Country Championship and the Victorian State Championship level.

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

STATE DEVELOPMENT SQUAD – Coaches: Jo Ballantyne

Cycle 1	14 May – 03 Sep <i>Preparation for Vic Country SC (18-19 Aug) and Vic Age SC (31 Aug-02 Sep) Championships.</i>
Cycle 2	04 Sep – 27 Jan <i>Preparation for State Sprints (18-19 Nov); Victorian Age (10-15 Dec) and Victorian Country Championships (26-28 Jan)</i>
Cycle 3	29 Jan – 25 Mar <i>Preparation for Gippsland Championships (10-12 Mar) and Country All Junior (24-25 Mar)</i>

Team Manager: Sonia Cannon

TRAINING TIMES

DAY	TIME	VENUE
Monday	4.00pm-5.00pm (Gym)	Voyage Fitness Centre
Tuesday	6.00am – 8.00am 6.00pm – 7.30pm	Warragul Drouin
Friday	4.30pm-5.30pm (Dryland) 6.00pm – 7.30pm	Warragul Warragul
Saturday	6.00am – 8.00am (<i>start 02 Jun</i>)	Warragul

SQUAD MEMBERS

Lillian Lindsay-Smith	Brydie Smith	Elly Mills
Caitlin Fox	Laticia Tymensen	Ella Dunn
Chloe Joiner	Sienna Foltin	Poppy Barry
Claire McKinley	Nic James	Harry Vanschyndel
Adam Mills	Declan Thomas	Sam Wells
Thomas Halloran-Lavelle	Daniel Callewaert	Luke Callewaert
Tarrant Cannon	Eliza Romano	

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