

## STATE SQUAD

The squad trains 6 pool & 2 dry land sessions per week. Swimmers are primarily aged 11 years and over with (or close to) Victorian Championships qualifying times. Swimmers are training to compete at a high state level with a fully structured and challenging training regime to achieve their potential. Aerobic, anaerobic and specific race speed sets are designed to develop the athlete for major competitions.

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

### STATE SQUAD – Coaches: Andrew Marks, Paul Myers

Cycle 1	14 May – 02 Sep <i>Preparation for Vic Country SC (18-19 Aug) and Vic Age SC (31Aug-02 Sep) Championships</i>
Cycle 2	04 Sep – 27 Jan <i>Preparation for Victorian Age (07-11 Dec); State Sprints (12-13 Jan); and Victorian Country Championships (25-27 Jan)</i>
Cycle 3	29 Jan – 25 Mar <i>Preparation for Country All Junior (02-03 Mar) and Gippsland Championships (09-11 Mar)</i>

Team Manager: Lisa Binns

### TRAINING TIMES

DAY	TIME	VENUE
Monday	6.00am – 8.00am 4.00pm-5.00pm (Gym)	Warragul Voyage Fitness Centre
Tuesday	6.00pm – 8.00pm	Drouin
Wednesday	4.00pm – 5.00pm (Gym)	Voyage Fitness Centre
Thursday	6.00am – 8.00am	Warragul
Friday	6.00am – 8.00am ( <i>start 02 June</i> ) 4.00pm – 6.00pm	Warragul Drouin
Saturday	6.00am – 8.00am ( <i>start 02 June</i> )	Warragul

### SQUAD MEMBERS

Jackson Clerks	Izzy Risch	Monique Zurrer
Jeremy Nielsen	Mayah Cannon	Mollie Dennis
Molly Francis	Shani Ballantyne	Kealey Watson
Michala Doherty	Seth Cannon	Keely Straatman
Bianca Zurrer	Patrick Griffin	Noah Jones
Will Hendrikse	Georgia Williams	Callum Halloran-Lavelle
Riley Griffin	Zoe Binns	Ben Francis
Fin Dowty	Anton Risch	Jess Emmett
Rachael Emmett	Chelsea Spencer	

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)