

## GIPPIES SQUAD

Gippies squad train 3 pool sessions and 1 dry land sessions per week with swimmers are primarily aged 8-10 years. Squad members will learn the basics of a squad environment - lane etiquette, how to read the pace clock and also how to read the whiteboard. Training foundations of all four strokes are developed with a focus on technique, racing skills and drill sets.

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

### GIPPIES SQUAD – Coaches: Craig Watson

Cycle 1	23 Apr – 31 Aug <i>Preparation for winter club meets and Vic Country SC (19-20 Aug)</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: Kaylene Chaproniere*

### TRAINING TIMES

DAY	TIME	VENUE
Tuesday	6.00pm – 7.30pm	Warragul
Friday	6.00pm – 7.00pm	Warragul
Saturday <i>Start 02 June</i>	6.30am – 7.00am (Dry Land) 7.00am – 8.00am	Warragul

### SQUAD MEMBERS

Rylee Straatman	Emily Coster	Regan Smith
Claire Williams	Teto Ring	Cody Condabella
Sienna Wakefield	Tyler Wakefield	Cassie Matthews
Penny Matthews	Tanesha Cooper	Elliot Holden
Harper Saddington	Alexis King	Grace King
Mark McKenzie	Maggie Cook	Lucy Connelly
Lily Taranto	Caleb McKenna	Ocea Urbach
Zac Fox	Taylah Clark	Lily DiGrandi
Campbell Nicholson	Kane Reynolds	Mia Harrington
Zoe Harrington	Andrew Mills	
Maya Ablett	Yelan Mateus	

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)