

YASC Coaching Plan 2023/2024

Our Aim

- To provide professional coaching services for our swimmers ranging in ability from novice to competitive swimmers and masters
- To maximise all swimmer's physical potential and the enjoyment of swimming
- To provide an appropriately graduated program of skill and physical development that suits the individual age and level of physical maturity

Our Philosophy

- To coach with enthusiasm and commitment, with dedication and great skills to the very best of our ability
- To ensure our qualifications are up to date and increase our skills and knowledge base
- To learn and grow and improve as coaches
- To install a love of swimming in every swimming club member

Our Coaching Team

- Our Coaching Team consists of:
 - Kylie Rutter
 - Renee Williams
 - Belinda Graham
 - Ellie Rutter
 - Casual coaches (Dee McEvoy, Natalie Buck, Emma Bigwood, Justine Neilsen)

Squad Training Times 2023/2024

Squad Level	Squad Group	Monday PM	Tuesday AM	Tuesday PM	Wednesday AM	Thursday AM	Thursday PM	Friday AM
Mini Squads	Red Fish	Rest day for all squad levels		3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Orange Fish			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
	Green Fish			3.30-4.10pm			3.30-4.10pm	6.30-7.30am
Junior Squads	Blue		6.00-7.00am	3.30-4.10pm	6.00-7.00am	6.00-7.00am	3.30-4.10pm	6.30-7.30am
	Bronze		6.00-7.00am	4.10-5.00pm	6.00-7.00am	6.00-7.00am	4.10-5.00pm	6.30-7.30am
Senior Squads	Silver		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Gold		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am
	Masters		6.00-7.30am	4.10-5.45pm	6.00-7.30am	6.00-7.30am	4.10-5.45pm	6.30-7.30am

A series of Friday morning training sessions are open to all YASC squad members and will begin on 27/11/23. There will be an additional coaching fee payable directly to the Coach for these sessions

Squad Levels Pathway

Squad Level	Squad Group	Level	Entry Level Ability	Aim	Sessions Available Per Week
Mini Squads Swimmers must be able to swim continuously for a minimum of 40minutes	Red Fish	For swimmers progressing from learn to swim	<ul style="list-style-type: none"> Must be able to swim 25m of freestyle and backstroke unaided, without stopping Must be developing breaststroke and butterfly 	<ul style="list-style-type: none"> To build on technique in all strokes To develop bilateral breathing and simple drills To improve diving skills 	2 sessions per week
	Orange Fish	For swimmers progressing from red fish	<ul style="list-style-type: none"> Must be able to swim 25m of freestyle, backstroke and breaststroke unaided, without stopping Continuing to develop butterfly 	<ul style="list-style-type: none"> To build on technique in all strokes To develop bilateral breathing and simple drills To improve diving skills 	2 sessions per week
	Green Fish	For swimmers progressing from orange fish	<ul style="list-style-type: none"> Working towards being able to swim 50m of freestyle, backstroke and breaststroke Must be able to swim 25m of butterfly Must have a strong streamline position 	<ul style="list-style-type: none"> To improve swimmer's technique in all strokes To learn basic turns, drills and diving skills To help prepare for club nights and competition 	2 sessions per week
Junior Squads	Blue	For swimmers progressing from mini squads	<ul style="list-style-type: none"> Swimmers must be able to swim 50m of freestyle, back stroke, breaststroke and butterfly with good technique Must be able to swim up to 2km per session 	<ul style="list-style-type: none"> To improve swimmer's technique in all strokes To introduce racing skills and drills To encourage swimmers to participate in competitive swimming events 	5 sessions per week
	Bronze	For swimmers progressing from blue	<ul style="list-style-type: none"> Swimmers must be able to swim 100m of freestyle, backstroke, butterfly and breaststroke with good technique Swimmers must be able to swim up to 3km per session 	<ul style="list-style-type: none"> To improve swimmer's technique in all strokes To develop racing skills and drills To encourage swimmers to participate in competitive swimming events To increase training workload 	5 sessions per week
Senior Squads	Silver	For swimmers progressing from bronze	<ul style="list-style-type: none"> Swimmers must be able to swim 200m of freestyle, backstroke, butterfly and breaststroke with good technique Swimmers must be able to swim up to 4km per session 	<ul style="list-style-type: none"> To improve swimmer's technique in all strokes To develop racing skills and drills To encourage swimmers to participate in competitive swimming events To increase training workload 	5 sessions per week

			<ul style="list-style-type: none"> Age will be taken into consideration for this squad level 		
	Gold	For swimmers progressing from silver	<ul style="list-style-type: none"> Swimmers must be able to swim 200m of each stroke, 200IM, 400IM and 400m freestyle Swimmers must be committed to training Swimmers must be able to swim up to 4km or more per session Age will be taken into consideration for this squad level 	<ul style="list-style-type: none"> To provide professional training program for swimmers wanting to compete at a high level of swimming To give swimmers the chance to qualify for NSW Country, NSW State and to aim for national age qualifying times 	5 sessions per week
	Masters	For any adult who wishes to swim	<ul style="list-style-type: none"> Swimming for fitness and fun Participating in competition is up to each individual 	<ul style="list-style-type: none"> Improve fitness levels Do what you feel comfortable with 	5 sessions per week

Weekly Session Plan

- PT/gym sessions are recommended by the coaches when there is no pool session
- PT/gym sessions can be organised through your own PT or gym of your choice
- PT/gym sessions are at your own expense
- PT/gym sessions are recommended for swimmers aged 13 years and over

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	PT/gym session or run	Pool session for junior and senior squads	Pool session for junior and senior squads	Pool session for junior and senior squads	Pool session for all club members
PM	Rest	Pool session for all squad levels	Rest	Pool session for all squad levels	Club night

**The coaching team will follow a coaching pathway
that includes multiple program phases**

**To get the maximum benefit from this program, you
must attend all pool training sessions**

**Information on targeted carnivals will also be
displayed in the Clubhouse and via email**