

Logan North Aquatic & Fitness Centre

Swimming Squad Information Booklet



PROUDLY



LOGAN
CITY COUNCIL

Who are we?

In 2009 Logan City Council took back the management of the Logan North Aquatic and Fitness Centre and has formed squads to provide the community with an elite swimming pathway.

Throughout that period we have been involved with the training of some of our current Commonwealth and Olympic swimming stars including Mitch Larkin and Keryn McMaster.

Our squads provide training for junior levels right through to our elite program. We provide a supportive environment and are

aligned with Swimming Australia's long term swimmer development plan, ensuring that all of our squad swimmers reach their full potential.

Our venue features an excellent 50 metre Olympic-sized long course outdoor heated pool, perfect for squad training all year round.

Our resident swimming club is The Logan Vikings, the club encourages community and team spirit and has invested in the centre by providing the facility with racing blocks with kickers and backstroke wedges.



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Membership

Membership of the swimming club is an additional one off annual cost which is separate to your monthly training fees. There are a variety of membership levels. For more information about these along with fees associated with the Logan Vikings Swim Club please refer to our website **loganvikings.swimming.org.au**

We would encourage every swimmer who swims at Logan North Aquatic Centre to become involved in the Logan Vikings Swim Club. Your kids will get the opportunity to be a part of a vibrant fun swim club that

values every member for who they are. With the added benefit of the opportunity to compete in a variety of skill level appropriate competitions your kids will be able to see their improvement first hand.

To become a part of the Logan Vikings Swim Club please register by simply clicking on the 'Join Now' link on our homepage at **loganvikings.swimming.org.au** or alternatively by seeing one of the helpful committee members at the pool, who are always happy to offer assistance.





Coaches

Head Coach

Drew Millar

As a swim coach I see myself in a privileged position where I can see changes first hand in young people's lives ... to know that I have played a part in this is a great responsibility and a phenomenal feeling.

Swimming is in my opinion, the greatest sport in the world. However, swimming to me is much more than a sport, it is a tool which can teach many invaluable skills for young people to utilise throughout their life.

Setting personal goals, showing the desire, the commitment and the self-discipline to turn up to training time and time again in an effort to achieve one's goals are learned skills and qualities that help make better people.

Competition in swimming brings with it individual successes and failures, thus providing each and every swimmer with opportunities to prepare for life's future experiences.

As a swimming coach my aim is to develop each and every swimmer to become the best swimmer that they can be but more importantly I aim to develop each swimmer to become the best person that they can be.



Assistant coach

Svetlana Sterlin

I've grown up in the world of swimming. The sport has taught me many skills that I apply to other areas of my life, from time management to dedication to goal setting. The experience of being a swimmer is incredibly unique, valuable and enriching, and it's one I am proud to guide young people through to help them reap the most benefits possible.

I come from a background of being a swimmer myself, teaching learn to swim, and developing competitive strokes. However, I believe that stroke development doesn't stop when a swimmer reaches a certain age—technique and skills should continue to be practiced and refined at all levels.

I believe that we should achieve something every day to make ourselves proud. That's why every session begins with a goal or standard, and ends with an evaluation to create an environment in which progress is inevitable.



Junior Squad

The Junior Squad is our first squad level where swimmers will learn the basics of a squad environment in a fun and caring environment. Swimmers will expand on what they have mastered in Learn to Swim and begins to introduce the swimmer to new and exciting swimming activities. Swimmers primary focus during these sessions is on drills and correct technique education. Additionally, swimmers will be introduced to specific racing skills such as race starts, turns and finishes. Swimmers in Junior

Squad are encouraged to participate in year round swim training.

Swimmers in Junior Squad are encouraged to join the Logan Vikings Swim Club where they can participate in fortnightly race / club nights from September through to April, a variety of level appropriate swim meets throughout Brisbane throughout the year, as well as specially organised swim club only social events.

Session Length	60 minutes
Recommended Attendance	2-4 sessions per week
Equipment	<ul style="list-style-type: none">• Goggles• Kick Board• Pool Buoy• Flippers <p>It is recommended that all equipment can be kept in a mesh kit bag, which can be stored at the pool.</p>

Learning Goals for Junior Squad

- Establish squad expectations and etiquette.
- Acquire the skills to swim 100/200m in Freestyle, Backstroke, Breaststroke and 25/50m Butterfly using correct technique.
- Acquire appropriate and effective race starts, turns and finishes.

Success Criteria for Junior Squad

- Demonstrate effective technique in Freestyle, Backstroke, Breaststroke and Butterfly.
- Demonstrate effective race starts, race turns and race finishes.



Gold Squad

The Gold Squad provides opportunities for swimmers to further enhance skills that were established in Junior Squad. As well as continuing a focus on correct technique in all four strokes, swimmers will further establish race skills while swimming extended distances. Swimmers in this squad will be introduced to swim training sets which focus on a variety of the bodies energy systems while using the skills in reading the pace clock. Competition expectations for the Gold Squad swimmer are higher. Swimmers in

Gold Squad are expected to participate in a year round swimming training program.

Swimmers in Gold Squad are expected to join the Logan Vikings Swim Club. As a member of the Logan Vikings Swim Club swimmers can participate in a variety of external level appropriate swim meets throughout Brisbane, participate in fortnightly race / club nights from September through to April as well as specially organised swim club only social events.

Session Length	90 minutes
Recommended Attendance	4-6 sessions per week
Equipment	<ul style="list-style-type: none">• Goggles• Kick Board (Finis Alignment Kickboard)• Pool Buoy• Flippers• Swim Snorkel <p>It is recommended that all equipment can be kept in a mesh kit bag, which can be stored at the pool. Please check with Head Coach before purchasing, as some specific equipment may be required.</p>

Learning Goals for Gold Squad

- Create a progression pathway for swimmers.
- Further develop the skills to swim 200m in Freestyle, Backstroke, Breaststroke and Individual Medley's as well as 100m Butterfly using correct technique.
- Refinement of effective race starts, turns and finishes.

Success Criteria for Gold Squad

- Demonstrate effective technique in Freestyle, Backstroke, Breaststroke and Butterfly.
- Demonstrate effective race starts, race turns and race finishes in a race setting.



Senior Squad

This squad is designed for swimmers to use as a stepping stone towards achieving Queensland Swimming qualifying standards in one or more events. Alternatively, this squad is for swimmers who swim for fitness or as a method of cross training. This squad introduces swimmers to greater endurance and training techniques than they were exposed to in Gold Squad. More advanced skills for racing are established while maintaining sound techniques in all strokes. With the Long Term Athlete Development (LTAD) a primary focus selected is for

swimmers in this squad will be given a personalised attendance requirement that focusses on reducing early burn out due to an excess workload at a younger age.

Selected swimmers in this level are expected to join the Logan Vikings Swim Club where they will participate in a variety of external level appropriate swim meets as well as participating in Logan Vikings Swimming Club fortnightly race nights from September through to April.

Session Length	<ul style="list-style-type: none"> • 120 minutes (pool) • 20 minutes (dryland)
Attendance Requirement	It is recommended that swimmers in the Senior Squad attend a minimum of 4 sessions each week.
Equipment	<ul style="list-style-type: none"> • Goggles • kick board, • band, • pool buoy, • zoomers, • swim snorkel, • hand paddles <p>(It is recommended that all equipment can be kept in a mesh kit bag which can be stored at the pool)</p>

Learning Goals for Senior Squad
<ul style="list-style-type: none"> • Further establish a progression pathway for swimmers. • Individualised stroke correction to ensure correct technique in freestyle, backstroke, breaststroke, butterfly and individual medley. • Refinement of effective race starts, turns and finishes. • Understand the importance of swimming and competing year-round. • Understand the importance of remaining physically active.
Success Criteria for Senior Squad
<ul style="list-style-type: none"> • Demonstrate effective technique in freestyle, backstroke, breaststroke and butterfly. • Demonstrate effective race starts, race turns and race finishes in a race setting.

State Squad

This squad is designed for swimmers who have progressed through Gold and/or Senior Squad or can demonstrate their ability in swimming through achieving Queensland Swimming qualifying standards in one or more events. This squad introduces swimmers to greater endurance and training techniques while more advanced skills for racing are established while maintaining sound techniques in all strokes. With the Long Term Athlete Development (LTAD) a is for swimmers to be given a personalised attendance requirement that focusses on reducing early burn out due to an excess workload at a younger age. Additionally,

State Squad swimmers will also have an opportunity to participate in Dryland Strength sessions. The State Squad swimmer will demonstrate their dedication through a commitment to swimming and competing year round.

Swimmers at this level are required to join the Logan Vikings Swim Club where they will participate in a variety of external level appropriate swim meets as well as participating in Logan Vikings Swimming Club fortnightly race nights from September through to April.

Session Length	<ul style="list-style-type: none">• 120 minutes (pool)• 30 minutes (dryland) + introduction to strength sessions.
Attendance Requirement	An individualised training attendance schedule will be developed for each swimmer in State Squad.
Equipment	<ul style="list-style-type: none">• Goggles• kick board• band• pool buoy• zoomers• swim snorkel• hand paddles <p>(Please check with Coach as some specific equipment is required. It is recommended that all equipment can be kept in a mesh kit bag which can be stored at the pool)</p>

Learning Goals for State Squad
<ul style="list-style-type: none">• Further establish a progression pathway for swimmers.• Individualised stroke correction to ensure correct technique in freestyle, backstroke, breaststroke, butterfly and individual medley.• Refinement of effective race starts, turns and finishes.• Understand the importance of swimming and competing year-round.• Understand the importance of remaining physically active.
Success Criteria for State Squad
<ul style="list-style-type: none">• Demonstrate effective technique in freestyle, backstroke, breaststroke and butterfly.• Demonstrate effective race starts, race turns and race finishes in a race setting• Achieve Qld Swimming qualifying standards• Establish the development of neural pathways through the activation of muscle groups important in swimming during gym training.

National Squad

This squad is designed for high level competitive swimmers pursuing competition at a national or international level. Swimmers in the National Squad must have of achieved Australian Swimming qualifying standards in one or more events. Each swimmer in this squad will follow an individualised program to fine tune their individual stroke techniques and racing skills. Endurance and strength are also further developed. Swimmers will be required to set goals for the short, medium and long term and show a daily commitment through their performance and attendance at training towards achieving these goals. With the Long Term Athlete Development (LTAD) still a primary focus swimmers will be given a personalised attendance requirement that primarily focusses on their long term development as a swimmer. The National Squad swimmer will participate in a personalised Dryland Strength program all while participating in a year round swimming and competition program.

Swimmers in Gold Squad are required to join the Logan Vikings Swim Club. As a member of the Logan Vikings Swim Club swimmers can participate in a variety of external level appropriate swim meets throughout Brisbane, participate in fortnightly race / club nights from September through to April as well as specially organised swim club only social events.

Session Length

- 30 mins (Prehab/ Activation) every session,
- PM Pool 120 mins,
- AM Pool 90 mins,
- 2 x 45min Land Based Strength Sessions per week.

Attendance Requirement

An individualised training attendance schedule will be developed for each swimmer in the National Squad.

Equipment

- Goggles
- Finis Alignment
- Kick Board
- Band
- Pool Buoy
- Zoomers
- Swim Snorkel
- Hand Paddles.

Please check with Head Coach before purchasing, as some specific equipment is required. It is recommended that all equipment be kept in a mesh kit bag, which can be stored at the pool.

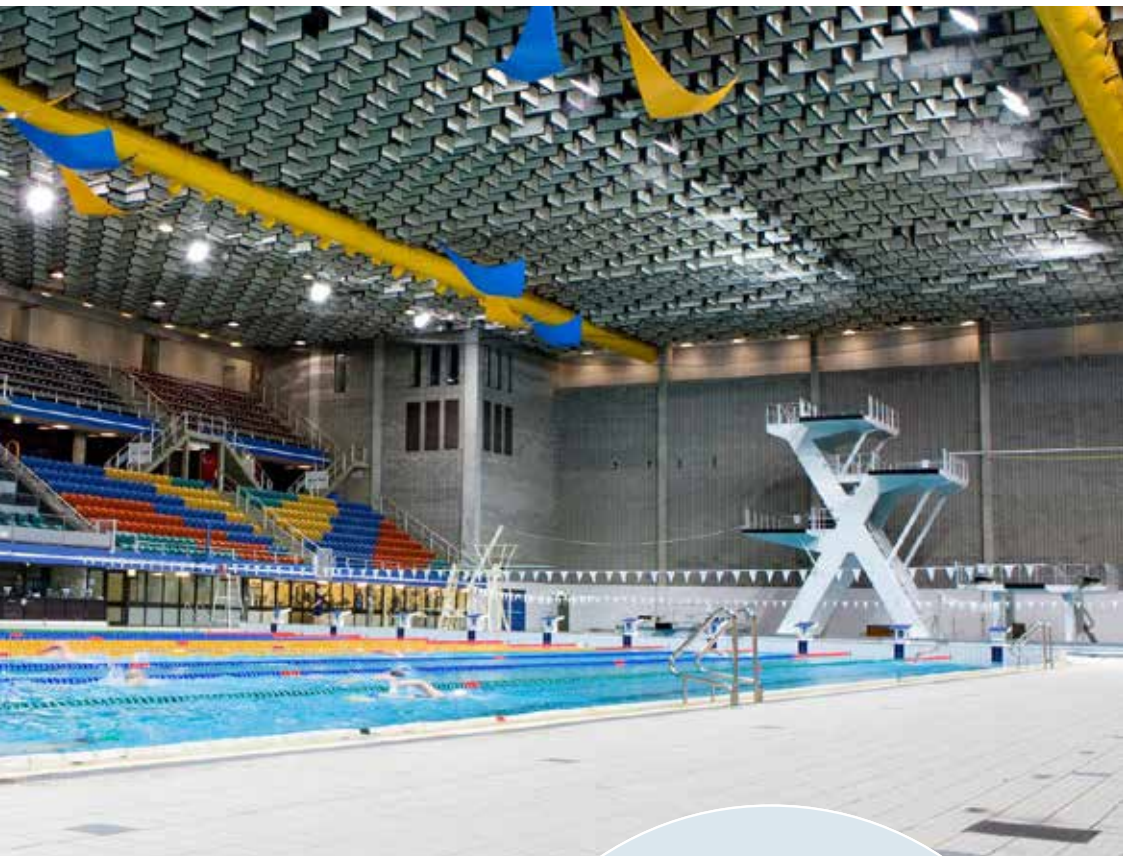


Learning Goals for National Squad

- Establish a progression pathway for to elite swimming.
- Individualised stroke correction to ensure correct technique in Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley's.
- Refinement of effective race skills including starts, turns and finishes.
- Understand the importance of swimming and competing year round.
- Understand the importance of participating fully in dryland strength program.

Success Criteria for National Squad

- Demonstrate participation in Australian and Queensland Swimming Elite Swimmer Pathways.
- Demonstrate highly effective technique in Freestyle, Backstroke, Breaststroke and Butterfly.
- Demonstrate highly effective race starts, race turns and race finishes in a race setting.
- Achieve Australian Swimming qualifying standards.
- Demonstrate the continued development of neural pathways through the activation of muscle groups important in swimming during gym training.



Fees

National Squad	\$155 monthly upfront payment (\$15 casual visit)
State Squads	\$150 monthly upfront payment (\$15 casual visit)
Senior Squads	\$130 monthly upfront payment (\$15 casual visit)
Gold Squad	\$105 monthly upfront payment (\$15 casual visit)
Junior Squad	\$85 monthly upfront payment (\$15 casual visit)

To join a squad: Enquire at reception (payment due in full at time of booking).



Squad Timetable

Junior Squad		Upfront Monthly Payment \$85.00		Casual Visit \$15.00	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4pm – 5pm	4pm – 5pm	–	4pm – 5pm	4pm – 5pm	–

Gold Squad		Upfront Monthly Payment \$105.00		Casual Visit \$15.00	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
–	5.20am – 7am	–	–	–	6.15.am – 9am
3.50pm – 5.30pm	3.50pm – 5.30pm	–	3.50pm – 5.30pm	3.50pm – 5.30pm	–

Senior Squad		Upfront Monthly Payment \$130.00		Casual Visit \$15.00	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am – 7am	–	–	5am – 7am	5am – 7am	6am – 8.30am
4.30pm – 7pm	4.30pm – 7pm	–	4.30pm – 7pm	4.30pm – 7pm*	–

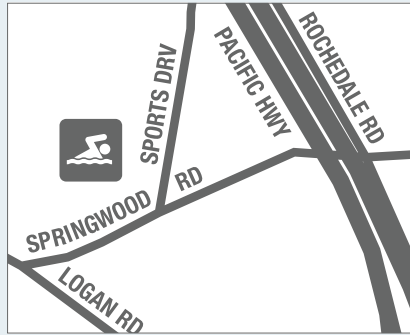
State Squad		Upfront Monthly Payment \$150.00		Casual Visit \$15.00	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am – 7am	5am – 7am	–	5am – 7am	5am – 7am	6am – 8.30am
4.30pm – 7pm	4.30pm – 7pm	–	4.30pm – 7pm	4.30pm – 7pm*	–

National Squad		Upfront Monthly Payment \$155.00		Casual Visit \$15.00	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am – 7am	5am – 7am	–	5am – 7am	5am – 7am	6am – 8.30am
4.30pm – 7pm	4.30pm – 7pm	–	4.30pm – 7pm	4.30pm – 7pm*	–

Effective: January 2020.

Some sessions will include pre-swim activation and land based training

* Fortnightly Club/Race Nights: 6pm – 7pm



LOGAN NORTH AQUATIC AND FITNESS CENTRE

2 Sports Drive, Underwood

Ph: 3412 5650

Email: aqualogan@logan.qld.gov.au

logan.qld.gov.au/aqualogan

Monday – Friday	5.30am – 8pm (7pm in winter)
Saturday	7am – 5pm (3pm in winter)
Sunday	8am – 5pm (3pm in winter)

Logan North Aquatic and Fitness Centre
is closed on selected public holidays.
Please call to confirm opening hours.