



Competitive Squad Training

Information Kit

Logan North
3541 6151



SWIM
SCHOOL

Welcome to Competitive Squad Training!

Competitive Squad Training offers a comprehensive swimming program that caters to swimmers of progressed levels, with a focus on advancing the athletic technique while providing the opportunity to develop their competitive skills.

At the heart of our program lies the belief that true growth and development come from embracing challenges and stepping outside our comfort zones. We understand that succeeding in any competitive endeavour requires discipline, hard work, and an unwavering drive to improve. That is why we have built a close-knit community of like-minded individuals who are committed to pushing each other to new heights.

Our training program is meticulously designed to foster individual skills and promote team cohesion. While individual talent is important, it is the synergy and collaboration within our squads that truly sets us apart. Through rigorous training sessions, our aim is to create an environment where every member can thrive and contribute their unique strengths to our collective effort.

In our pursuit of excellence, we draw inspiration from the achievements of legendary athletes and teams who have redefined the boundaries of human potential.

We study their strategies, dissect their techniques, and learn from their mental fortitude. However, we also recognise that greatness is not achieved through mere imitation. We encourage creativity, innovation, and the development of personal style to authentically stand out.

Beyond the physical and technical aspects, we place great emphasis on mental resilience and sportsmanship. Competitive Squad Training is not solely focused on winning; it encompasses personal growth, camaraderie, and respect for both teammates and opponents. We strive to foster a culture of inclusivity, where diversity is celebrated, and everyone has an equal opportunity to shine.

So, who are we? We are an unstoppable force. We are a collective of driven individuals consistently pushing our limits, inspiring one another, and forging lifelong bonds along the way. We are athletes, strategists, and swimmers, uniting our skills to dominate the competition and leave an enduring legacy. Together, we embark on a relentless pursuit of excellence, fuelled by our shared passion for competitive squad training.

Head Coach

Drew Millar

“Swimming, in my opinion, stands unparalleled as the world’s greatest sport. But for me, its significance extends beyond the realm of sports. Swimming is a powerful tool that imparts invaluable skills that young individuals can carry throughout their lives. Setting personal milestones, demonstrating commitment, and exercising self-discipline to attend training sessions consistently to achieve these goals are not just athletic endeavors – they’re life lessons. Competitive swimming presents its fair share of triumphs and challenges, giving every swimmer a glimpse into life’s highs and lows. As their coach, my mission isn’t solely to hone the best swimmers; it’s to shape the best individuals.” - **Coach Drew**



Angela Bubb: The winner of 3 Gold and 2 Silver Medals at the 2021 Nationals.



Aria Gilligan: In training



Logan Vikings Swimming Club: National Team Dinner 2023

Why Train with us?

> Unparalleled Expertise in Competitive Squad Coaching.

Our coaches are industry leaders with over 25 years of swimming coaching experience. They have honed their skills and knowledge, resulting in a level of expertise that is second to none. Throughout the years, our coaching team has successfully trained multiple National Champions, National Medallists, National Top 10's, Qld Champions, Qld Championships Medallists, Brisbane Swimming Champions, and Brisbane Swimming Medallists. Their dedication and support have helped numerous swimmers achieve their goals, leading them to be selected for various regional, state, national and international teams.

> Commitment to Coaching Excellence and Quality Assurance

Our dedication to coaching excellence is unwavering. We prioritise continuous improvement by ensuring our coaches undergo regular professional development, keeping them up to date with the latest training techniques and methodologies available. Their coaching accreditation is updated annually to maintain the highest standards. Furthermore, selection into prestigious Brisbane, Queensland, and Australian Swimming development squads serves as a testament to the quality of our coaching. Regular reviews of our training practices and programs by Queensland Swimming Development Officers reinforce our commitment to providing the best coaching experience.

> Proven Track Record of Success

The success of our swimmers speaks for itself. Our athletes have consistently won national competitions and have even broken records. Renowned names like Mitch Larkin (multiple Olympic gold medallist and world record holder), Kerrin McMaster (Olympian and Commonwealth Games Gold Medallist), and many others have emerged from our pools and gone on to excel in state and worldwide championships.

> Access to an Olympic-Size Pool

Our commitment to providing top-notch facilities sets us apart. We take pride in offering the only year round heated Olympic-size pool in the area, creating an ideal environment for our students to train and excel in their swimming journey. This world-class facility adheres to professional standards, giving our swimmers the advantage, they need to reach their full potential.

> Facilities Managed by Logan City Council

Safety is paramount in our swim schools. That's why our facilities are council-run, adhering to the highest safety and industry standards. By partnering with Logan City Council, we ensure that our students can focus on their training with peace of mind, knowing that they are in a secure and well-maintained environment.

> Committed to Stringent Monitoring and Inspections

Our commitment to excellence extends beyond coaching and facilities. We subject our swim schools to regular monitoring and inspections to maintain the highest industry standards. By consistently meeting and exceeding expectations, we aim to provide the best possible experience for our students, parents, and staff.



Aria Gilligan: Backstroke event at the 2023 National Championships

Are you the next Paralympics sensation?

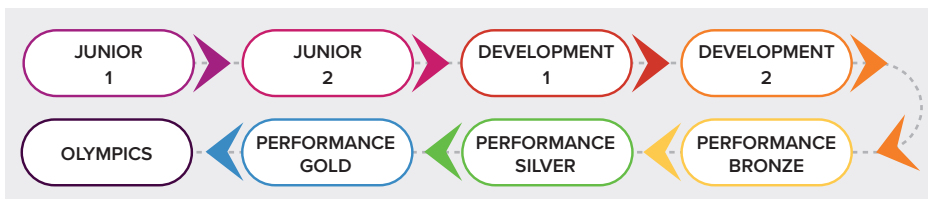
Logan Swim School champions inclusivity for all. We warmly invite individuals with a range of disabilities to dive in competitive swimming with us. Our facilities are fully accessible, and we offer NDIS options.

Test yourself in the sport of competitive swimming.



Swimmer Progression

It is crucial to keep in mind that children progress through their swim levels at different pace. Rest assured that your coach will continually assess the swimmers' skills and development throughout the year. When your child is ready to move on to the next level, we will personally contact you to discuss the next steps in their swimming journey.



Level	Lesson Time (min)	Learning Goals	Session & Equipment Requirements
Junior 1	<ul style="list-style-type: none"> > 60 min lessons > 3 sessions per week recommended 	<ul style="list-style-type: none"> > Establish squad expectations and etiquette. > Acquire the skills to swim Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley all while focussing on using correct technique. > Begin to develop appropriate race skills through effective race starts, turns and finishes. 	<ul style="list-style-type: none"> > Goggles > Kick Board > Pool Buoy > Long Blade Flippers > Front Swim Snorkel
Junior 2	<ul style="list-style-type: none"> > 60 min lessons > 4 sessions per week recommended 	<ul style="list-style-type: none"> > Similar to Junior 1 Squad, but with an aim to extend distances in all Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. 	<ul style="list-style-type: none"> > Same as Junior 1 Squad
Development 1	<ul style="list-style-type: none"> > 90 min lessons > 5 sessions per week recommended 	<ul style="list-style-type: none"> > Continue the progression pathway for swimmers. > Further develop the skills to swim longer distances in Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley's using correct technique. > Refinement of effective race starts, turns and finishes. 	<ul style="list-style-type: none"> > Goggles > Kick Board > Pool Buoy > DMC Zoomers > Front Swim Snorkel
Development 2	<ul style="list-style-type: none"> > 90 min lessons > 7 sessions per week recommended 	<ul style="list-style-type: none"> > Similar to Development 1 Squad, but with an aim to advance in competition racing. 	<ul style="list-style-type: none"> > Goggles > Finis Alignment Kick Board > Pool Buoy > DMC Zoomers > Front Swim Snorkel > Finis Agility Hand Paddle

Level	Lesson Time (min)	Learning Goals	Session & Equipment Requirements
Performance Bronze	<ul style="list-style-type: none"> > 120 minutes (pool) 20 minutes (activation and prehab) plus Introduction to strength sessions > An individualised training attendance schedule will be developed for each swimmer > 8 sessions per week recommended 	<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 value of participating in gym program. > Understand the value of participating in Pilates program. 	<ul style="list-style-type: none"> > Finis Alignment Kick Board > Band > Pool Buoy > DMC Zoomers > Front Swim Snorkel > Finis Manta Hand Paddles > Finis Agility Hand Paddles > Please check with Coach as some specific equipment may be required
Performance Silver	<ul style="list-style-type: none"> > 120 minutes (pool) 20 minutes (activation and prehab) plus Development of strength sessions > An individualised training attendance schedule will be developed for each swimmer > 10 sessions per week recommended 	<ul style="list-style-type: none"> > Further development along the progression pathway for swimmers. > Individualised stroke correction to ensure correct technique in Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. > Further refinement of effective race starts, turns and finishes. > Understand the importance of swimming and competing year round. > Understand the value of participating in gym and Pilates program. 	<ul style="list-style-type: none"> > Finis Alignment Kick Board > Band > Pool Buoy > DMC Zoomers > Front Swim Snorkel > Finis Manta Hand Paddles > Finis Agility Hand Paddles > Finis Tempo Trainer > Please check with Coach as some specific equipment may be required
Performance Gold	<ul style="list-style-type: none"> > various 	<ul style="list-style-type: none"> > Further development along the progression pathway for swimmers. > Individualised stroke correction to ensure correct technique in Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley. > Continued refinement of effective race starts, turns and finishes. > Understand the importance of swimming and training in a high performance training environment. > Understand the value of participating in strength and conditioning program 	<ul style="list-style-type: none"> > Finis Alignment Kick Board > Band > Pool Buoy > DMC Zoomers > Front Swim Snorkel > Finis Manta Hand Paddles > Finis Agility Hand Paddles > Finis Tempo Trainer > Please check with Coach as some specific equipment may be required

Fees and Charges

Junior Squads

- > **Junior 1:** \$80 per month
- > **Junior 2:** \$85 per month
- > \$15 casual visit

Development Squads

- > **Development 1:** \$100 per month + annual Logan Vikings Swimming Club membership
- > **Development 2:** \$130 per month + annual Logan Vikings Swimming Club membership
- > \$15 casual visit

Performance Bronze Squad

- > \$150 per month + annual Logan Vikings Swimming Club membership + \$20 gym membership fee if head coach recommends gym training for swimmer

Performance Silver Squad

- > \$190 per month + annual Logan Vikings Swimming Club membership

Performance Gold Squad

- > \$TBC per month + annual Logan Vikings Swimming Club membership



* Various NDIS options are available.

To discuss any of the aforementioned options, please visit our reception, call us directly, or simply scan the QR code to access our online enquiry form.

Logan Vikings Swimming Club

What is Logan Vikings Swimming Club?

Logan Vikings Swimming Club is a non-profit organisation powered by dedicated volunteers. Our funds, gathered through donations, fundraisers, and membership fees, ensure our swimmers can compete at regional, state, national, and international levels. Additionally, these funds enable us to tap into grant opportunities and partnerships with prominent sports brands, clubs, and merchandise providers.

Why do I have to be part of it?

A competitive swimming membership provides access to inter-club events such as Club, Regional, State and National meets, and Championships. This also enables competitive swimmers to qualify and therefore participate in Regional, State and National development opportunities.

How much does it cost?

To be a Logan Vikings Swimming Club member you have to pay a yearly membership fee that ranges between \$105–\$170 depending on the level you are in.



Squad Timetable

Junior 1 Squad		Upfront Monthly Payment \$85.00 Casual Visit \$15.00			
Mon	Tues	Wed	Thu	Fri	Sat
4 pm – 5 pm	–	4 pm – 5 pm	–	4 pm – 5 pm	–

Junior 2 Squad		Upfront Monthly Payment \$85.00 Casual Visit \$15.00			
Mon	Tue	Wed	Thu	Fri	Sat
4 pm – 5 pm	4 pm – 5 pm	–	4 pm – 5 pm	4 pm – 5 pm	–

Development 1 Squad		Upfront Monthly Payment \$105.00 Casual Visit \$15.00			
Mon	Tue	Wed	Thu	Fri	Sat
4 pm – 5:30 pm	4 pm – 5:30 pm	4 pm – 5:30 pm	4 pm – 5:30 pm	4 pm – 5:30 pm	–

Development 2 Squad		Upfront Monthly Payment \$105.00 Casual Visit \$15.00			
Mon	Tue	Wed	Thu	Fri	Sat
–	5:15 am – 7 am	–	5:15 am – 7 am	–	6:30 am – 9:15 am
4 pm – 5:30 pm	–	4 pm – 5:30 pm	4 pm – 5:30 pm	4:30 pm – 5:15 pm (pilates*) 5:15 pm – 7 pm	–

Performance Bronze Squad		Upfront Monthly Payment \$130.00 Casual Visit \$15.00			
Mon	Tue	Wed	Thu	Fri	Sat
–	5:15 am – 7 am	–	5:15 am – 7 am	–	6 am – 9:15 am
4:40 pm – 7 pm	4:40 pm – 7 pm	4:40 pm – 7 pm	4:40 pm – 7 pm	4:30 pm – 5:15 pm (pilates*) 5:15 pm – 7 pm	–

Performance Silver Squad		Upfront Monthly Payment \$130.00 Casual Visit \$15.00			
Mon	Tue	Wed	Thu	Fri	Sat
5:15 am – 7 am	5:15 am – 7 am	–	5:15 am – 7 am	5:15 am – 7 am	6:30 am – 9:15 am
4:40 pm – 7 pm	4:40 pm – 7 pm	4:40 pm – 7 pm	4:40 pm – 7 pm	4 pm – 4:30 pm (pilates*) 4:30 pm – 7 pm	–

> Effective: February 2023.

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

Policies and Procedures

Term Duration

- > Enjoy flexible options with monthly membership fees and ongoing squad timetables.

Bookings and Payment

- > Bookings are month to month basis.
- > No Direct Debit options available.

Membership Terms and Conditions

- > Squad memberships are valid for the full month, paid in advance at the reception.
- > Swimmers have the flexibility to attend any session within their skill level listed in the timetable.
- > To compete in competitions, swimmers must belong to a registered Swim Club. Logan Swim School's chosen swim club is The Logan Vikings Swimming Club.

Pool Area

- > Experience the comfort of a year-round heated outdoor pool at Logan North Aquatic and Fitness Centre.

Refunds/Cancellations and/or Transfers

- > Please note that refunds are not applicable.
- > For cancellations, provide a written notice of 30 days to the Aquatics Coordinator.
- > Transfers may be considered in exceptional circumstances only.

Parents Code of Conduct

(approaching coaches and instructors)

- > To ensure safety and courtesy towards our teaching staff, parents are requested to remain seated in the grandstand area during sessions.
- > If you have any questions about your child's progress, kindly approach the Squad Coaches outside of squad session times.

Changing Class Days/Times

- > Trust our Squad Coaches to assess and recommend the most suitable days and sessions for your swimmers.

Moving Swimmer up to the Next Level

- > When your child is ready to progress to the next level, our Squad Coaches will inform both the swimmers and parents.
- > The venue staff will provide guidance on squad-level changes and new session times.

Equipment

- > Stay informed about the necessary equipment required for each squad level, as recommended by our Squad Coaches.
- > To find out more about equipment required for specific level, please refer to the table of contents on page 6-7.

Public Holidays

- > Traditionally, squad sessions do not run on public holidays. However, exceptions may apply. Please consult our squad coaches for up-to-date information.

Coach and Instructor Changes

- > If your child's regular coach is away, we will ensure an alternative qualified coach is available to provide seamless instruction.

By implementing these policies and procedures, we aim to offer a smooth and enjoyable swimming experience for all our squad members. If you have any further questions or concerns, feel free to reach out to our Aquatics Coordinator or our friendly reception staff.

Location

Logan North Aquatic Centre

📍 2 Sports Drive, Underwood

☎ 3541 6151

Contact Us

✉ aqualogan@logan.qld.gov.au

👉 loganleisurecentres.com.au/aquatics/swimming-programs

📘 facebook.com/LoganVikingsSwimmingClub

📘 facebook.com/aqualoganqld

Further Information



Enquire and
enrol Now!



Stay up-to-date with Squad
Announcements – Download **Stack
Team App** and search for Logan
Viking Swimming Club. Then, join
the club!