

MONASH UNIVERSITY

NATIONAL SWIM SQUAD

WHY NOT TRY IT? DO YOU HAVE ANYTHING TO LOSE?
WHY NOT TRY IT FOR 6 MONTHS ?

AT PRESENT, THE ONLY REQUIREMENT FOR BEING IN THE NATIONAL SQUAD IS COMMITMENT

THE NEXT 6 MONTHS IS A UNIQUE OPPORTUNITY TO "HAVE A GO" AT TRAINING LIKE AN INTERNATIONAL SWIMMER TO SEE IF YOU LIKE IT.

AEROBIC DEVELOPMENT

Most sports require a high level of aerobic development and this includes swimming. After the age of 14 years for girls and 16 years for boys, sports scientists inform us that aerobic development can only be improved by about 10%. Consequently, a good aerobic base needs to be established between 10 and 14 years for girls and 11 and 16 years for boys. Leisel Jones broke an Australian OPEN record at 14 years of age while Ian Thorpe did similar things at 15 years of age – both had an outstanding aerobic base as young swimmers.

TABLE 1 DEVELOPMENT OF INTERNATIONAL SWIMMERS

BOYS AGE	NUMBER OF SESSIONS PER WEEK	GIRLS AGE
14 YEARS PLUS	9	13 YEARS PLUS
13	8	12
12	7	11
11	6	10
10	5	9
9	5	8

SESSIONS FOR NATIONAL SWIMMERS

Swimmers can choose their sessions from the following timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00
PM	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00
PM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30

National swimmers have the option to do 1,2 or 3 gym sessions per week. Monash University has one of the best equipped gyms in Australia. National swimmers, aged 13 years and above will do a specially designed strength program for swimmers. Swimmers require a wet bag to transport their drink bottle, a short pair of fins, a pull buoy, a chinagraph pencil, a recording sheet, paddles and a pull band. These items can be purchased from reception.

EXPERIENCED SWIMMERS

Swimmers who have established a high aerobic base as an age group swimmer will negotiate with the Head Coach on the number of sessions required per week.

Swim season 2007/2008 will be exciting. We will follow the five P's.

PROPER PREPARATION PREVENTS POOR PERFORMANCE

Planning is essential, setting goals and trying things you have not attempted before are important concepts to take on board in our journey to excellence.

A champion is an athlete who does his or her best at all times. All Monash swimmers can become CHAMPIONS.

THE MIND CONTROLS THE BODY. When the going gets tough, the tough get going.

INTERNATIONAL SWIMMING. Do you want to become an International swimmer – it takes a huge commitment and you have to demonstrate good work ethics in the water.

Because elite performers will be under stress (in a healthy and systematic way), they must have an adequate supply of minerals and vitamins. A quick and easy way to prevent a reaction to stress is:

1. EAT 4 VEGETABLES PER DAY – any swimmer who does not eat their vegetables, parents please inform the Head Coach.
2. EAT 6 PIECES OF FRUIT PER DAY - fruit is vital for athletes
3. DRINK 2 LITRES OF WATER PER DAY – all swimmers MUST have a drink bottle at every training session. Poor hydration is a disaster for elite swimmers.

Why not have a go – try it and see what level of fitness you can reach. Our National program will be so exciting – so challenging – so rewarding if you can handle it.

CLUB MORNING

The Monash University Swim Club has decided to run timetrials on some Saturday mornings from 6am to 7.30am. Swimmers will train from 5.15am to 6am and then participate in club timetrials. Once a month we will have a club breakfast after the timetrials. National swimmers should include Saturday mornings in their schedule.

COSTS FOR NATIONAL SQUAD

5 / 6 sessions per week is \$35.00 per week

7 / 8 sessions per week is \$37.50 per week

9 / 10 sessions per week is \$40.00 per week

JUNIOR DEVELOPMENT SQUAD

This squad is for swimmers who aim to join a swim club and compete at swimming carnivals. Swimmers will need to attend 3 or 4 sessions per week

AVERAGE AGE: 6 TO 14 years old.

Swimmers can choose their sessions from the following timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00
PM	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00
PM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30

Sunday - there is a makeup session available on Sundays from 10.00am to 11.30am

Swimmers require a wet bag to carry their drink bottle, a short pair of fins and a pull buoy. These can be purchased at pool reception.

COSTS : \$28 for 3 to 4 sessions per week