

Squad Session Times 2018 – commencing 6/11/17

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Open (Senior Performance)	5:00am to 7:00am 5:00pm to 7:00pm	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am	5:00am to 7:00am	5:00am to 7:00am	5:30am to 7:30am	
National Age (Junior Performance)	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am	5:30am to 7:30am	
State Performance	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	*5:00am to 7:00am	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:00pm	5:30am to 7:30am	
State Squad (Junior State)	5:30am to 7:00am 5:30pm to 7:00pm	5:30pm to 7:00pm	5:30am to 7:00am 5:30pm to 7:00pm	5:30pm to 7:00pm	5:30am to 7:00am	5:30am to 7:30am	
Metro Development	4:00pm to 5:30pm	5:30am to 7:00am 4:00pm to 5:30pm	4:00pm to 5:30pm	5:30am to 7:00am 4:00pm to 5:30pm	4:00pm to 5:30pm	5:30am to 7:30am	
Novice squad	6:00am to 7:15am 5:45pm to 7:00pm	5:45pm to 7:00pm	5:45am to 7:00am 3:45pm to 4:45pm	5:45pm to 7:00pm	6:00am to 7:15am	5:30am to 6:45am	
Skills Progression	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	4:45pm to 5:45pm 5:45pm to 6:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	3:45pm to 4:45pm 4:45pm to 5:45pm	6:45am to 7:45am 12:15pm to 1:15pm	8:00am to 9:00am 9:00am to 10:00am 10:00am to 11:00am 11:00am to 12:00pm
All Star Squad (Senior State & All Stars)	5:30am to 7:00am 4:30pm to 6:00pm 6:00pm to 7:30pm	4:30pm to 6:00pm 6:00pm to 7:30pm	4:30pm to 6:30pm 6:00pm to 7:30pm	4:30pm to 6:00pm 6:00pm to 7:30pm	5:30am to 7:00am 3:30pm to 4:45pm 4:45pm to 6:00pm	6:45am to 7:45am	8:00am to 9:00am 9:00am to 10:00am
Masters	6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm	6:30pm to 7:30pm			
MLC School Squad		7:00am to 8:00am	3:30pm to 4:30pm	7:00am to 8:00am	3:30pm to 4:30pm		

Please note: Some squads require minimum attendance. Swimmers must select and book into specific sessions that they wish to attend.

Session times may vary subject to demand and pool availability.

* Gym & Dry land sessions conducted. Please consult with the coach of this squad regarding required attire.

MLC squad payments information can be obtained through the MLC sports department.

Fortnightly Direct Debit Fee

Squad Name	Cost per f/night	MLC Student cost per f/night	Squad Name	Cost per f/night	MLC Student cost per f/night	Squad Name	Cost per f/night	MLC Student cost per f/night
National Open	\$77.22	\$61.78	Metro Development	\$64.90	\$51.92	All Star Squad	\$29.22 (1 per week)	\$23.38 (1 per week)
National Age	\$70.98	\$56.78	Novice Squad	\$61.72	\$49.38		\$35.98 (2 per week)	\$28.78 (2 per week)
State Performance	\$70.98	\$56.78	Skills Progression	\$39.00 (1 per week) \$58.50 (2 or more)	\$31.20 \$46.80		\$42.76 (3 per week)	\$34.21 (3 per week)
							\$49.00 (4 per week)	\$39.20 (4 per week)
						\$56.28 (5 per week)	\$45.02 (5 per week)	
						\$63.02 (6 per week)	\$50.42 (6 per week)	
						\$69.80 (7+ per week)	\$55.84 (7+ per week)	
State Squad	\$70.98	\$56.78	MLC School squad *term price	\$150.00		Masters	\$29.22	\$23.38

Masters: Provides an environment of fun, friendship and fitness along with detailed technique and fitness programs alongside sports specific training opportunities where required. Adults must book into a particular day/time and attend that training session every week. Students may book into more than one session per week, each additional class will be charged at \$14.05 per session. Tailored sessions aimed at improving swimmers technique and fitness levels. Open to all adults, any level.

All Star Squad: To further develop technique, fitness and provide sport specific training opportunities for other athletes. Students must book into a particular day/time and attend that training session. Swimmers are 12 & over & swim for fun, fitness or training for other sports such as water polo. **All Star squad prices start at \$28.10 per fortnight (1 session per week), then increase by \$6.50 for each additional session selected, up to a max fortnightly direct debit of \$67.10 for all sessions available.**

Skills Progression (One Sessions per week): Skills Progression is the first level of our Squad Program. In this level coaches will help to further develop technical and fundamental movements of each swimmer, through a heavy focus on stroke correction. Swimmers will begin to learn the basic movements required for performing race Starts, Turns and Finishes. It is encouraged while participating in this level, that swimmers become a member of the MLC Marlins Swimming Club, and attend Club Race Days.

Novice Squad (Three Sessions per week): Novice Squad is the second level of our Squad Program. In this level coaches will continue to develop and nurture all swimmers racing and training skills. Swimmers will begin to develop the skills required, for progressing through the various levels of squad. This is the first opportunity swimmers are given to train in the mornings. This is the last level of squad, where being a part of the MLC Marlins Swimming Club is not mandatory. If swimmers do not wish to become members of the MLC Marlins, then they will progress into the All Stars Squad Program.

Metro Development (Three - Four Sessions per week): Metro Development is the third level of our squad program, however it is the first level of our competitive squad program. Swimmers will be required to be a member of the MLC Marlins Swimming Club, and regularly attending Club Race Days, and targeted swimming competitions. Swimmers training as a part of this squad are encouraged to attend both morning and afternoon sessions, to assist with their racing development and ability to swim fast throughout the day. For swimmers wishing progress through the competitive squad levels, swimmers must achieve a minimum of two Metropolitan Age Qualifying times, and continue to race and train an Individual Medley based program.

State Squad (Four-Five Sessions per week): State Squad is the second level of our competitive squad program. Swimmers in this squad will be required to be a member of the MLC Marlins Swimming Club, and regularly attending Club Race Days. Swimmers in this squad will be required to compete at a State Age and Metropolitan level of competition as well as attending any other targeted competitions throughout the year. Swimmers will continue to train and race an Individual Medley based program, however they will be given opportunity to complete training sessions, focusing on their main stroke and/or event. Land Training will be performed for fifteen minutes at the beginning of each session, and all swimmers participating in this squad will be expected to attend. Swimmers wishing to progress to the State Performance Squad will be required to achieve a minimum of four qualifying times at a State Age level, and/or two qualifying times at a State Open level.

State Performance (Five-Six Pool & One Gym Session per Week): State Performance is the third level of our competitive squad program. Swimmers in this squad will be required to be a member of the MLC Marlins Swimming Club, and regularly attending Club Race Days. Swimmers in this squad will be required to compete at a State Age and/or State Open level of competition, as well as attending any targeted competitions throughout the year. Swimmers in this squad will be required to attend one Gym session per week, in addition to their agreed upon training schedule, as defined by their coach. Swimmers wishing to progress into the National Age Squad will be required to achieve a minimum of two National Age qualifying times and/or one National Open Qualifying time. Swimmers regular attendance at Club Race days, targeted Championship meets and Gym training, will all be taken into consideration when assessing this squad.

National Age Squad (Six Pool & Two Gym Sessions per week): National Age Squad is the third level of our competitive squad program. Swimmers in this squad will be required to be a member of the MLC Marlins Swimming Club, and regularly attending Club Race Days. Swimmers in this squad will be required to compete at a State Age, State Open and National Age level of competition, as well as attending any targeted competitions throughout the year. Swimmers will continue to focus on their main stroke events, with aspirations of competing at a National Open level of competition. Swimmers will be required to have achieved a minimum of four National Age Qualifying times, and/or two National Open Qualifying times.

National Open Squad (Minimum of Six Pool & Two Gym sessions per week): National Open Squad is the final level of our competitive squad program. Swimmers in this squad will be required to be a member of the MLC Marlins Swimming Club. Swimmers in this squad are competing at the highest level of National and/or International competition.