

Squad Session Times 2023

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	5:00am to 7:00am 4:30pm to 6:30pm	5:30am to 7:30am	
STATE SQUAD	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:30am	
METRO DEVELOPMENT	5:30am to 7:00am	5:30am to 7:00am 3:45pm to 5:15pm	5:30am to 7:00am 3:45pm to 5:15pm	5:30am to 7:00am 3:45pm to 5:15pm	5:30am to 7:00am 5:15pm to 6:45pm	5:30am to 7:30am	
NOVICE	6:00am to 7:15am 3:45pm to 4:45pm 5:45pm to 6:45pm	3:45pm to 4:45pm 5:45pm to 6:45pm	6:00am to 7:15am 3:45pm to 4:45pm	3:45pm to 4:45pm 5:45pm to 6:45pm	6:00am to 7:15am 3:45pm to 4:45pm	3:00pm to 4:00pm	8:00am to 9:15am 10:15am to 11:30am
SHARKS	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	1:00pm to 2:00pm 2:00pm to 3:00pm	9:15am to 10:15am 11:30am to 12:30pm
MARLINS	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	1:00pm to 2:00pm 2:00pm to 3:00pm 3:00pm to 4:00pm	8:00am to 9:00am 9:15am to 10:15am 11.30am to 12.30pm
ALL STAR	4:45pm to 6:30pm	4:45pm to 6:30pm	4:30pm to 6:30pm	4:45pm to 6:30pm	4:30pm to 6:30pm		8:00am to 9:30am 9:30am to 11:00am
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		

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

Monthly Direct Debit Fees.

Please note: 2nd or 3rd lesson bookings are discounted at 50% and 30% respectively on the 1x session per week fee.

Squad Name	Monthly Fee	MLC Student Monthly Fee	Squad Name	Monthly Fee	MLC Student Monthly Fee	Squad Name	Monthly Fee	MLC Student Monthly Fee
Performance (Unlimited sessions)	\$175.00	\$131.25	Novice Squad (1x session per week)	\$96.00	\$72.00	All Star Squad (1x session per week)	\$65.00	\$48.75
State Squad (Unlimited sessions)	\$175.00	\$131.25	Marlins & Sharks (1x session per week)	\$96.00	\$72.00			
Metro Development (Unlimited Sessions)	\$155.00	\$116.25	MLC School squad SEMESTER PRICE	\$280.00		Masters (1x session per week)	\$65.00	

SQUAD DESCRIPTIONS:

Performance Squad (Five or more Sessions per week): Performance 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. 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.

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 attend targeted meets. Swimmers in this squad will be required to compete at District Championships, as well as attending any other targeted competitions throughout the year. They will aim to qualify for Metropolitan. 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 District Championships.

Metro Development Squad (Three - Four Sessions per week): Metro Squad is the fourth 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 attend 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. For swimmers wishing progress through the competitive squad levels, swimmers must achieve a minimum of three District Championship qualifying times, and continue to race and train an Individual Medley based program.

Novice Squad (Two Sessions per week): Novice Squad is the third 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.

Sharks (One Sessions per week): Sharks is the second level of our Squad program. In this level, coaches further develop swimmers ability of technique in all four strokes. They also establish a deeper knowledge of skills such as individual medley turns and finishes. It is also encouraged for swimmers to join MLC Marlins swim club and attend targeted carnivals.

Marlins (One Sessions per week): Marlins 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 targeted carnivals.

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.

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 or more session per week. Tailored sessions aimed at improving swimmers technique and fitness levels. Open to all adults, any level.

MLC School Squad: This is a Stroke Development and Fitness Program and not a Learn to Swim program. Acceptance into the program is based solely on ability and not on age (minimum Year 5). Coaches will assess students during their first session. If the coaches feel that your daughter cannot safely participate in this program, you will be notified and a refund of fees will be given. Students should be able to swim 50m in all four strokes with the ability to maintain almost continuous swimming for an hour. Please contact sports@mlcsyd.nsw.edu.au for further information and bookings.