



West Coast Swimming Club

Minimum Training Standards

Please also refer to the [WCSC Training Policy](#)

Gold Squad

- Maximum of 5 sessions available.
- Swimmers attending state level competition will be expected to attend a minimum of 4 sessions per week.
- Attendance level to be at maximum sessions based on the swimmer's availability. Less than 4 sessions needs to be approved by the head coach.
- Swimmers should not replace squad sessions with training in their own time without prior approval.

Development Squad

- Maximum of 2 sessions available.
- Attendance level to be at maximum sessions based on the swimmer's availability in consultation with the head coach.
- YMCA squad sessions are an approved additional session the swimmer can attend.

Squad selection

- Squad selection is at the Head Coach's discretion based on the current group of swimmers within the club.
- Some Development swimmers may be invited to attend an additional session/s in the Gold squad on an invite only basis.
- At times squads may be combined at the Head Coach's discretion.

Due to the limited resource of lane space at the Leisure Centre, the Head Coach has the final decision of the organisation of the squads.

Prior to each term, a squad list will be distributed to members.

Approved By Committee	Date 17/07/2024	Review Date As required
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