

Standards for Athletes GSA - Development Squad.

Swimming Requirements:

13 -14 years Girls and Boys -

- Swimming a minimum of 5 sessions per week this season. Additionally attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Achieved either a National Age or Open LC Qualifying Time in a: 100m, 200m,400m, 800m or 1500m Individual event from the previous season.

~ Or ~

Nominated to be inducted by the athletes home coach, based on the following criteria being met.

- Swimming a minimum of 5 sessions per week this season. Additionally, attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Athletes must have achieved a minimum of 2, out of the 5 Individual, 100m/200m or 400m stroke disciplines, Inclusive of the 200/400IM, for the State LC Championships from the previous season.

~ Or ~

- Swimming a minimum of 5 sessions per week this season. Additionally, attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Achieve the 50m,100m and 200m State LC qualifying times of the same stroke discipline, in the previous season.
- All Nominated athletes must be able to successfully complete the following sets during the current season prior to the first academy session.

10 x 100 FR @ 1:25 or 1km time trial in 14:10.00 -

Recorded completion by the home program coach, must be submitted to GSA's head coach along with 100m Split times.

10 x 100 Ch Kick @ 1:50 -

Recorded completion by the home program coach, must be submitted to GSA's head coach along with 100m Split times.

10 x 50 Fr Pull @ 50 -

Recorded completion by the home program coach, must be submitted to GSA's head coach along with 100m Split times.

15 Years + Girls and Boys

- Swimming a minimum of 6 sessions per week this season. Additionally attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Achieved either a National Age or Open LC Qualifying Time in a: 100m, 200m, 400m, 800m or 1500m Individual event from the previous season.

~ Or ~

Nominated to be inducted by the athletes home coach, based on the following criteria being met.

- Swimming a minimum of 6 sessions per week this season. Additionally attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Athletes must have achieved either a minimum of 2 out of the 5, Individual 100m/200m or 400m stroke disciplines for the State LC Championships inclusive of the 200/400IM, from the previous season.

~ Or ~

- Swimming a minimum of 6 sessions per week this season. Additionally attending a minimum of 1 Strength and Conditioning session per week, approved by the GSA S&C coaches.
- Achieve the 50m, 100m and 200m State LC qualifying time of the same stroke discipline, in the previous season.
- All Nominated athletes must be able to successfully complete the following sets during the current season, prior to the first academy session.

10 x 100 Kick @ 1:45 -

Recorded completion by the home program coach, must be submitted to GSA's head coach along with 100m Split times.

10 x 100 Fr @ 1:20 ~ or ~ 1km time trial in 13:20.00 -

Recorded completion by the home program coach, must be submitted to GSA's head coach, along with 100m Split times.

10 x 50 Fr Pull @ 45 -

Recorded completion by the home program coach, must be submitted to GSA's head coach along with 100m Split times.