

# **GYSC Squad Guidelines**

## **Introductory Squad (Intro)**

- Transition squad for young swimmers from lessons or new starts with limited experience
- Young swimmers who attend open meets or are cat 2 registered should be in Main Squad
- All Intro Squad swimmers are expected to join Main Squad either due to age or experience irrespective of whether they utilise the extra sessions on offer

## **Main Squad (Main)**

- Most GYSC swimmers will be in this squad and all age groups eligible
- Currently expected to swim 2 or 3 sessions every week
- Swimmers should aspire to be selected to join Advanced Squad

## **Advanced Squad (Adv.)**

- Swimmers who wish to train more than 3 times a week and are selected by the Chief Coach will join this squad
- All age groups eligible
- Currently expected to swim 4 to 5 sessions a week
- If unable to train at least 4 times a week will re-join main squad

## **Advanced Squad Plus (Adv.+)**

- Advanced Squad swimmers who train 6 or more sessions will pay this higher price