

## Abbotsleigh Aquatic Centre and Swim Club Competitive Stream

Squad	Level	Ideal No's per squad	Sessions per week	Gym Program 2 x per week	Dry land Extra's	Intensive Camps	Physio	Massage	Education Appropriate to level	Representative Team goals
<b>Gold</b>	National	8-16	½ age	Individualised in gym	Yoga 1 x per week prescribed Therabands	Noosa	As required	1 x month Pre-race		Australian Junior Aus. NSW YPS Awards
<b>Black</b>	State/Metro	16-25	½ age	Circuits core based	Yoga Selective Therabands	Noosa	As required	As required		Junior NSW Regional Squads YPS Awards
<b>White</b>	Metro/Regional State 10-12	20-30	5	Circuits core based	Activation Therabands	Abbotsleigh	As required	<b>X</b>		Regional squads JX awards
<b>Junior Challenge</b>	Regional/Local	25-35	3	Activation Pre session	Activation Pre session	Abbotsleigh	<b>X</b>	<b>X</b>		JX Awards