



## Abbotsleigh Aquatic Centre and Swim Club Competitive Stream



Squad	Level	Ideal No's per squad	Sessions Time per week	Strength and Conditioning 2 x per week	Dry land Extra's	Intensive Camps	Physio	Massage	Education Appropriate to level	Representative Team goals
<b>Gold</b>	National	8-10	7-9 sessions 13-18 hours	Individualised in gym	Mobility FLOW prescribed Therabands	As required	As required	1 x month Pre-race	✓	Australian Junior Aus. NSW Finalist
<b>Black</b>	State/Metro	12-16	5-6 sess 8-10 hours	Mobility Stability	FLOW Activation Therabands	1 per year	As required	As required	✓	NSW Finalist
<b>White</b>	SMNE/State 10-12	20-30	4 sessions 6-8 hours	Mobility Stability	Activation FLOW	1 per year	As required	X	✓	Team ABB Relays
<b>Junior Challenge</b>	SMNE/Local	25-35	2-3 sessions 2-3 hours	Activation Pre session	Activation Pre session	1 per year	X	X	✓	Team ABB Relays