

Junior Olympians

Age Range: 10-13 years old

Sessions Available:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		7:00-8:00				8:00-9:30
PM	4:00-5:30		4:00-5:30	4:00-5:30	4:00-5:30	
Notes:	Tuesday mornings indoors 25m, all other sessions outdoor 50m					
	Dryland available before the session from 3:45 before every afternoon					
	Dryland available after the session from 9:40-10:10 on Saturdays					

Focus Points:

- **Competition:** Swimmers targeting club, local and regional championship meets including New Zealand (Aqua knights) Junior Festival, up to swimmers qualifying for NZ Division 2
- **Training** Junior Olympian squad offers a transition from Junior Academy for swimmers moving towards Intermediate or Metro squads. Sessions are fun, comprehensive progressions including:-
 - Technique work; and building strength in their strokes
 - Race skills including competition preparations

Lead Coach Tiana Hill

Intermediate

Age Range: 11-14 years old

Sessions Available:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:45-8:00		5:45-7:30		5:45-8:00	6:45-9:30
PM	4:15-6:30	4:00-6:00	4:00-5:30	4:15-6:30	4:00-5:30	
Notes:	Friday mornings indoors 25m, all other sessions outdoor 50m					
Dryland	3:45-4:15pm	3:40-4:00pm	3:45-4:00pm	3:45-4:15pm	3:40-4:00pm	9:40-10:10am

Focus Points:

- **Competition:** Swimmers are targeting Regional & National championship meets, Including New Zealand Junior Festival (age appropriate) and their first year at New Zealand Division 2 or National Age Groups
- **Training.** The Intermediate Squad offers a transition from Junior Olympian and Metro Groups to the Age Group squad.
 - More comprehensive technique work including race skills
 - Aerobic fitness and speed work maintaining high level of skills
 - Understanding of race tactics
 - Goal setting focused on seasonal goals and how to break them down into training goals

Lead Coach Aidan Withington