

Welcome to Barker Aquatics swimming squads held at Hornsby Aquatic and Leisure Centre. Our coaching team look forward to working with you and your child/ren.

**Aquatics Vision:** A united approach for the success of all aquatic sports.

**Aquatics Mission:** To increase participation in all aquatic sports.

**Barker Values:** Commitment, Compassion, Courage, Integrity, and Respect.

### Joint Training Sessions:

Squads and Coaches will be working together on specific sessions. This will help strengthen the whole program and allow squads to mix with other athletes and Coaches on a regular basis.

### Important links:

Squad Timetable & Carnival Calendar/Events [Swim@barker.nsw.edu.au](mailto:Swim@barker.nsw.edu.au)

Hornsby Club Racing <https://swimcentral.swimming.org.au/>

Hornsby Swimming Club <https://hornsby.swimming.org.au/>

SMNW (Area) <https://metronwnsw.swimming.org.au/>

Swimming NSW <https://nsw.swimming.org.au>

Swimming Australia <https://www.swimming.org.au>

### Barker Aquatics Squad Booking System:

All of our squad bookings are run through our online customer portal "UDIO". Now that your squad booking is active in our system, you will receive an email with login details.

Swimmers must be booked into ALL sessions they attend at Barker Aquatics, this includes make up sessions and/or new sessions outside of their regular booking. This can simply be done via the online portal, providing there are spots available in that session.

The Parent Portal will only allow bookings for sessions that are not already fully booked. This will ensure that sessions are not overbooked and overcrowded. **Swimmers who turn up to a fully booked session and are not booked in, may not be able to swim if there is no pool space available.** For this reason, please ensure your squad's bookings are up to date and accurate.

Likewise, if you know your child will miss a squad session, there is a function to 'cancel' for that date. This allows others to book a make-up session in your child's spot for this day. **In this case be careful not to remove the booking altogether for this day.**

### Red Squad (1 hour)

***Learn to train and race for enjoyment.***

Age:	Coaches discretion: 8-11 years (usually)
Ability:	Completed the Transition program. Competent in Freestyle, Backstroke, Breaststroke, and Butterfly
Commitment:	Encourage joining Hornsby Swimming Club, compete in relay teams & swim 2+ sessions per week
Training Focus:	Drills and skills across all strokes
Competition:	Recommend attend Club Nights, School Carnivals and Area Championships, and Speedo Heats
Equipment:	Kick Board, Flippers and Pull Buoy

### **Bronze Squad (1.5 hours)**

***Building a foundation of long term development, master the basics and learn to use them in your races.***

Age:	Coaches discretion: 10-13 years (usually)
Working Towards:	Competing at Area and Metros in multiple strokes and 200 IM
Commitment:	Encourage joining Hornsby Swimming Club, compete in relay teams and 3+ swims per week
Training Focus:	Building a base for competitive swimming. Improve technique, drills, skills and pacing across all strokes
Competition:	Attend Target Meets, Area Championships, Speedo Heats, and Club Nights
Dry Land:	Pre swim activation to be completed each session
Equipment:	Kick Board, Flippers and Pull Buoy

### **Silver Squad**

***Training to compete at State level, setting goals and working towards them. Open to Water Polo and Surf Life Saving Athletes competing at state level.***

Age:	Coaches' discretion: 13+ years (usually)
Ability:	Setting goals to compete at Area, Metros, State, and/or Nationals
Commitment:	Encourage joining Hornsby Swimming Club, Compete in relay teams, swim 4+ sessions per week and 1 gym session.
Training Focus:	Developing training and race plans. Athletes work with their coaches to ensure continued development
Competition:	Attend Club Nights, Target Meets, Area, Metros, State, and/or Nationals
Dry Land:	Pre-swim activation must be completed every session
Equipment:	Kick board, flippers, pull buoy, snorkel, and paddles

### **Platinum Squad (1.5 hours)**

***Building a foundation of long term development, fitness and expand your swimming capacity.***

Age:	Coaches discretion
Working Towards:	Individual goals and encouraged joining Hornsby Masters Swimming Club
Training Focus:	Building a base for competitive swimming. Improve technique, drills, skills and pacing across all strokes
Equipment:	Kick Board, Flippers and Pull Buoy

### **Gold Squad**

***Training to compete at National level, setting goals and working towards them.***

Age:	Coaches' discretion: 15+ years (usually)
Ability:	Setting goals to compete at Area, Metros, State, and/or Nationals
Commitment:	Encourage joining Hornsby Swimming Club Compete in relay teams, swim 6+ sessions per week and 2 gym sessions.
Training Focus:	Developing training and race plans. Athletes work with their coaches to ensure continued development and enjoyment at the highest level.
Competition:	Attend Club Nights, Target Meets, Area, Metros, State, Nationals and World meets.
Dry Land:	Pre-swim activation must be completed every session
Equipment:	Kick board, flippers, pull buoy, snorkel, and paddles