

Level Descriptions- Mini Squad

Penguin

The Penguin level is the beginning of our Mini-Squad journey.

The age range for the Penguin swimmer is generally between 7-12years. Every swimmer is different and the time taken to master a particular skill is never the same. Typically it will take a swimmer 12-15 months of consistent swimming (2 sessions per week) to master all the skills required to progress out of the Penguin level.

Coaches are now teaching out of the water and classes can have up to 10 swimmers per lesson and run for 45min.

The Penguin level is fantastic for developing social interaction and the swimmers ability to communicate and learn in a different way.

- ◆ Freestyle and Backstroke technique are continuing to be reinforced.
- ◆ Basic Breaststroke technique and timing is introduced.
- ◆ Butterfly (dolphin) kicking is developed further.
- ◆ Butterfly is used vary sparingly during Penguins.
- ◆ Technical Skills such as Dives and Turns are introduced and incorporated
- ◆ Feedback is still quite general but takes a more individualized approach.
- ◆ Swimmers that are interested in the sport of competitive swimming are encouraged to join Wests Illawarra Aquatic Swimming Club
- ◆ Progression is competency based in terms of skill and emotional readiness and swimmers are being monitored on a daily basis as opposed to a set week assessment.

Kingfish

The Kingfish level is the second chapter of our Mini-Squad journey.

The age range for the Kingfish swimmer is generally between 8-12years. Every swimmer is different and the time taken to master a particular skill is never the same. Typically it will take a swimmer 15-18 months of consistent swimming (2-3 sessions per week) to master all the skills required to progress out of the Kingfish level.

Swimmers are now familiar with having their coaches out of the water, while listening and looking for technical cues. Classes can have up to 16 swimmers per lesson across 2 lanes and now run for 60min.



- ◆ Technical excellence in Freestyle, Backstroke and Breaststroke are continuing to be developed and reinforced.
- ◆ Swimmers aerobic capacity is beginning to be developed through more specific set design.
- ◆ Basic Butterfly technique and timing is introduced.
- ◆ Technical Skills such as Dives and Turns are reinforced and expanded on.
- ◆ Feedback becomes more specific and individualized.
- ◆ Swimmers that are interested in the sport of competitive swimming are encouraged to join Wests Illawarra Aquatic Swimming Club
- ◆ Progression is competency based in terms of skill and emotional readiness and swimmers are being monitored on a daily basis as opposed to a set week assessment.

Shark

The Shark level is the final chapter in our Mini-Squad journey.

The age range for the Shark swimmer is generally between 9-13years. Every swimmer is different and the time taken to master a particular skill is never the same. Typically it will take a swimmer 15-18 months of consistent swimming (3-4 sessions per week) to master all the skills required to progress out of the Shark level.

- ◆ Technical excellence in all four strokes is the highest priority and is continuing to be developed and reinforced.
- ◆ Swimmers aerobic capacity is continuing to be reinforced through more specific set design.
- ◆ Speed practice is incorporated through short intervals and games.
- ◆ Technical Skills such as Dives and Turns are continually reinforced.
- ◆ Feedback continues to be specific and individualized
- ◆ Swimmers that are interested in the sport of competitive swimming are encouraged to join Wests Illawarra Aquatic Swimming Club
- ◆ Swimmers that are not interested in competitive swimming and have entered high school have the option to progress into our TEAM Squad program.
- ◆ Progression is competency based in terms of skill and emotional readiness and swimmers are being monitored on a daily basis as opposed to a set week assessment.

For more information on Wests Illawarra Aquatic Swimming Club please speak to one of your coaches or visit the website: <http://www.wiaq.swimming.org.au/>