

O&M Development Squad

2012/2013 Season

A District State Development Squad

Aim

Provide a Development Pathway for Junior State Swimmers between the O&M B & C Development Squads and the State Development Squads

Criteria

- Swimmers aged 13 – 18 years (as at 1/5/12)
- Swimmers must have a least 1 VIC 2012 Country LC Qualifying Time
- Attend 3 O&M Swim Meets

Sessions

- There will be 5 sessions within the O&M and 3 sessions at Benalla
- Swim Sessions will be 2.5 hours in duration
- Dry Sessions will be 1 hour in duration
- Sessions will be taken by an external Swim Coach (minimum Silver Licence)

Cost

\$30 for up to 2 sessions* or \$60 for unlimited sessions

*Note: Swimmers can upgrade to more sessions if they have only initially paid \$30 for up to 2 sessions.

Registration

Swimmers eligible for this Squad will be sent an invitation letter in April 2012.

B District State Development Squad

Aim

Provide a Development Pathway for Junior State Swimmers between the O&M D Development Squad and the O&M A Development Squad

Criteria

- Swimmers aged 9 – 12 years (as at 1/5/12)
- Swimmers must have a least 1 VIC 2012 Country LC Qualifying Time
- Attend 3 O&M Swim Meets

Sessions

- There will be 5 sessions within the O&M and 3 sessions at Benalla
- Swim Sessions will be 2.5 hours in duration
- Dry Sessions will be 1 hour in duration
- Sessions will be taken by an external Swim Coach (minimum Silver Licence)

Cost

\$30 for up to 2 sessions* or \$60 for unlimited sessions

*Note: Swimmers can upgrade to more sessions if they have only initially paid \$30 for up to 2 sessions.

Registration

Swimmers eligible for this Squad will be sent an invitation letter in April 2012

C District Development Squad

Aim

Provide a Development Pathway for Club Swimmers to aim for the O&M A Development Squad.

Criteria

- Swimmers aged 12 – 16 years (as at 1/5/12)
- Swimmers must have a least 1 Qualifying Time. The Qualifying Times are VIC 2012 Country LC plus 10 seconds for 50 Metre events or plus 20 seconds for all other events
- Attend 3 O&M Swim Meets

Sessions

- There will be 5 sessions within the O&M and 3 sessions at Benalla
- Swim Sessions will be 2 hours in duration
- Sessions will be taken by an external Swim Coach (minimum Silver Licence)

Cost

\$30 for up to 2 sessions* or \$60 for unlimited sessions

*Note: Swimmers can upgrade to more sessions if they have only initially paid \$30 for up to 2 sessions.

Registration

Swimmers eligible for this Squad will be sent an invitation letter in April 2012

D District Development Squad

Aim

Provide a Development Pathway for Club Swimmers to aim for the O&M B Development Squad.

Criteria

- Swimmers aged 9 – 11 years (as at 1/5/12)
- Swimmers must have a least 1 Qualifying Time. The Qualifying Times are VIC 2012 Country LC plus 10 seconds for 50 Metre events or plus 20 seconds for all other events
- Attend 3 O&M Swim Meets

Sessions

- There will be 5 sessions within the O&M and 3 sessions at Benalla
- Swim Sessions will be 2 hours in duration
- Sessions will be taken by an external Swim Coach (minimum Silver Licence)

Cost

\$30 for up to 2 sessions* or \$60 for unlimited sessions

*Note: Swimmers can upgrade to more sessions if they have only initially paid \$30 for up to 2 sessions.

Registration

Swimmers eligible for this Squad will be sent an invitation letter in April 2012

If you have enquires, please contact:

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