

FIGHTING FISH SQUAD STRUCTURE

Pre-Squad

Attendance: Minimum 2 per week
Equipment Required: Team Suit/Cap/T-shirt, Flippers, Goggles, Kickboard
Pricing: \$115/mth (inclusive of 7% GST)

$\$115 \times 3 \text{ months} = \$345.00 + \$160.50 = \$505.50 + \$ \text{ uniform} = \$$

Mini-Squad

Attendance: Minimum 2 per week, 3 sessions per week is recommended
Equipment Required: Team Suit/Cap/T-Shirt, Flippers, Goggles, Kickboard, and Towel for stretching and Drink Bottle
Training breakdown 50% technique, 30% skills, 15% energy system training, 5% other (Stretching, Strength/Fun/Games/Theory)
Pricing: \$170 per month (inclusive of 7% GST)

$\$170 \times 3 \text{ months} = \$510.00 + \$160.50 = \$670.50 + \$ \text{ uniform} = \$$

Junior Squad

Attendance: Minimum 2 per week, 3 sessions per week is recommended
Equipment Required: Team Suit/Cap/T-Shirt, Flippers, Goggles, Kickboard, Pull Buoy and Hand Paddles, Towel for stretching, Drink Bottle.
Training Breakdown 45% technique, 20% skills, 25% endurance, 10% other (Stretching, Strength/Fun/Games/Theory)
Pricing: \$200 per month (inclusive of 7% GST)

$\$200 \times 3 \text{ months} = \$600.00 + \$160.50 = \$760.50 + \$ \text{ uniform} = \$$

Intermediate Squad

Pricing: \$210 per month (inclusive of 7% GST)

$\$210 \times 3 \text{ months} = \$630.00 + \$160.50 = \$790.50 = \$ \text{ uniform} = \$$

Development/Elite Squad

Attendance: Minimum 3 per week, 4 sessions per week is recommended
Equipment Required: Team Suit/Cap/T-Shirt, Flippers, Goggles, Kickboard, Pull Buoy, Band and Hand Paddles, Towel for stretching, Drink Bottle
Training Breakdown 30% technique, 20% skills, 40% endurance/energy system training, 10% other (Stretching, Strength/Fun/Games/Theory)
Pricing: \$240 per month (inclusive of 7% GST)

$\$240 \times 3 \text{ months} = \$720.00 + \$160.50 = \$880.50 + \$ \text{ uniform} = \$$

High School Pre & Post Season

Attendance: Minimum 2 per week, 3 to 4 sessions per week is recommended
Aim/Requirements: All Swimmers must fill out the High School Swimmers Questionnaire and attend an assessment session. This will determine their suitability to the team and squad assignment.

Pricing: PRE SEASON \$325 (10 week session) POST SEASON \$630 (16 week session)

(inclusive 7% GST)