

## Development Model for Mel Tantrum Coaching Squads September - December 2010

Squad	Primary Coach	Min entry requirement (Guideline)	WC Club Member	Age (Guideline only)	Mon	Tues	Wed	Thurs	Fri	Sat	Sessions available	Recommended number of sessions	Fees / month (+GST)	Inc GST
National Open	Mel Tantrum	Aus Open QT or Aus Age QT (15+years) and/or Aus Open SC QT and competing at Nationals	Yes	15+ years to Open	6:00am-7:30am 4:30pm Dryland 5:00pm-7:00pm	(5:30-7:00am) 4:30pm Dryland 5:00pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	6:00am-7:30am 4:30pm Pilates* 5:30pm-7:00pm	6:00am - 8:00am	10 swim 4 Dryland 1 Pilates or circuit*	6-10 swim 4 Dryland 2-3 gym* 1 Pilates/Circuit 1 massage +/- physio	\$110 +GST	\$121
National Age	Chris Jongsma (CJ)	Aus Age QT or within 10%. Competing (or aiming to compete) at Aus Age. JX or YPS Program.	Yes	12-15+ years	6:00am-7:30am 4:30pm Dryland 5:00pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	6:00am-7:30am 4:30 Pilates* 5:30pm-7:00pm	6:00am - 8:00am	8 swim 4 Dryland 1 Pilates or circuit*	6-8 swim 4 Dryland 2-3 gym* 1 Pilates/Circuit 1 massage +/- physio	\$100 +GST	\$110
State Age	Chris Jongsma (CJ)	State Age Qualifiers	Yes	12-18 years	5:30pm-7:00pm	4:30pm Dryland 5:00pm-7:00pm	5:30pm-7:00pm	5:30am-7:00am 4:30pm Dryland 5:00pm-7:00pm	4:30 Pilates* 5:30pm-7:00pm	6:00am - 8:00am	7 swim 2 Dryland 1 Pilates or circuit*	4-6 swim 2 Dryland 1 Pilates / Circuit	\$100 +GST	\$110
Senior Fitness	Chris Jongsma (CJ)	Suitable for Surf, Polo, Tri, Masters and Open Water Swimmers	Encouraged	All ages	5:30pm-7:00pm		5:30pm-7:00pm	5:30am-7:00am	4:30 Pilates* 5:30pm-7:00pm	6:00am - 8:00am	5swim 1 Pilates or circuit*	To be determined on an individual basis	\$90 +GST	\$99
National Age Development	Kim MacCarthy	State Age QT and JX Program. Aim to qualify Aus Age within 1-2 years	Yes	11-13+ years	5:30pm-7:00pm	5:30am-7:00am 4:30pm Dryland 5:00pm-6:30pm	5:30pm-7:00pm	4:30pm Dryland 5:00pm-6:30pm	4:00pm-5:30pm	6:00am - 8:00am	7 swim 2 Dryland	5 swim (Depending on age and ability) 2 Dryland	\$90 +GST	\$99
Intermediate Advanced	Glenn Gerber (CJ)	State Junior QT and JX Program. Aim to move to NADs within 1-2 years	Yes	9-12+ years	4:00pm Dryland 4:30-5:30pm	5:00pm-6:30pm	4:00pm Dryland 4:30-5:30pm	5:30am-7:00am 5:00pm-6:30pm	4:00pm-5:30pm		6 swim 2 Dryland	3-5 swim (Depending on age and ability) 2 Dryland	\$90 +GST	\$99
Intermediate	Steve Schmidt (Glenn Gerber)	Swimming WA "AA" Times and JX Program	Strongly encouraged	8-12+ years	4:00pm Dryland 4:30-5:30pm	5:00pm-6:30pm	4:00pm Dryland 4:30-5:30pm	5:00pm-6:30pm	4:00pm-5:30pm		5 swim 2 Dryland	3-4 swim 2 Dryland	\$80 +GST	\$88
Junior	Daniel Rogers Matt Smith Steve Schmidt Nate Ruback + Casuals	50m in all 4 strokes	Encouraged	7-11+ years	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm		5 swim	2-3 swim	\$70 +GST	\$77
School Fitness	K MacCarthy / CJ	Fitness for school swimming	Encouraged	12+ years		5:30am-7:00am		5:30am-7:00am			2 swim	2 swim	\$50 +GST	\$55

Note: \* Pilates/Circuit is an additional cost

## This model is based on the Swimming Australia Age Group Swimmer Development Model:

Age	Swim Sessions per week	Session length	Volume per session	Gym/Dryland Sessions
8 +/- 1 year	2-4	40min – 1 hour	1 – 2 km	1-2
10 +/- 2 years	3-5	1 – 1¼ hours	2 – 3.5 km	2
Girls 12 Boys 13 +/- 1 year	4-6	1¼ - 1½ hours	3.5 – 6km	2-3
14 +/- 2 years	6-10	1½ - 2 hours	4 – 8km	2-3

Adapted from Richards, R. (1996). Coaching Swimming: An Introductory Manual. Australian Swimming, ACT.

**PLEASE DISCUSS INDIVIDUAL TRAINING GOALS, TARGETED MEETS AND EVENT SELECTIONS WITH YOUR SQUAD COACH**

For further information about the coaching program, visit [www.meltantrum.com.au](http://www.meltantrum.com.au)