**2024/25 Sunraysia Acadmey of Sport   
Swimming Program**

**Information Sheet**

**Overview**

The 2024/2025 program will comprise of Strength & Conditioning Sessions and also specialized Swimming Sessions throughout the program (also including other components). Once selected for the program, swimmers will be split into 2 squads for their swimming sessions. The squads will be split into development and advanced groups. Swimmers will also be split for their Strength and Conditioning Sessions.  
  
The swim clinics will be ran by Josh Barilla on varying weekends throughout the program, with most clinics having the devlopment squad swimming first, followed by the advanced squad. Strength & Conditioning sessions will be run on Sundays/Tuesdays/Thursdays, set group days and times TBC.

**Purpose**

The Sunraysia Academy of Sport has been established to assist talented young athletes in the region achieve excellence in their chosen sport. The Academy delivers an elite Swimming program in partnership with Swimming Victoria that not only provides technical training but a well-balanced, all-round development program to local athletes to assist them in their endeavours to qualify and perform at the 2024/25 Victorian and/or South Australian Long Course and Short Course competitions and future selection for State Victorian teams.

The program provides our athletes with opportunities and exposure to high performance sporting knowledge and experience. Specifically, the inclusion of swimming into the Sunraysia Academy of Sport fits within the Swimming Victoria Development Pathway.

**Objectives**

The overarching objective of the SAS Swimming Program is to implement a holistic approach to the athlete’s development. This is achieved through in and out of pool activities including:

1. Identification of regional athletes with long term characteristics for high performance swimming.
2. Providing selected athletes with the tools necessary for them to develop as high-level athletes, with specialist coaching sessions, athlete education, strength and conditioning, fitness testing, Mildura Waves Athlete Membership, and access to a medical service provider network.
3. Involving and supporting the personal development of regionally based swimming coaches through the program for the betterment of future local swimming athletes.

**Targeted Squads**

The 2024/25 SAS Swimming Program is based on athletes who meet a selection criterion in order to be able to progressively develop to compete at Victorian and/or South Australian Short and Long Course Championships in 2024 and 2025.

**Selection Criteria**

* Possess the goal to achieve Victorian Short and Long Course qualifying times for the 2024/2025 season.
* Competed in at least one qualifying competition in the 2023/24 season with the aim to gain Victorian Short and Long Course qualifying times.
* Full participation in local Swimming Pennant and Relay meets in the 2023/24 season.
* Show interest in qualifying for 2025 Victorian Country LC Championships.

To be eligible for acceptance, athletes must be a registered member with Swimming Victoria. Applicants need to demonstrate their commitment to competitive swimming and representing their club/district by competing in local pennants and meets and competing in or aiming to qualify for at least one of the following Short Course or Long Course meets for the immediate season: Australian Open, Australian Age, Victorian Age, Victorian Open, Victorian Country Swimming Championships, Victorian Inter-districts, South Australian Country, and South Australian State Championships.

***To be eligible to make the squad*** ***within the Sunraysia Academy of Sport you have to meet 3 of the 8 qualifying times below:***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Distance | 18 & Over | 16-17 Years | 14-15 Years | 13 Years | 12 Years | 11 Years & Under |
| FREESTYLE | | | | | | |
| 50m | 30.71 | 32.03 | 33.58 | 37.20 | 41.69 | 42.86 |
| 100m | 1:11.83 | 1:16.45 | 1:17.55 | 1:24.30 | 1:28.71 | 1:35.45 |
| 200m | 2:31.80 | 2:34.68 | 2:44.45 | 2:58.71 | 3:13.26 | 3:27.00 |
| 400m | 5:27.75 | 5:27.75 | 5:39.02 | 5:39.02 | 6:08.29 | 6:08.29 |
| BACKSTROKE | | | | | | |
| 50m | 37.55 | 38.87 | 42.32 | 43.99 | 48.94 | 50.45 |
| 100m | 1:27.05 | 1:29.98 | 1:31.86 | 1:37.72 | 1:38.01 | 1:49.83 |
| 200m | 3:00.55 | 3:00.55 | 3:06.59 | 3:06.59 | 3:27.00 | 3:27.00 |
| BREASTSTROKE | | | | | | |
| 50m | 44.28 | 48.70 | 50.66 | 54.80 | 54.80 | 57.20 |
| 100m | 1:33.15 | 1:37.96 | 1:38.17 | 1:41.81 | 1:47.53 | 2:07.08 |
| 200m | 3:24.70 | 3:24.70 | 3:27.92 | 3:27.92 | 3:49.43 | 3:49.43 |
| BUTTERFLY | | | | | | |
| 50m | 34.67 | 35.36 | 38.41 | 40.83 | 44.28 | 50.61 |
| 100m | 1:22.72 | 1:25.43 | 1:26.08 | 1:35.87 | 1:42.68 | 1:52.70 |
| 200m | 3:05.15 | 3:05.15 | 3:17.80 | 3:17.80 | 3:40.92 | 3:40.92 |
| INDIVIDUAL MEDLEY | | | | | | |
| 200m | 3:08.88 | 3:09.65 | 3:10.64 | 3:12.70 | 3:12.70 | 3:28.74 |
| 400m | 6:29.51 | 6:29.51 | 6:36.75 | 6:36.75 | 7:03.78 | 7:03.78 |

***\*Final selection will be at the discretion of the coach***

In the circumstances that an athlete doesn’t meet one or more points of the selection criteria, SAS can also select athletes at their own discretion, no discourse shall be entered into. The athlete may be required to provide supporting documents such as a coach’s reference or recent results. **We encourage everyone who is interested to apply!**

***The Academy has an inclusive criterion in all sports based on ability, attributes and specific characteristics and welcomes members of the community regardless of cultural background, mobility, gender or religious beliefs.***

**Selection Process**

Invitations to participate in the program will be sent out to identified swimming athletes who meet the selection criteria. Invitations may also be sent out to swimming athletes who have been identified by Sunraysia Swimming during local Pennants and Relay Meets. Athletes are required to complete the online Athlete Application Form by **Monday 7th October, 2024.**

**Structure of Program**The program will commence on **Saturday 12th October 2024** and conclude on **Thursday 3rd April 2025.**

**Athletes in the program will receive:**

* Fitness testing at the commencement of the program
* 5 Specialized stroke development training sessions with coach Josh Barila at Mildura Waves (subject to changes)
* 1 Swim Clinic to include specialist added coach from Swimming Victoria (29th – 30st March)
* Weekly coached strength & conditioning sessions (Varying Sundays, Tuesdays or Thursdays, group days/times TBC).
* In-water fitness tests
* Athlete Education sessions (ie goal setting, sports nutrition, sport psychology, injury prevention etc.)
* Sunraysia Academy of Sport custom swimming cap.
* Discounted Nutrition information and meal plans thanks to LJB Physiques. Contact Luca for more information - 0417290953 or [lucajoshuabruno94@gmail.com](mailto:lucajoshuabruno94@gmail.com).
* SAS Athlete Membership to Mildura Waves, courtesy of Aligned Leisure during the period the program runs (age restrictions apply)
  + 13 and Under: Aquatic membership only (access to pool, no gym)
  + 14 and Over: Gym & Aquatic membership (access to pool and gym)
* Callahan Physiotherapy Discount - As a Medical Network Partner, our athletes also receive a discount on their first consultation as well as a free spikey ball or pocket physio.

**Exclusions:**

* Uniform and merchandise

***SAS Uniform***

The uniform cost is not included in the athlete levy, however upon acceptance into the program, online order instructions will be sent through with details of compulsory and optional items to be ordered.

***It is an expectation that athletes wear their uniforms for media shoots/interviews,  
 training sessions and competitions where appropriate.***

**Athlete Expectations**

It will be expected that athletes in the 2024/25 Sunraysia Academy of Sport Swimming program will comply with their indvidual clubs Training Program squad criteria. In addition SAS expects squad members will attend the following training sessions as much as possible:

*Minimum* 3x club swim sessions , SAS swim training as scheduled & S&C each week where possible.

**Cost of Program**

The athete levy for the 2024/25 Swimming Program is:

* **$470** for returning athletes (from any 2023/24 SAS Program)
* **$500** for new athletes.

Payment Plans are available.

Once accepted, details for payment will be sent through via email.  
  
We look forward to receiving your application and having you represent the Sunraysia Acadmy of Sport in 2024.

If you have any questions or concerns about this information or the program, please feel free to contact SAS using the details below.

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