

## SWIMMING WAIKATO SQUAD SUMMARY

### XLR8 Squad

- Athlete target development – Basic Skills
- Selection by invitation only - based on the XLR8 points
- One intake per season (in May 2025) , but new athletes can be nominated by their coach at the end of each school term (July, September & December)
- Age range is 10-11 years (age as on 13 April 2025)
- Target is 32-40 athletes
- 6 x Development Days across the 12 months (a mixture of Duels in the Pool, competitions and skills). They will be a strong focus on basic training skills, kicking, teamwork and embracing The Waikato Way
- Monthly Challenges – to be done in the home club with the results published

### Pathway Squad

- Athlete target development – Learning to Train
- Selection by invitation only - based on the XLR8 points and / or achieving the Swimming Waikato Squads Performance Standards
- One intake per season (in May 2025), but new athletes can be nominated by their coach at the end of each school term (July, September & December)
- Age range is 12-13 years (age as on 13 April 2025)
- Target is 32-40 athletes
- 6 x Development Days across the 12 months (a mixture of Duels in the Pool, competitions and skills). They will be a strong focus on learning to train, kicking, teamwork and embracing The Waikato Way
- Monthly Challenges – to be done in the home club with the results published

### Age Group Squad

- Athlete target development – Learning to Race
- Selection by invitation only as follows:
  - ‘Wave 1’ - based on achieving the Swimming Waikato Squads Performance Standards
  - ‘Wave 2’ - based on performances achieved in 2024-2025 season, improvement trajectory, commitment in home programme, potential to improve in 2025-2026 season & support / endorsement from the home programme coach
- Both Wave 1 and Wave 2 are designed to ensure that we have a critical mass of athletes (across both genders and different strokes) who are committed to keep on improving at a minimum of 3 percent per season
- 2 Intakes per season straight after:
  - NAGS / NZ Champs (June 2025)
  - National SC Champs (October 2025)
- Age range is 13-18 years (age as on 13 April (NAGS) or 21 May (NZ Champs), or 21 September (NSC) for Intake 2)
- Target is 32 athletes
- 1 x ‘Battle School’ work camp on Monday 19 to Thursday 22 January 2026
- 2 x competitions:

- Swimming Waikato SC Champs (06-07 September 2025)
- Swimming Waikato LC Meet (21-22 February 2026)
- Athlete tracking / progress reports (October, January & April) submitted by home coach to Swimming Waikato Squad Lead

#### **Regional Performance Centre**

- Athlete target development - Learning to Win
- Vision – To create an athlete centric environment that drives swimmers to win medals at pinnacle international events
- Further details including application process, services offered, timetable, scholarships etc, can be found on the Swimming Waikato website

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