

PCA CLUB PATHWAY

Programme coached by volunteer coaches on Monday and Friday nights and Sunday mornings.



<p>Notes</p> <ul style="list-style-type: none"> Sessions are held during the primary school term. During school holidays, club sessions may be cancelled or dedicated to distance badge swimming. All changes will be notified in PCA's newsletter and on the noticeboard. Appropriate swimwear must be worn. Boys are encouraged to wear 'speedo togs'. No rash tops. Long hair must be tied up. Wearing a cap is encouraged. Goggles are essential. Swimmers are to check in at the desk on arrival at the pool and must be waiting at the end of the pool prior to their start time. 	<ul style="list-style-type: none"> PCA's coaches will allocate swimmers their session times. Swimmers must not change sessions without speaking to their coach. The club cannot accommodate children of varying abilities within one time slot. A Sunday morning class runs from 8am to 9am. These are open to all club swimmers. Swimmers are grouped by ability level across the lanes. Note – ages shown are a guide only. Swimmers will be advised when they are ready move to the next group. To be able to provide the best coaching for all club swimmers it is important that swimmers are continually challenged and swim with others of similar ability.
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The same timetable applies to Monday and Friday nights.

All sessions are 45 minutes. Note - Swimmers must not enter the pool until their coach is present.

6:00-6:40pm	6:40-7:20pm	7.20 to 8:15pm
<p>6 to 11years Swimmers must be able to swim 25m freestyle to join PCA.</p>	<p>9 to 12years (up to year 8) Swimmers must be able to achieve the goals of the 6pm group and have good listening skills and training habit including a 'no stopping attitude'</p>	<p>Open to all college age swimmers. Year 7 & 8 swimmers may be considered if they have excellent skills in all four strokes and a 'no-stopping' attitude.</p>
<p>Goals for this group. The emphasis is on freestyle and backstroke technique. To master dolphin kick and to be able to streamline as the start of learning breaststroke.</p>	<p>Goals for this squad Continued technique work for freestyle and backstroke. Development of breaststroke and butterfly. Introduction to racing skills including starts and turns. To follow a programme and use the pace clock.</p>	<p>Goals for this session Stroke technique and development of training skills, including training independently using a written programme and the clock. Training for fitness.</p>
<p>Competitions to attend PCA Race Nights Club events PCA's Novice Carnival</p>	<p>Competitions to attend PCA Race Nights Club Events Gold Coast meets PCA's Novice Carnival (see criteria) PCA's Division III Meet</p>	<p>Competitions to attend PCA Race Nights Club Events Gold Coast meets PCA's Division III Meet</p>