

# ARTEMIS AQUATICS MELBOURNE

## CLUB SQUAD FRAMEWORK

SQUAD	COACH	TRAINING SCHEDULE
Development Squad	Andrea Gomes	4 x Training Sessions / Week 2 x Dry Land Sessions / Week 41 Training Weeks / Year
State Development Squad	Andrea Gomes	5 x Training Sessions / Week 2 x Dry Land Sessions / Week 43 Training Weeks / Year
State Age Squad	Brad Harris	6 x Training Sessions / Week 2 x Dry Land Sessions / Week 47 Training Weeks / Year
Performance Age Squad	Brad Harris	7 x Training Sessions / Week 2-3 x Dry Land Sessions / Week 48 Training Weeks / Year

## SCHOOL SQUAD FRAMEWORK

SQUAD	COACH	SCHEDULE
SSV	Andrea Gomes	2-3 x Training Sessions / Week Term 1 and Term 4
GSV	Brad Harris	2-3 x Training Sessions / Week Term 1 and Term 4
MGGS Fitness Squad		2 x Training Sessions / Week Term 2 and Term 3 Non-Competitive