

ARTEMIS AQUATICS MELBOURNE

CLUB SQUAD FRAMEWORK

SQUAD	COACH	TRAINING SCHEDULE
Development Squad	Brad Harris	4 x Training Sessions / Week 2 x Dry Land Sessions / Week 41 Training Weeks / Year
State Development Squad	Brad Harris	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	Joshua Gomes	1-2 Training Sessions / Week All Year
GSV	Brad Harris	2-3 x Training Sessions / Week All Year