

Junior Gold

The Junior Gold squad is designed to prepare our junior swimmers for the transition into our senior program. The Junior Gold squad is for competitive swimmers, and is also supportive of swimmers involved in other pursuits such as surf. In order to be eligible for Junior Gold, swimmers must meet the following criteria:

The Junior Gold Squad is for Big Blue Swimmers who:

1. Are a registered member of Warringah Aquatic Swim Club
2. Commit to a minimum of 4 sessions per week
3. Regularly attend club nights and targeted competitions as set by the Coaching Staff

All swimmers in the Junior Gold squad are expected to display an ongoing commitment to their training and competition, and all positions in the squad will be reviewed on a regular basis.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Gold	6:45-8AM	4-5:15PM	6:45-8AM	4-5:15PM	6:45-8AM 4-5PM	6:30-8:00AM