

Senior Gold

The Senior Gold squad is for 13 and over swimmers with State and National Qualifying times in swimming. The Senior Gold squad is for swimmers who actively demonstrate a commitment toward improving all aspects of their swimming. It is recommended swimmers attend between 4 and 6 sessions per week in consultation with Head Coach Tim Lane. Swimmers in the Gold squad must be a competitive member of Warringah Aquatic Swimming Club and agree upon a competition plan in consultation with the Head Coach based on their swimming goals.

Timetable

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Gold	5-6:30PM	5-6:30PM	5-6:30PM	5-6:30PM	5-6:30PM	6:30-8:00AM
		4:15-5pm DRYLAND @ WAC		4:15-5pm DRYLAND @ WAC		
Morning sessions are available in consultation with the Head Coach						