

MSAC SQUAD FAQS

WHAT BENEFITS ARE INCLUDED IN THE MSAC SQUAD PROGRAM?

- access to Victoria's state-of-the-art training facilities, both in and outside of the pool. This includes casual access to the pools and casual access to the gym
- stroke analysis in the Swim Analysis Lab
- strength and conditioning program in the Athlete Performance Centre
- access to the MSAC Squad team room
- normal inclusions of MSAC's Performance Membership

WHO CAN JOIN THE MSAC SQUAD PROGRAM?

The MSAC Squad Program is open to swimmers from any club, or individual swimmers who are not currently members of a club.

HOW MUCH WILL THE MSAC SQUAD PROGRAM COST?

Please refer to the MSAC Timetable and Fees document on melbournesportscentres.com.au/swimming

HOW CAN I COMPETE IN A RACE?

Swimmers need to be registered with Swimming Victoria in order to compete. This requires swimmers to first be a registered member of a club to then allow registration with Swimming Victoria. For more information please refer to <https://vic.swimming.org.au/get-swimming/join-now/becoming-member>

AS A MEMBER OF MSAC'S SQUAD PROGRAM, WILL I HAVE ACCESS TO EXTRACURRICULAR ACTIVITIES SUCH AS CAMPS?

Yes. MSAC will run a comprehensive squad training program that will include opportunities to participate in extracurricular activities such as camps. This might include activities provided in collaboration between MSAC and swimming clubs.

WILL THERE BE A GYM PROGRAM FOR SQUAD PARTICIPANTS?

Yes. The program includes training and support in and out of the pool with access to the Athlete's Performance Centre. A strength and conditioning program forms part of the Squad Program and swimmers development.

WHAT ACCESS WILL MSAC SQUAD MEMBERS HAVE AT MSAC?

Squad members will have the same access to MSAC's state-of-the-art training facilities as an MSAC Performance Membership holder which includes access to:

- Gym & Wellness Centre (cardio, free weights, resistance, functional training)
- Pools (50m indoor, 50m outdoor and 25m lap pools)
- Special rates for court hire during off-peak times (badminton, basketball, squash & table tennis)
- Fitness assessment & program recommendations
- Group fitness & cycle classes, including yoga and pilates
- Sauna, steam and spa
- Hydrotherapy pool

HOW DO I KNOW WHICH SQUAD TRAINING GROUP I JOIN?

A swimmer's individual development and goals will determine which squad group they are assigned to. Our coaches will work closely with you to understand your goals and which training group best aligns with these. The squads are regularly reviewed ensuring every athlete is getting the best opportunities to meet their potential.

WHAT OPTIONS ARE THERE FOR SWIMMERS WHO HAVE SHOWN AN INTEREST IN COMPETITIVE SWIMMING BUT AREN'T SURE ABOUT THE COMMITMENT OR IF THEY ARE READY?

Our coaching team and support staff on pool deck are trained to do assessments to ensure participants are ready for competitive swimming. Assessments are carried out using a series of skills and drills that form the basis of the training model allowing participants to see if the squad program model is for them.

I HAVE MORE QUESTIONS. WHO CAN I CONTACT?



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melbournesportscentres.com.au/swimming