



ARTEMIS AQUATICS SQUAD MATRIX

	SSV/ GSV Squad	SwimFit Squad	Triathlon Squad	The Merton Squad	Dolphin Squad	Development Squad	Performance Squad
Age Group	Year 3 – Year 12	Year 3 – Year 12	Year 7 – Year 12	Open (Adults)	10 – 12 Years	12 – 14 Years	13 – 18 Years
Training Commitment	2 Sessions/ Week	Maximum 2 Sessions/ Week	2 Sessions/ Week	2 Sessions/ Week	3-4 Sessions/ Week	4-5 Sessions/ Week	5+ Sessions/ Week
Season	Term 1 Only	Annual Term Time Only	Annual Term Time Only	Annual	Annual	Annual	Annual
Length of Training Sessions	60-75 mins	60-75 mins	60-75 mins	60-90 mins	60-75 mins	60-90 mins	90-120 mins
Artemis Aquatics Membership	N/A	N/A	N/A	N/A	Required: \$120 / annum	Required: \$120 / annum	Required: \$120 / annum
Participants	MGGS Students Only	MGGS Students Only	MGGS Students Only	Non-MGGS Students	MGGS + Non-MGGS Students	MGGS + Non-MGGS Students	MGGS + Non-MGGS Students
Coaching Fees	N/A	N/A	N/A	MGGS Community = \$150/ Term Non-Community = \$200/ Term	MGGS Student = No fees Non-MGGS Student = \$250/ Term	MGGS Student = No fees Non-MGGS Student = \$300/ Term	MGGS Student = No fees Non-MGGS Student = \$350/ Term
Focus	Prep for GSV/ SSV Comp ^a .	Fitness + Technique. Cross-Training.	Technique + Skill. Open water skills. Speed-endurance.	Fitness + Technique. Cross-Training.	Technique + Skill D/ment. Intro to Comp ^a .	Technique + Racing Skills. Regular competition experience at Club + State Age meets.	Technique + Racing Skills. Performing at State Age + National Age.