



SQUAD STRUCTURE (from Jan'08)

HBEST
ELITE PERFORMANCE SQUAD
LTAD – T2T, T2C, T2W

HBEST
ELITE JUNIOR PERFORMANCE SQUAD
(TRANSITION GROUP)
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ELITE JUNIOR PERFORMANCE SQUAD
LTAD – SwimSkills, T2T

HBEST
ELITE SENIOR SQUAD
Retention & Progression

HBEST
ELITE JUNIOR SQUAD
LTAD - FUNdamentals, SwimSkills

SB Junior Development
LTAD - Fundamental & SwimSkills Development

RNSS Junior Development
LTAD - Fundamental & SwimSkills Development

NB
LTAD = Long Term Athlete Development

T2T = Training to Train
T2C = Training to Compete
T2W = Training to Win