



STARsquad Program

Bronze STAR

Mission Statement

Our aim is to develop a dynamic and innovative pathway of competitive swimming for the STARplex community and Trinity College which encourages swimmers to meet their wellness, fitness and performance goals in a fun, supportive environment.

The STARsquad program includes four levels which all have structured entry and participation requirements. Each child will receive a record booklet as part of their enrolment into the program. Coaches will meet with the children regularly throughout the year to discuss their swimming goals in order to gain the most from their programs.

Bronze STARsquad

The Bronze STAR level is designed to introduce swimmers to basic stretching and is a heavily technique based program covering all strokes, turns, starts and finishes. All swimmers will receive a STARsquad record booklet designed to identify their goals, basic nutritional and stretching information as well as a record of swimming times.

Swimmers at this level should swim a minimum 2 sessions per week with 5 minutes of basic stretching followed by a 45 minute pool session. The land-based session following the pool session on Saturdays is encouraged but not compulsory.

Bronze STAR Session Times

Bronze STAR Level			
Day	Time	Session Type	Coach
Monday	3.40pm-4.30pm	Stretch/Pool	Janet Howarth
Tuesday	6.40pm-7.30pm	Stretch/Pool	Janet Howarth
Wednesday	3.40pm-4.30pm	Stretch/Pool	Janet Howarth
Thursday Club Night	5.00pm-5.30pm 5.30pm-6.45pm	Stretch (bring sneakers) Pool	All Coaches
Friday	3.40pm-4.30pm	Stretch/Pool	Janet Howarth
Saturday	5.45am-8.00am 8.15am-9.00am	Stretch/Pool Fitness Centre Class	All Coaches

***No swimming on Public Holidays**

What to Bring to Training

All Bronze STAR swimmers are expected to have their own fins for training. A drink bottle is a necessity at every training session and all coaches support **no drink bottle no swim**.

Booking Procedure – Bookings Essential

All Swimmers in the Bronze STARsquad will need to ensure their child is booked in on our LINKS Program. This can be done either in person at the swim school office or via email kelly.lange@starplex.com.au. The recommended minimum sessions for a Bronze STAR swimmer are 2 per week. This will ensure the training is sufficient to start working towards moving to Silver STAR Level. Attendance is taken by coaches each session. You are able to increase the amount of sessions at any time should you wish to and be invoiced for the remaining extra sessions.

STARsquad Terms

The STARsquad payments are either in full 3 monthly or by direct debit monthly. Please contact the swim centre office to collect a direct debit form. For those on term fees the dates for payment in 2012 will be

February 1st – April 30th

payment due by February 10th

May 1st – July 31st

payment due by July 13th

August 1st – October 31st

payment due by August 10th

November 1st – January 2013

payment due by November 9th

An email will be sent to remind you that squad fees are due. A reminder for those with siblings in swim school that swim school fees are due at different times to STARsquad terms.

STARsquad Fee Schedule

Number of Sessions	Session Cost	Quarterly Payment	Trinity College Students	Direct Debit Monthly	Trinity College Students
Bronze STAR					
2	\$7.75	\$201.50	\$181.50	\$67.16	\$60.44
3	\$7.75	\$302.25	\$272.20	\$100.74	\$90.66

Gaining Entry to Silver STARsquad

Once the criteria of Bronze STARsquad has been fulfilled, swimmers will be promoted to Silver STARsquad.

School Holiday Training

In school holidays the training sessions for Bronze STAR will change. You will be emailed with a schedule each holiday. Generally in school holidays training times for Bronze STAR will be as follows. Monday – Friday 4.00pm – 5.00pm and Saturday mornings 6.00am – 8.00am. The fitness centre class on a Saturday morning at 8.15am will continue unless otherwise notified. In the school holidays we invite the children to attend as many sessions as they like at no extra cost. The small pool is not open due to there being no lifeguard on duty.



STARplex Swim Club Membership

Now that your swimmer is in Bronze STARsquad it is compulsory to join the STARplex Swim Club. In becoming a member your swimmer will be able to compete in all Swimming SA registered swim meets including our two local carnivals held at STARplex each year well as the Gawler Swim Club Carnival held annually and many others should you wish to do so. The STARplex Swim Club is a great social group for your family and your swimmer will enjoy being a part of a swim club, training with fellow club members and enjoying swimming together.

Please contact the STARplex Swim Club New Member Liaison officer via the STARplex Swim Club Website who will be happy to assist you in becoming swim club members.

We hope your swimmer and family enjoy their time in the Bronze STARsquad level. Please contact kelly.lange@starplex.com.au for further information regarding the STARsquad Program.

