



STARsquad Program

Silver STARsquad

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 Silver STAR level still places an emphasis on technique as well as elements of strength and conditioning. The program will have a more involved stretching component and will help swimmers to have a better understanding of programming in order to prepare them for the next level. All swimmers will be encouraged to set goals and record times in their booklet along with important nutritional information and the benefits of dry land training.

The minimum sessions for a Silver STAR swimmer are 3 sessions per week. Swimmers at this level are encouraged to swim up to 5 sessions per week with individual sessions being an hour pool session followed by 15 minutes of stretching. The land-based session following the pool session on Saturdays is encouraged but not compulsory.

Silver STAR Session Times

Silver STAR Level			
Day	Time	Session Type	
Monday	4.30pm-5.45pm	Pool/Stretch	Janet Howarth
Tuesday	5.45pm-7.00pm	Pool/Stretch	Janet Howarth
Wednesday	4.30pm-5.45pm	Pool/Stretch	Janet Howarth
Thursday Club Night	5.00pm-6.45pm	Pool/Stretch (bring sneakers)	All Coaches
Friday	4.30pm-5.45pm	Pool/Stretch	Janet Howarth
Saturday	6.00am-8.00am 8.15am-9.00am	Pool/Stretching Fitness Centre Class	All Coaches

***No swimming on Public Holidays**

Coaches

The Silver STAR Squad is coached by a team of coaches led by Coach Janet Howarth. Our STARsquad Program Coordinator and High Performance Coach is Stephen Garner.

What to Bring to Training

All Silver 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

All Swimmers in the Silver STARsquad will need to ensure their child is booked in on our LINKS Program for the number of sessions they are swimming per week. This can be done either in person at the swim school office or via email kelly.lange@starplex.com.au. This will ensure training is sufficient to start working towards moving to Gold STAR Level as well as ensuring your swimmer maintains and improves performance and is able to cope with future training sessions. 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. Term fees the dates for payment in 2012 will be

February 1st – April 30th
May 1st – July 31st
August 1st – October 31st
November 1st – January 2013

payment due by February 10th
payment due by July 13th
payment due by August 10th
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

Silver STARsquad Fee Schedule

Number of Sessions	Session Cost	Quarterly Payment	Trinity College Students	Direct Debit Monthly	Trinity College Students
Silver STAR					
3	\$7.75	\$302.25	\$272.20	\$100.74	\$90.66
4	\$7.00	\$364.00	\$327.85	\$121.34	\$109.20
5	\$6.50	\$422.50	\$380.50	\$140.83	\$126.75

Gaining Entry to Gold STAR Squad

Once the criteria of the Silver STARsquad has been met the swimmer will be promoted to Gold STARsquad

School Holiday Training

In school holidays the training sessions for Silver STAR will change. You will be emailed with a schedule each holidays. Generally in school holidays training times for Silver STAR will be as follows. Monday – Friday 5.00pm-6.00pm and Saturday mornings 6.00 – 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.

Contact Information

We ask all Silver STAR swimmers provide an active email to enable coaches and swim centre management to contact you in the event of timetable changes, swim meet information, school holiday training etc.

Please email kelly.lange@starplex.com.au to provide an email.

STARplex Swim Club Membership



All Silver STAR swimmers must be members of the STARplex Swim Club. Please contact the STARplex Swim Club New Member Liason Officer through the STARplex Swim Club website www.starplexswimclub.org.au

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