

# STARSQUAD PROGRAM



## STARplex Swim Centre

### Bronze STARSquad

**STARplex STARSquad Program** is a 4 tiered squad program catering for all abilities of squad swimming. Each level has it's own criteria developed to allow the swimmers to progress through a combination of correct technique, endurance, stamina and times.

### Silver STARSquad

The STARSquad program allows swimmers to swim competitively at all Swimming SA registered swim meets through the STARplex Swim Club. The STARplex Swim Club is a great way for your swimmer to develop confidence and competence in competing not only against others but also themselves.

### Gold STARSquad

STARplex Swim Club membership is compulsory for your swimmer in our STARSquad Program and can be arranged easily by contacting the STARplex Swim Club New Member Liason Officer via the STARplex Swim Club website [www.starplexswimclub.org.au](http://www.starplexswimclub.org.au)

### High Performance Squad

(see over for more information regarding the STARplex Swim Club)

#### ***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 fitness, wellness and performance goals in a fun, supportive environment.***

#### **Our Facility**

The STARSquad swimmers are fortunate to have access to STARplex exercise physiologists and the STARplex Fitness Centre on site. From October to March our coaches have access to train at the 50 metre Gawler Outdoor Pool for long course training. Our training sessions combine both land and pool use to ensure our swimmers have opportunity to build vital core strength, preventing injury and giving them the strength they need in the water. Throughout the year our STARSquads will experience alternative training sessions such as Bootcamp, Biathalons and Triathalons.

This allows the swimmers to mix socially with all squad swimmers and contributes to developing great teamwork and a friendly supportive club atmosphere across all squads, regardless of ability.

We hope your swimmer enjoys their time in the STARSquad Program and achieves their personal swimming goals.

Swimming competitively is a great way for children to keep fit, learn advanced technique, be disciplined in

STARplex Swim Centre Manager

Kelly Lange

18 -20 Alexander Avenue

Evanston Park, SA

5116

p (08) 8522 0685

[kelly.lange@starplex.com.au](mailto:kelly.lange@starplex.com.au)

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## STARplex Swim Centre

### Squad program Assessments

If you think your swimmer is eligible for our squad program please contact the swim centre office to organise a free assessment with one of our coaches. Assessments can be arranged during school term time, Monday - Friday, 4pm - 6pm. Assessments are free and you should allow approximately 20 minutes.

### Booking into our STARSquad Program

Once you know what squad your swimmer will be in simply see the staff in the pool office who will happily organise your booking and give you a STARSquad pack with all the information.



### STARplex Swim Club

In joining the STARplex Swim Club your swimmer will also be a member of Swimming SA. This will allow them to compete in any Swimming SA registered swim meet. STARplex Swim Club holds 2 carnivals annually here at STARplex and Gawler Swim Club also host an annual carnival. Swim meets are held all around South Australia and as a family you are able to choose which swim meets your swimmer will compete in.

Please contact a committee member via the STARplex Swim Club website [www.starplexswimclub.org.au](http://www.starplexswimclub.org.au) to register your swimmer as a swim club member once you have made your STARSquad bookings.

Socially throughout the year the STARplex Swim Club will hold member social days and the swimmers and your family will enjoy being a part of a club atmosphere.

### STARSquad Fees

All STARSquad fees are either payable monthly via direct debit payment or upfront quarterly payments throughout the year. For those on upfront payments, 2012 payment dates are as follows:

**February 1st - April 30th**

**May 1st - July 31st**

**August 1st - October 31st**

**November 1st - January 31st 2013**

**Payment due by February 10th**

**Payments due by May 11th**

**Payments due by August 10th**

**Payments due by November 9th**

### What do we expect at training?

Each level of our squads has a criteria to pass before you are able to move up to the next squad. Our coaches like to enforce listening to instruction and maintaining good behaviour at training. We respect our coaches and each other as well as all pool users.

Swimmers are encouraged to wear fitted bathers, goggles and a swim cap. Coaches also ask the swimmers to bring a drink bottle to each training session. Hydration in swimming is vital and we adopt the no drink bottle no swim policy to ensure swimmers are able to complete training sessions feeling healthy.

As a snack coaches encourage swimmers to eat healthy before training. No junk food please.

Finally when swimmers come to training they should have their own named fins and goggles. Swimmers are asked to not leave their swim bags in the change rooms while they swim. Please bring them out on pool deck where they can be put with all other swimmers bags.

### Contact the STARplex Swim Centre

If you have any questions about the squad program, please contact the swim centre office on 8522 0685 or 8523 8742 or email [kelly.lange@starplex.com.au](mailto:kelly.lange@starplex.com.au) The STARplex and STARplex Swim Club websites are also a fantastic resource of information regarding our STARSquad Program