

STARSQUAD PROGRAM



STARplex Swim Centre

Bronze STARSquad Criteria

The Bronze STARSquad has 2 sets of criteria within the Bronze level:
Bronze 1 to Bronze 2 and Bronze 2 to Silver STARSquad

Bronze 1 to Bronze 2 Criteria

- Attend a minimum 2 sessions per week

Achieve 100 Free

Achieve 100 Back

Achieve 100 Breaststroke

Achieve 50m Butterfly

Must maintain correct technique over distance

- Listen to instructions and maintain good behaviour while training
- Streamline after dives, push offs and turns
- Understand and attempt turns for all strokes including Individual Medley
- Understand and Attempt racing dives
- Swim sets and warm up without stopping
- Successfully swim the following cycle:
- 4 x 50m Freestyle on 1min 20 sec.
- Promotion is at the end of each calendar month

When passing requirements are achieved and confirmed by the Bronze Coaching Co coordinator, swimmers will be promoted. The swimmer will receive an interim certificate of achievement for this level.

Bronze 2 to Silver STARSquad Criteria

- Attend a minimum 2 sessions per week

Achieve 200 Freestyle

Achieve 150 Backstroke

Achieve 150 Breaststroke

Achieve 50m Butterfly

Must maintain correct technique over distance

- Listen to instructions and maintain good behaviour while training
- Streamline after dives, push offs and turns
- Understand and attempt turns for all strokes including Individual Medley
- Understand and Attempt racing dives
- Swim sets and warm up without stopping
- Attain as per table (right): 400 Freestyle time, 2 x 50 times (one Freestyle plus one other), 2 x 100 time

Promotions are at the end of each squad term.

Stroke	11 and Under	12 & Over
100 I.M.	1.50.00	1.48.00
50 Fly	54.00	53.50
50 Back	54.00	53.50
50 Brst	58.00	57.00
50 Freestyle	50.00	48.50

When the passing requirements are achieved and confirmed by the Bronze coaching coordinator, swimmers will be promoted. The swimmer will receive an invitation to the Silver STARSquad

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