

STARSQUAD PROGRAM

STARplex Swim Centre



Gold STARsquad Criteria

Swimmers will enter Gold STARsquad once the criteria of Silver STARsquad has been completed.

At this level swimmers are expected to attend a minimum 5 sessions per week and those aged over 12 years should be doing 5 - 7 sessions per week. Our Gold STARsquad members are working at a high intensity and striving towards State level times. The aim is to allow the swimmers to have a good variety in their training programs combining dry land, pool and stretching training sessions to ensure they can reach their goals successfully.

Swimmers will be required to attend sessions with their coaches in order to set goals with regard to their swimming, nutrition and well being which will be reviewed on a regular basis.

Coaches of the High Performance and Gold STAR Squads will contact both swimmer and his or her parents for further discussion on moving into the High Performance Squad.

Please contact the swim centre office to book into the Gold STARsquad on 8522 0685.

High Performance Squad Criteria

Entry into the High Performance Squad is assessed by both the Gold and High Performance Coach. The swimmer would have achieved a National age qualifying time and be expected to attend a minimum six sessions/average of six sessions per week. The swimmer's work ethic, performance in training and at swim meets, age and commitment to the program is also taken into consideration.

Programming at this level involves strength and conditioning training at a high level of intensity and endurance working towards building elite level athletes.

The High Performance Squad will aim to integrate with the STARplex Athlete Development Program, working with accredited exercise physiologist and Certificate IV Personal Trainers on developing land based training programs to assist with individual swimmers goals.

Please contact the swim centre office to book into the High Performance Squad on 8522 0685.

High Performance Coach and STARsquad Program Coordinator

The STARsquad Program coordinator and High Performance Coach is 2010 Australian Team Coach, Stephen Garner. Stephen has had great success with many swimmers in the past including Silver Medallist Sam Marshall at the Delhi Commonwealth Games in 2010. Stephen has a wealth of knowledge and leads our experienced team of coaches including Janet Howarth, Bradley Waller and Bonnie Howarth.

For more information regarding the High Performance Squad Program please contact Stephen via email, stephen.garner@starplex.com.au or phone the swim centre on 8522 0685 or 8523 8742.

www.starplex.com.au