

STARSQUAD PROGRAM



STARplex Swim Centre

Silver STARSquad Criteria

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

Silver 1 to Silver 2 Criteria

- Attend 3 sessions minimum per week
- Maintaining correct technique over distance achieve:
300 Free
200 Back
200 Breaststroke
100m Butterfly
Must maintain correct technique over distance
- Listen to instructions and maintain good behaviour while training
- Streamline after dives, push offs and turns
- Correct turns for all strokes including Individual Medley
- Understand and attempt racing dives
- Swim sets and warm up without stopping
- Correct racing dives

Attain 2 x 50m times (one Freestyle plus one other) and 1 x 100 time (as per table right)

Promotion is at the end of each calendar month

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

Stroke	11 and Under	12 & Over
100 Fly	1.50.00	1.45.00
100 Back	1.42.00	1.40.00
100 Breast	1.52.00	1.49.00
100 Free	1.32.00	1.30.00
100 I.M.	1.45.00	1.43.00
50 Fly	50.50	48.50
50 Back	50.00	48.00
50 Breast	53.00	51.00
50 Free	45.00	43.00

Silver 2 to Gold STARSquad Criteria

- Attend 3 sessions minimum per week
- Successfully swim the following cycles maintaining correct technique over distance:
4 x 100m Freestyle on 1 min 45 sec
4 x 100m I.M. on 1 min 55 sec
4 x 200m Freestyle on 3 min 45 sec
- Correct consistent streamline and turns throughout training sessions
- Listen to instructions and maintain good behaviour while training
- Correct 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

Stroke	11 and Under	12 & Over
400 Free	6.20.00	6.20.00
100 Fly	1.41.00	1.39.00
100 Back	1.38.00	1.36.00
100 Breast	1.51.00	1.46.00
100 Free	1.26.00	1.24.00
100 I.M.	1.32.00	1.30.00
50 Fly	44.00	43.00
50 Back	44.00	43.00
50 Breast	50.00	49.00
50 Free	38.00	37.00

Promotions are at the end of each squad term, four times per year

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