

## STARplex Swim Coaching Program

### **Coaching Team**

#### **Paul Staight – level silver coach**

- Coached and taught swimming full time for the last 37 years
- Placed 3 swimmers on Olympic teams
- Saudi Arabian National Coach
- Coached in England, Saudi Arabia, Australia and New Zealand

#### **Janet Howarth – level bronze coach**

- Squad coach State Swim Golden Grove
- STARswim development organiser
- Janet has produced 80% of the current squad swimmers

#### **Roger Holmes – level bronze coach**

- Head coach Port Augusta
- All Port Augusta swimmers at 2005 country championships achieved a medal!

#### **Jarrad Cody – level Green licence**

- Both swum state level competition
- Both qualified swimming teachers who work with the swim school

- Talent Development Squad
- Junior Olympic Squad
- Junior National Squad
- National Squad
- London Olympic Squad

### **Results**

- 2001-2002 -swim season 9 state qualifiers, 1 gold 1 silver medal
- 2002-2003 -18 state qualifiers, 1 silver medal
- 2003-2004 -32 state qualified swimmers
- 2004-2005 -40 state qualified swimmers, swimmer of the meet Rhiannon Barnard, 11 gold 7 silver 13 bronze medals. 4 swimmers qualified for National Age championships, Emily Thorn & Alicia Hurkmans made finals
- 2005-2006 -43 swimmers qualified, 4 swimmers made National Age times, Emily Thorn achieved 2 silver medals in the 100 & 20 Breaststroke (13 age group). Emily also was the youngest swimmer to qualify and swim at the Commonwealth Games trials
- 2006 – 2007 -60 state qualified swimmers (8 Gold, 9 Silver and 12 bronze medals). 1 swimmer made National Age times, Taylor Ritenberg achieved 2 finals, placing 6<sup>th</sup> on the 15 year old 100 breaststroke and the silver medal on the 200 breaststroke. State winter championships (22 Gold, 7 silver 3 bronze medals).
- Bradley Bain swim of the meet, state winter championships
- 2007 – 2008 -45 state qualified swimmers (11 Gold, 16 silver, 13 bronze). 7 swimmers achieved National Age times. 3 Swims made national finals.

### **Time Trials**

- Specific time trials are held 8x a year, normally on a Sunday evening 4.00pm – 6.00pm. Dates for this are normally advised in the monthly newsletter that is sent out with your bill, or on coach's board at the deep end of the pool.
- Time trials are also held for Juniors and Talent squads on a two week basis, at the end of their lesson, results being shown on the squad notice board
- National squads will as part of their training be time trial tested throughout the year on a weekly basis

### **Education**

- It is normal to see a huge improvement in academic results once a student has been training for a reasonable period of time. Almost all of our National squad are within the top 5% of their class at school. It is often the case that if they are not working hard in the pool then they are seldom working in the classroom.

### **Life Skills**

- Swimming training teaches discipline, commitment, work ethic, and team work, the ability to cope with stress, time management, excellence, motivation, goal setting, fitness and a healthy life style. All invaluable skills when a student moves into adult life. All the above are highly sought after by employers as the student moves into the work force.

### **Talent development squad**

- Train 2-3 times a week for 45 minutes
- Training times Monday – Friday 3.45pm – 4.30pm and Saturday (with Janet Howarth) 9.30 – 10.15am **term time only**
- Cost on application, plus \$2.30 paid at reception on entry every swim (For Trinity students \$1.20, please get your pass from swim school office) NB as from June.
- Entry standard 4 x 25 metres timed on all 4 strokes, total to be under 105 seconds, plus a continuous swim of 500 metres
- The standard at this level is aimed at good schools swimming competition

### **Junior Squad**

- Train 3x a week or more
- Training times Monday – Friday 4.30 – 5.30pm, Saturday 6.00 – 8.20am
- Cost on application. Plus same entry cost as Talent squad
- Entry standard timed 4 x 50 metres on all strokes, total to be under 200 seconds
- This squad is looking at achieving state qualifying times. It is normal for as many as 50% of this squad to make state standards

### **Junior National Squad**

- Train 4 – 5x a week with National squad (swimmers close to National Age times by coaches invitation can train more)
- Training times Monday, Wednesday and Friday pm 5.30 – 7.30, Monday, Tuesday and Thursday 6.00am – 8am plus Saturday 6.00am – 8.20am
- Cost on application, plus same entry cost as Talent squad
- Entry standard 12 years or younger only. 4 x 50 metre on all strokes total under 155 seconds
- Display good training ethic
- NB due to large numbers in National squads swimmers have to attend sessions where there is space
- State finals and occasional national age standards are achieved at this level

### **National Squad**

- Train up to 7 times a week (more sessions by negotiation)
- Training times Monday, Wednesday & Friday pm 5.30 – 7.30, Monday, Tuesday, Thursday and Friday 6.00am – 8.00am plus Saturday 6.00am – 8.20am
- Cost on application, plus same entry cost as Talent squad
- Entry standard 13 years & over. 4 x 50 metre swims on all strokes total under 155 seconds
- Display good training ethic
- State finalists and medallists are normal at this level

### **London Olympic Squad**

- All national squad sessions, plus Thursday 5.30-7.30pm
- Individual programs aimed at National qualification and competition
- Cost on application
- Entry standard- by invitation
- National open and age qualification, plus national age finalists and potential medallists are our goal in this squad

