



**STARplex**

FITNESS WELLNESS PERFORMANCE

*at Trinity College*

**SWIM CENTRE**

**CHALLENGE**  
*Squad Handbook*



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2020

# CHALLENGE Squad Handbook

## STARplex Swim School

**Congratulations**  
*You have just passed Turtles!*



### STARplex STARsquad

Mini Squad



Rising Stars



### STARplex Swim Club Competitive Stream

State Development Squad



State Squad



National Development Squad



National Squad

### STARplex Challenge Recreational Stream



Fitness Squads



at Trinity College

# CHALLENGE Squad Handbook

## Congratulations

What's Next? ➡

## MINI SQUAD

Once you have passed Turtles you will be able to swim freestyle, backstroke and breaststroke confidently.

You will now enter our Mini Squad level. This is where you will learn all about swimming competitively. You do not need to compete but the opportunity is there. You will learn how to do all the turns and starts as well as improving your strokes and endurance. You are able to book more than one session a week if you want to improve faster.

Class area is usually one 15m lane, with one coach. Occasionally the coaches may combine classes to work on specific areas of swimming or to utilise available lane space, also at times there may be a 25m lane available. These classes run for 45 minutes.

The coaches constantly assess the swimmers and when they think you are ready they will pass you into Rising Stars or State Development Squad, depending on whether you wish to do competitive swimming under Swim S.A. or recreational goal focussed swimming. Coaches usually pass swimmers at the end of a term. The passing guidelines for Mini Squad are in this pack.

Make up lessons are not available in Mini Squad.

Lesson bookings for Mini Squad are made at the pool office. The recommended number of sessions in this level is 2 per week.

The Starplex Swim Club organise their Club Championships every school holidays and include "Come and Try" events especially for Mini Squad and Rising Stars. You do not need to belong to the club to attend these, but you will need to complete a form to let the club know what you will be swimming. This is a fun way to learn about carnivals. There is also a Mini Squad Challenge to attempt if you wish.

### ***In Mini Squad you will learn:***

- How to read the pace clock.
- Lane etiquette.
- How to read a swim program – Learn to read the coaches program written on the whiteboard.
- Underwater Streamlining – starting each swim in streamline underwater for a short distance up to 5metres.
- In Mini Squad you will swim approximately 700 to 800 metres per session.
- You will improve your stroke technique, endurance and prepare for the challenge.

### ***Mini Squad Challenge***

Swim 100 metres continuous freestyle with a dive start and correct turns and finish.

Swimmers will be notified when the challenges are scheduled.



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### Mini Squad Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.45pm (2x sessions available)	3.45pm (2x sessions available)	3.45pm	3.45pm (2x sessions available)	3.45pm (2x sessions available)	9.00am 9.45am 10.30am	10.30am
5.30pm	5.30pm	5.30pm	4.30pm	5.30pm		

### Cost per session(s)

1x session per week	2x sessions per week (Recommended)	3+ sessions per week
\$18.50	\$24.00	\$27.50

### Mini Squad Passing Requirements

...to Rising Stars and then to State Development Squad at coaches assessment

➔ **Swimmers passing into Rising Stars will be assessed by a Rising Stars Coach.**

➔ **Swimmers passing into State Development will be assessed by a State Development Coach.**  
(Prior to permanent placement into State Development Squad there will be a 4 week transition period).

- **Swim 50m Freestyle maintaining good technique**

This is achieved as 4 laps of the 15m lane with an attempt at a turn off the wall.

Swimmer should have a good body position, head down.

Stroke should have uninterrupted rhythm, (no stopping when breathing) with natural body roll and continuous kick.

The swimmer should be moving forward in the water at all times.

- **Swim 50m Backstroke maintain good technique**

This is achieved as 4 laps of the 15m lane with an attempt at a turn off the wall.

Swimmer should have a good body position, hips up, head in neutral position looking up.

Maintaining natural body roll, continuous arm action and kick.

The swimmer should be moving forward in the water at all times.



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## **Mini Squad Passing Requirements...continued...**

- **Swim 30m Breaststroke maintaining good technique**

This is achieved as 2 laps of the 15m lane with an attempt at a turn off the wall.

Swimmer should have a good body position, head remaining in neutral position throughout the stroke.

The stroke should only have a slight undulating movement starting and ending in the glide position.

Maintaining a forward movement throughout the stroke.

The rhythm of breaststroke is glide/pull/breathe/kick/glide.

- **Swim with a good pulse action for 30m**

This is achieved as 2 laps of the 15m lane with an attempt at a turn off the wall.

Swimmers should be able to achieve this action on the surface of the water as well as underwater on their front and back.

Pulse action starts at the chest flowing through to the toes.

The pulse action should be rhythmical and not over exaggerated.

Head is in a neutral position looking down, and stable, arms extended.

Pulse should maintain a forward movement throughout.

- **Understand the technique for Butterfly**

The swimmer should be able to swim 10 – 15m of butterfly with good a good kick and be able to move both arms simultaneously over the water and understand the underwater scull action and the rhythm of the stroke.

- **Streamline off every start and wall in correct position**

Streamline position is with arms extended by ears in a relaxed stretched style, i.e. not tense, shoulders relaxed.

Hands are placed one on top of the other.

Head in neutral position, looking down.

Body is stretched through to toes.

Swimmer to move forward through the water in either a glide or with a pulse action.

- **Be able to do a basic dive from the end of the pool – do not need to dive from block**

Swimmer needs to dive from a standing position, feet together, entering the water hands first, head down with a body follow through.

- **Understand the turns for freestyle, backstroke and breaststroke**

Swimmer needs to understand what turn goes with what stroke and be able to attempt the turn while swimming the stroke. *Always ensuring the swimmer is relaxed and comfortable and is breathing correctly while swimming.*

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## RISING STARS

Once you have passed Mini Squad you will be able to swim all competitive strokes competently.

The distances you swim in Rising Stars will be greater than Mini Squad to improve your endurance and the stroke drills will include learning basic butterfly. There are challenges to attempt in a fun relaxed atmosphere.

### *In Rising Stars you will learn:*

- How to dive from the block using a racing dive and learn how to adjust the back of the block to suit your size.
- You will swim distances, 50m and 100m etc.
- You will learn the structure of the Individual Medley and the turns associated with it.
- In Rising Stars you will swim approximately 800m to 1300m per session.
- We recommend swimming 2 sessions a week to improve technique and endurance faster.

Class area is a 25 metre lane with one coach and the class runs for an hour. The coaches constantly assess the swimmers and when they think you are ready they will pass you into the Fitness Squad, this is usually at the end of a term. At any time if you decide you want to compete in Swim S.A. carnivals you will be able to be assessed by one of the competitive stream coaches and placed in one of their squads and will be required to join the Starplex Swim Club and Swim S.A.

### *Rising Stars Challenge*

Swim 500 metres continuous freestyle with a dive start and correct turns and finish. Swimmers will be notified when the challenges are being swum.



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## *Rising Stars Passing Requirements ...State Development or Fitness Squad*

➔ *State Development Squad or Fitness Squad will be assessed by their coach.*

- **100m Freestyle**

Good technique maintained over distance.

Swimmer should have a good body position, head down.

Stroke should have uninterrupted rhythm, (no stopping when breathing) with natural body roll and continuous kick.

The swimmer should be moving forward in the water at all times.

- **100m Backstroke**

Good technique maintained over distance.

Swimmer should have a good body position, hips up, head in neutral position looking up.

Maintaining natural body roll, continuous arm action and kick.

The swimmer should be moving in the water at all times.

- **100m Breaststroke**

Good technique maintained over distance.

Swimmer should have a good body position, head remaining in neutral position throughout the stroke.

The stroke should only have a slight undulating movement starting and ending in the glide position.

Maintaining a forward movement throughout the stroke.

The rhythm of breaststroke is glide/pull/breathe/kick/glide.

- **2 x 25m Butterfly**

Good pulse technique maintained over distance.

Swimmer should be able to achieve a good pulse action and understand the basic arm action of Butterfly.

Able to move forward through the water.

The correct breathing timing should be attempted.

- **Able to swim 25m and 50m Repeats in Freestyle and Backstroke - Including drills, skills and kicking sets using the pace clock**

Swimmers should be able to achieve this maintaining their technique throughout the set given. E.g. in freestyle kick, an even kick should be maintained, no breaststroke kicks added to aid propulsion. A basic understanding of the pace clock is desirable (e.g. 6 x 25's on 60 seconds).

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### Rising Stars Passing Requirements...continued...

#### Understand basic skills including -

- Able to dive confidently from block**

Know how to alter the foot rest at the back of the block.

Understand the positioning of a racing dive from the block.

Enter the water hands first, head down with a body follow through.

- Able to backstroke start using bar**

Know the positioning of the feet and hands, the rise to prepare for release and the start with arms extended for entering the water.

- Streamlining with good body position**

Streamline position is with arms extended by ears in a relaxed stretched style, i.e. not tense, shoulders relaxed.

Hands are placed one on top of the other.

Head in neutral position, looking down.

Body is stretched through to toes.

Swimmer to move forward through the water with a good pulse action.

- Basic freestyle/ backstroke/ breaststroke/ butterfly/ I.M. turns**

Swimmer needs to understand what turn goes with what stroke and be able to attempt the turn while swimming the stroke.

### Rising Stars Weekly Classes Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4.30pm – 5.30pm	4.30pm – 5.30pm	4.30pm – 5.30pm	4.30pm – 5.30pm	4.30pm – 5.30pm	10.30am – 11.30am	9.30am – 10.30am
		5.30pm – 6.30pm	5.30pm – 6.30pm	5.30pm – 6.30pm		

Swimmers will be notified when the Challenge Swims are scheduled.

### Cost per session(s)

1x session per week	2x sessions per week (Recommended)	3+ sessions per week
\$19.50	\$26.50	\$27.50



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## FITNESS SQUAD

This squad is for fun and fitness – you will still keep working on your technique and skills with an experienced coach and will have the opportunity to gain and maintain racing skills. There will be challenges along the way to keep you interested.

If at any time you decide you would like to compete in Swim S.A. Carnivals you can ask your coach to get a Starplex Swim Club coach to assess you for placement in their squads. You will then be required to join the Starplex Swim Club and Swim S.A.

Fitness Squad class area is a 25 metre lane and each class runs for an hour. You are able to book as many sessions as you wish per week.

There will be sessions run during the school holidays also that will need to be booked for.

In this level if you have anything in particular that you would like to work on please have a chat to your coach so it can be incorporated into your sessions.

The booking requirements are the same as Mini Squad, through the swim centre office.

### ***Fitness Squad Weekly Classes Timetable***

*The Fitness Squad payments will be set up as a 15 visit session pass.*

<b><i>Monday</i></b>	<b><i>Wednesday</i></b>
6.15pm – 7.15pm	6.15pm – 7.15pm

***Swimmers will be notified when the Challenge Swims are scheduled.***

***Cost = \$145***

# **CHALLENGE** Squad Handbook

## **Star Squad Program Coaching Team**

**Alex Palmer**

Head Coach

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