



*at Trinity College*

# ***SQUAD*** *Program*

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LATEST INFO



# 2023

**STARplex Swim Centre** 18-20 Alexander Ave, EVANSTON PARK

Phone 8522 0622 | [www.starplex.com.au](http://www.starplex.com.au)  

### STARplex Swim School

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



### STARplex Squad Program

*Mini Squad*

Able to join STARplex Swim Club

*Rising Stars*

*Fitness Squad*

### STARplex Swim Club Competitive Stream

*State Development Squad*

Must join STARplex  
Swim Club

*State Squad*

*National Development Squad*

*National Squad*



### Congratulations What's Next?



#### ➡ MINI SQUAD

In passing Turtles (Swim School top level), you can continue your swimming journey by entering Mini Squad and are able to join STARplex Swim Club. It is here that you will further develop your techniques. 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.

The Starplex Swim Club hold Club Championships every school holidays and include "Come and Try" events, for Mini Squad and Rising Stars (both members and non-members). This is a fun way to learn about carnivals.

##### **Mini Squad:**

- Able to swim up to 3 sessions per week, however a minimum of 2 is recommended.
- 45 minute session.
- Understand dives and turns.
- Can participate in STARplex Swim Club Come 'n' Try events.
- Use fins

#### ➡ RISING STARS

In Rising Stars we highly recommend purchasing fins, to aid in technique development, basic power strength development and endurance.

##### **Rising Stars:**

- 1 hour sessions
- Able to join STARplex Swim Club.
- 2 sessions per week recommended, are required to pass into State Development Squad.

Swimmers in State Development are assessed by the Squad Liaison and State Development Squad coach/s. Swimmers must be confident and competent enough to cope with State Development training across all strokes.

#### ➡ FITNESS SQUAD

Fitness Squad participants are not required to join the STARplex Swim Club and for one fee per week, can swim in as many of the Fitness Squad sessions as you like. The Fitness Squad is great for swimmers who have completed the requirements of Rising Stars and would like to continue to swim for personal fitness, or to include as part of cross training, while playing other sports.

##### **Fitness Squad:**

- 1 1/4 hr sessions
- Unlimited Sessions
- Individual Swimming fitness goals

See timetable for Mini Squad, Rising Stars & Fitness Squad on the next page

## SQUAD Program

### Training Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mini Squad	3.45pm 5.30pm	3.45pm 5.30pm	3.45pm 5.30pm	3.45pm 4.30pm 5.30pm	3.45pm 4.30pm	9.00am 9.45am	10.30am
Rising Stars	4.30pm	4.30pm 5.30pm	4.30pm	4.30pm	4.30pm 5.30pm	10.30am	9.30am
Fitness Squad			5.15pm	6.30am	5.15pm		

\*am sessions \*pm sessions

### Fee Schedule (direct debit payment only)

	1x session per week	2x sessions per week (Recommended)	3+ sessions per week
Mini Squad	\$19.80	\$25.50	\$29
Rising Stars	\$21	\$28	\$29
Fitness Squad	\$28.50 per week - unlimited sessions payable as a direct debit.		

Effective January 2023



# STARplex SWIM CENTRE

## SQUAD Program

### STARplex Swim Club Membership - Eligible from Mini Squad upwards

#### Mini Squad/ Rising Stars / Fitness Squad

#### STARplex Swim Club Full Membership

Full membership via Swimming SA allows swimmers to compete for the club.

**\$44.25**..... parent/guardian (compulsory if swimmer is under 18 years of age)

- **\$21.11** ..... for second parent

**\$157.11** .... 1st member

**\$99** ..... children 8 years and under

#### Benefits:

- Eligible to compete in all Swimming SA registered meets
- Includes two local carnivals at STARplex
- Invitation to all club championships
- Invitation to annual general meeting
- Access to purchase swim club merchandise
- Swim Club Swim Cap

#### Requirements:

- The registering parent must have a Working With Children's check
- The registering parent must have their COVID 19 Training

#### Contact:

STARplex Swim Club

PO Box 1634 Gawler 5118

Email: [starplex.enquiries@gmail.com](mailto:starplex.enquiries@gmail.com)

Website: [www.starplex.swimming.org.au](http://www.starplex.swimming.org.au)

Location: STARplex Swim Centre,  
18-20 Alexander Ave, Evanston Park





## Progress through Competitive Squads

### State Development Squad – entry point to the competitive stream of swimming

#### Learning Aims and Commitment:

- Aiming to learn and develop into a competitive swimmer with competent racing skills.
- Attendance at wet and dryland activation as set out by the coach.
- Learning how to train.
- Introduction to racing skills.
- Willingness to progress to State level.

**Training Kit:** fins, snorkel, water bottle, kick board

**Competitions:** Club, inter club, regional

### State Squad

#### Learning Aims and Commitment:

- Ability to train and compete at State level.
- Willingness to improve race skills through training and racing.
- Commitment to progressing to the next level of training at the appropriate time.

**Training Kit:** fins, snorkel, pull buoy, water bottle, kick board

**Competitions:** Club, regional, State, National, Interstate

### National Development Squad

#### Learning Aims and Commitment:

- Compulsory attendance at wet and dryland sessions as set out by the Head Coach.
- Ability to learn how to perform at a high level having already achieved at State level
- Commitment to progressing to the next level of training at the appropriate time.
- Goals and aspirations of representing STARplex at a National level.

**Training Kit:** fins, paddles, snorkel, pull buoy, water bottle, kick board

**Competitions:** Club, regional, State, National and International (where appropriate)

### National Squad

#### Learning Aims and Commitment:

- Exceptional performance at the highest level
- Compulsory attendance at wet and dryland sessions as set out by the Head Coach.
- Willingness to embrace various activities and learning experiences such as: sports psychology, a variety of gym classes and a gym program, nutrition (including regular skinfold testing), Feldenkrais, dryland activation routine, dance or martial arts programs, an understanding of the importance of the overall wellbeing of the self in relation to performance.



### Training Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
State Development Squad	3.45pm – 5.15pm	3.45pm – 5.15pm	3.45pm – 5.15pm		3.45pm – 5.15pm	8.00am – 9.15am
State Squad	5.45am – 7.45am 5.15pm – 7.00pm	4.00pm – 6.15pm	5.45am – 7.45am	4.00pm – 6.15pm	5.45am – 7.45am	6.30am – 8.30am
National Development Squad/National Squad	5.45am – 7.45am 3.45am – 5.30pm	5.45am – 7.45am 4.00am – 6.15pm	5.45am – 7.45am	4.00am – 6.15pm	5.45am – 7.45am 4.00am – 6.15pm	6.30am – 8.30am (Pool) 8.45am – 9.30am (Gym)

\*am sessions \*pm sessions

**Please Note:** Squad session times are allocated through coaches as times can change between the summer and winter program.

### Fee Schedule *(direct debit payment only)*

	Duration	Minimum Sessions Required	Cost per week
State Development Squad	1.25 hours	3+ sessions	\$28.50 x 1 per week \$25.65 per week (Trinity College family)
State Squad	1.5 – 2 hours	4 – 6 sessions	\$31.50 per week \$28.35 per week (Trinity College family)
National Development Squad	1.5 – 2 hours	5 – 7 sessions	\$33.00 per week \$29.70 per week (Trinity College family)
National Squad	1.5 – 2 hours	7 – 9 sessions	\$33.00 per week \$29.70 per week (Trinity College family)

Effective January 2023

# STARplex SWIM CENTRE

## SQUAD Program

*Our philosophy in our STAR Squad Program is for our swimmers to embrace a holistic approach to their swimming.*

*As well as achieving their individual swimming goals, the holistic approach will also reflect and enrichen our swimmers lives as a whole. Skills are developed including building self- esteem, team work and camaraderie which will hold them in good stead for their future.*

*We hope all our swimmers enjoy their swimming journey with us, wherever it may take them!*

### STARplex Squad Program Contacts

**Alex Palmer**

**Head Coach**

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**Josh Palmer**

**State Squad Coach**

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**Mackenzie Lienert**

**State Development Squad Coach**

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**Jesse Stone**

**Mini Squad/ Rising Stars Liason**

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**General Enquiries**

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