



STARplex Swim Centre

# STAR Squad Program





Joining and competing within the STARplex Swim Club is a great way for your swimmer to develop confidence in competing, not only against others, but also against themselves.

STARsquad training sessions combine both land and pool use to ensure your swimmer has the opportunity to build vital core strength, prevent injury and develop the strength they need in the water.

### STARplex Swim Club

*The Club seeks to develop a strong and vibrant spirit in training, at meets and in the Clubs administration. An important element of this spirit is the relationship between the senior and junior swimmers within the squads, as well as coaches, swim centre management and parents, encouraging our swimmers to reach for and achieve their potential.*

*STARplex Swim Club is building a tradition of achievement which we all want to see continue and thrive. Our aim is to encourage our athletes to achieve their goals in their chosen sport, and to provide a safe and supportive environment for them to develop their swimming skills and important life skills such as discipline, commitment and sound work ethic.*

### STAR Squad Structure





## Coaching Team

Mini Squad	Coaching team	cameron.poppelwell@starplex.com.au
State Development Squad and State Squad	Jacob Desmond Cameron Poppelwell	cameron.poppelwell@starplex.com.au
National Development Squad	Alex Palmer (Head Coach)	alex.palmer@starplex.com.au
National Squad	Alex Palmer (Head Coach)	alex.palmer@starplex.com.au

## STARplex Swim Club Membership

### STARplex Swim Club Full Membership

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

\$42.50 parent/guardian (compulsory if swimmer is under 18 years of age)

\$150 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
- Access to purchase swim club uniform and merchandise
- Invitation to annual general meeting
- Regular newsletters

Contact:

General Enquiries:

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

STARplex Swim Club Membership Enquiries

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

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

## Progress through 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

	State Development Squad	State Squad	National Development Squad	National Squad
Monday	4.00 – 5.00pm 5.00pm – 6.00pm	5.00 – 7.00pm	3.30 – 5.30pm	5.45 – 7.45am 4.00 – 5.30pm
Tuesday	4.00 – 5.00pm 5.00pm – 6.00pm	5.00 – 7.00pm	3.30 – 5.30pm	5.45 – 7.45am 4.00 – 5.30pm
Wednesday	5.45 – 7.45am 4.30 – 5.30pm	5.45 – 7.45am 4.00 – 5.30pm	5.45 – 7.45am	5.45 – 7.45am
Thursday	4.00 – 5.00pm 5.00pm – 6.00pm	5.00 – 7.00pm	3.30 – 5.30pm	4.00 – 5.30pm
Friday	4.00 – 5.00pm 5.00pm – 6.00pm	5.00 – 7.00pm	5.45 – 7.45am 3.30 – 5.30pm	5.45 – 7.45am 4.00 – 5.30pm
Saturday	8.00 – 9.00am	6.30 – 8.30am	6.30 – 8.30am	6.30 – 8.30am
Sunday				

\* am sessions \* pm sessions

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

### STARsquad Program Fee Schedule (direct debit payment only)

	Duration	Minimum Sessions Required	Cost per week
Mini Squad	45 minutes	1 – 3 sessions	\$18.50 x 1 per week or \$24.00 x 2 per week \$27.50 x 3 per week
State Development Squad	1 hour	3+ sessions	\$27.50 x 1 per week \$24.75 per week <i>(Trinity College family)</i>
State Squad	1.5 – 2 hours	4 – 6 sessions	\$30.50 per week \$27.45 per week <i>(Trinity College family)</i>
National Development Squad	1.5 - 2 hours	5-7 sessions	\$32.00 per week \$28.80 per week <i>(Trinity College family)</i>
National Squad	1.5 - 2 hours	7-9 sessions	\$32.00 per week \$28.80 per week <i>(Trinity College family)</i>



## STAR Squad Program Direct Debit

Direct debit payment is the payment method for squad programs. A Direct Debit form must be completed and returned to the Swim School Office prior to commencing training.

- There are no joining or cancellation fees for direct debit for participants of squad programs.
- Direct debit deductions occur fortnightly on a Monday, all year. Where a public holiday falls on a Monday, debits will occur on the next business day after.
- A STARplex rejection fee of \$15.00 per rejection/week applies if insufficient funds are available in the nominated account. Your financial institution may also charge a fee for a rejected payment.
- Direct debit arrangements are ongoing and will continue until a Direct Debit Cancellation form is completed by the customer. Forms can be collected from the Swim Centre Office.
- A medical certificate is required for any cancellations/time stops.
- Accounts that incur three or more consecutive direct debit rejections will be asked to contact Swim School Centre Management and your booking will be removed.

## Finally...

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 enrich 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!