

STARplex Swim Club

*For further information please
send us an email.*

We'd love to hear from you!

Contact Us

STARplex Swim Club
PO BOX 1634
Gawler SA 5118

starplex.enquiries@gmail.com

www.starplex.swimming.org.au



2020/09



STARplex Swim Club

Swimming SA

Swimming SA was first established as the South Australian Amateur Swimming Association in 1898 as an Incorporated Association and is the peak body for competitive swimming in South Australia.

Swimming SA:

- Has 51 swimming clubs throughout the metropolitan and country areas. Clubs provide professional coaching enabling swimmers to compete at national levels as well as offering other levels of competition, recreational and fun activities.
- Conducts club carnivals across the State during the summer period providing an opportunity for family involvement and enjoyment and a range of competitions are offered throughout winter in the metropolitan area.
- Conducts Swimming SA Country Championships, Swimming SA South Australian State Championships (comprising State Open Water Swim, Long Course Meet and Sprint Relay Meet) and Swimming SA South Australian Short Course Championships.
- Supports many school swimming carnivals and other participation activities and provides a range of development and participation programs across the State.
- Is an important stakeholder in the SA Sports Institute (SASI) High Performance program.

Contact Information

SwimmingSA Inc
443 Morphett Road
OAKLANDS PARK SA 5046

Phone: +61 8 7123 0848
Email: admin@sa.swimming.org.au
Website: sa.swimming.org.au
Facebook: facebook.com/swimmingsa
Instagram: instagram.com/swimmingsouthau



STARplex Committee 2021/2022

President :	Nicole Ryan
Vice President:	Jeremy Nesci
Secretary:	Jade Dudley
Treasurer:	Terri Dohnt
Officials Coordinator:	Raegan Herbst
Member Registration:	Lisa-Marie Jones
Sponsorship:	Nicole Ryan
Catering Lead:	Terri Dohnt
General Committee:	Seanna Haahesy Raegan Herbst Genine Stubbings Korina Charleson Lisa-Marie Jones

Non Committee Roles

Member Welfare:	Peter Ryan	0419 034 874
Uniforms:	Genine Stubbings	0428 741 009
Public Officer:	Peter Ryan	0419 034 874
Media & Publicity:	Nicole Ryan	0412 804 693
Grants:	Genine Stubbings	0428 741 009
Pool Manager:	Kelly Lange	08 8522 0685
Coaches:	Alex Palmer (Head Coach) Cameron Poppelwell Erica McGiffert	

Contacts:

Enquiries:	starplex.enquiries@gmail.com
Membership:	starplex.membership@gmail.com
Nominations	starplex.nominations@gmail.com
Member Welfare:	starplex.memberwelfare@gmail.com
Uniforms:	starplex.uniforms@gmail.com
Coaching:	alex.palmer@starplex.com.au

STARplex Swim Club Code of Conduct for Members and Swimmers

- Give your best at all times.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Show concern and caution toward others that may be sick or injured.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated.
- Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- Be a positive role model.

Our Club

The STARplex Swim Club was formed in Sept 2000 and affiliated with Swimming SA in April 2003. In our short history we have enjoyed outstanding success at Club, State, SAPSASA, SSSA and National level. STARplex Swim Club is committed to taking it's swimmers to the highest level, as well as providing an environment which encourages swimmers of all levels to continue to enjoy their participation in the sport.

STARplex Swim Club seeks to develop a strong and vibrant spirit in training, at meets and in the Club's administration. An important element of this spirit is the relationship between the senior and junior swimmers within the squads, as well as coaches and parents.

As a club we are encouraging our swimmers to reach for and achieve their full potential. STARplex Swim Club has built a tradition of achievement which we want to see continue and thrive. STARplex Swim Club gives swimmers and their families the opportunity to interact with members of STARplex Swim Club and other Clubs (friendships formed are of great value). It also provides the opportunity to be a part of a team, and also develop as individuals in a relaxed and fun atmosphere.

Swimmers progress through Club time trials, Swimming SA meets and carnivals. As a club we are committed to supporting our swimmers through fundraising and social events throughout the year.

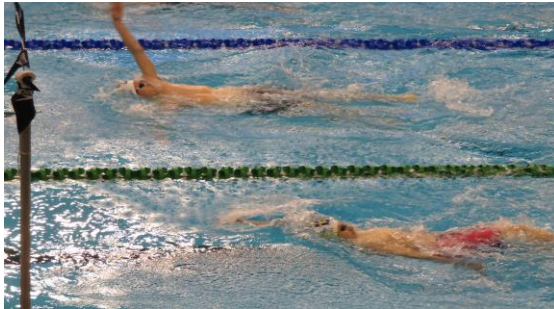
We hope any person joining our Club can take part in all that the STARplex Swim Club has to offer and can be enriched by the growing history, knowledge and success that the Club has enjoyed since its inception.



Our Aim

- To support swimmers to compete at all levels.
- To encourage swimmers to achieve their goals within swimming.
- To provide a safe and supportive environment
- To assist in the development of important life skills such as discipline, commitment and sound work ethic.
- To foster the spirit of competitiveness and good sportsmanship within the sport of swimming.

...by being one of the leading swimming clubs in South Australia.



Our Facilities

The STARplex complex, which was opened in June 2000, is owned by Trinity College and operated as a not for profit community centre. With over 9,000 visitors every week, the complex has something for everyone. Visitors enjoy a huge range of recreational and health support services delivered by experienced, qualified staff.

Pools

STARplex Swim Centre is a great swimming pool in Adelaide's Northern suburbs with two indoor heated swimming pools with the highest water quality. The water quality is achieved by using a combination of UV light and chlorine disinfection.

Swimming classes are offered from babies through to National level squad swimming, all under the guidance of highly qualified instructors and coaches.

Fundraising & Sponsorship

The Club actively seeks sponsorship as well as organising various fundraisers throughout the year. Everyone is required to participate in these events as they are a great social outlet as well as a vital source of income for Club activities including: subsidising Club fees, uniforms, purchasing equipment, supporting our swimmers who qualify for National Championships and Interstate Meets, administration costs such as printing, trophies, awards, postage, stationery, Officials training courses, Club advertising & promotions and relay entries.

If you are able to assist with goods, services or sponsorship of the Club we would love to hear from you.

Financial sponsorship is tiered Bronze, Silver, Gold and Platinum depending on the amount of sponsorship, and is for a period of one financial year, as well as trophy and carnival lane sponsorship options. If you would like to sponsor the STARplex Swim Club, contact the Club at starplex.sponsorship@gmail.com

2021/2022 Sponsors

Platinum

SAJE Exports Pty Ltd
STARplex Centre

Gold

Silver

Milanese & Co Accountants
Rudall and Rudall Lawyers

Bronze

2021/2022 Club Captains

Each year the swimmers vote for their Club Captains. This year our captains are Grace Seyfang and Harrison Stubbings.

STARplex Swim Club

Volunteers

STARplex Swim Club has grown to where it is today by the efforts of parents who volunteer their time. As the Club grows, so does the need for extra assistance in the management of the Club. There are many jobs that are done behind the scenes and the committee welcomes any offers of assistance.

Families are expected to participate in the running of carnivals in which their children are swimming and in Club fundraising activities. New members will be assisted by existing members. This not only shares the Club responsibilities amongst everyone involved but also helps to create an atmosphere of social interaction. Parental participation provides an excellent example of role modeling for children. Many people give up hours of their time to help run swimming events so that carnivals run smoothly.

Officiating and Timekeeping

Timekeeping is one of the most common tasks you will be required to perform. Each Club attending a carnival is allocated a number of timekeeping positions (or technical officials) according to the number of swimmers entered in each carnival. If you are rostered as a timekeeper (or official), it is important to complete your commitment until the meet is finished and support your swimmer and their club.

Officials are always in demand and Swimming SA conducts theory courses online, with practical training occurring on pool deck at open carnivals and Swimming SA meets. This is a great way to become an integral part of your child's swimming.



Club Uniforms

STARplex Swim Club members are expected to compete in their STARplex swim cap. Swimmers are also expected to wear the Club polo shirt and track pants/shorts (and jacket if cold) at all swim meets, especially when receiving medals on the podium.



Hoodies are also available for purchase, as are beanies, baseball caps and bucket hats. All uniform items can be purchased by contacting Genine Stubbings on starplex.uniforms@gmail.com

The wearing of Club colours helps to bond our team and identifies our Club at swim meets.

Club Championships

These events are usually held on the first Friday of each school holidays from 5.30pm (warm up). They are open to all Club and Swim School swimmers who can swim 25m with confidence. They provide all swimmers with the chance to compete in a format where the winner can come from any level.

Club Champs are divided into Come and Try events and Club events and the structure is about participation and PB's (personal best) times. Medals are awarded to the 1st, 2nd and 3rd placed male and female in each age group at the end of the series (presented at the AGM) for Club members.



Our Head Coach



Alex Palmer – Head Coach
STARplex – silver license (ASCTA)
Strength and Conditioning level 1 license (ASCA)

During my 14 years as a competitive swimmer I have won dozens of state titles and medals, multiple national age medals and represented South Australia several times.

I have been a coach at STARplex since 2012, working with young swimmers up to a Commonwealth Games finalist. I have had multiple State Age and Open Medalists as well as having multiple swimmers qualify for National Age and National Open competition.

My coaching philosophy is teamwork focused, with the goal to install a high level of technique combined with strong mental skills to give the swimmers the best opportunity to achieve their goals.

Our coaching team seek to give swimmers the tools to be self-driven, which is the key to success in and out of the pool.

The job of our coaches is to give our team members the background and skills necessary to succeed in life.



STARplex Swim Club

Membership Fees

Membership year runs from 1st October – 30th September

Club membership fees are set by the Committee each year. STARplex Swim Club fees are \$155.00 for each swimmer in the family. All fees include registration with Swimming SA.

Swimmers under 18 years must have one parent registered with Swimming SA and STARplex Swim Club at a cost of \$43.00. This registration fee also applies to Committee Members and trainee Officials.

Swimming SA Swimmers Handbook (\$35) lists all the official swimming competitions in SA. Swimmers who are registered will be able to nominate to swim at any events listed in the handbook for which they are eligible.

Membership registration is available online at the STARplex Swim Club website, www.starplex.swimming.org.au, “Join Here” tab, or via the Club Registrar.

Squad Training Fees

Squad training fees are paid directly to STARplex Swim Centre by weekly direct debit. **Discounts apply to Trinity College families.** Swimmers may attend as many sessions as they wish, however there is a minimum number of sessions for each squad level.

	Duration	Min Sessions Required	Cost per week
Rising Stars	1.25 hours	1 – 3 sessions	\$19.50 x 1 per week \$26.50 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 (Trinity College Family)
State Squad	1.5 – 2 hours	4 – 6 sessions	\$30.50 per week \$27.45 per week (Trinity College family)
National Development Squad	1.5 - 2 hours	5 - 7 sessions	\$32.00 per week \$28.80 per week (Trinity College family)
National Squad	1.5 – 2 hours	7 - 9 sessions	\$32.00 per week \$28.80 per week (Trinity College family)

Our Coaching Team

Alex Palmer (Head Coach) – National and National Development Squad

Qualifications

ASCTA member
Advanced Licence coach
Level 1 Strength and Conditioning



Cameron Poppelwell – State Squad

Qualifications

ASCTA member
Development Licence coach



Erica McGiffert – State Development Squad



Coaching Team

The STARsquad senior coaching team is supported by coaches qualified with the Swim Australia Coach of Competitive Swimming qualifications. All coaches are members of ASCTA, Australian Swimming Coaches and Teachers Association, have their child safe certificate and up to date police checks. Our coaches (employed by STARplex Swim Centre) attend state and international conferences throughout the year to ensure they have the latest information and access to a network of coaches throughout Australia and overseas.

Swimming Carnivals

Swimmers use the Swimmer Handbook to choose which swim meets (carnivals) they wish to enter. There are long course (50m pool) events in the summer season and short course (25m pool) events in the winter season.

Some meets are ideal for first time competitors and may or may not require a minimum qualifying time to be eligible to compete. If you have any questions regarding whether you are eligible for a particular meet, or what events you should enter at that meet, please speak to your coach prior to entering.

Other meets will be targeted meets by the Club (this is a meet the coaches expect most swimmers to attend). Details of which meets are targeted will be given closer to the date of the meet. Some the Club has used as targeted meets in past include Renmark, Playford, Clare and Gawler.

Country meets may include two types of races:

Scratch events are where the starter shoots the gun and everyone swims as fast as they can, with the first as the winner.

Handicap events are designed for anyone to win. You nominate a time you can swim the race in. When you line up at the pool, you are told a number, or GO mark. You can only go after your number has been counted (there is no gun). If you touch the end first and have not gone faster than your nominated time, you get to swim a final and do the same again. The winner can be the one that touches 2nd, 3rd, 4th etc, because of the time nomination and someone in front may 'break'. If you 'break' your time, you're out.

Meets regularly attended by the Club are Div 1 & Development meets. These meets are held at the SA Aquatic & Leisure Centre, Oaklands Park. Development is for 12 years and under and there are no qualifying times needed to attend. Div 1 is for 12 years and over and you need to have qualifying times to attend.

Please refer to the Swimming SA Handbook or Swimming SA Website for closing dates for official meets. Most meets have an online registration process, which you complete and pay for by credit card.

Some meets require white handicap cards (available next to the pockets on pool deck). There are instructions on how to fill them out on our website www.starplex.swimming.org.au under Resources then forms.

Swimmers should carry their Swimming SA registration cards at all times. Please arrive at least one hour before the start time to allow time for warm up. Open carnivals can take 6 hours from start to finish. Relay teams are confirmed at the beginning of the day, finals are usually held at the end of the meet so swimmers involved must be prepared to stay.

On arrival at the pool, please leave your unwanted gear with parents in the stands and report to the coach on pool deck wearing your STARplex swim cap for warm-up instructions. After warm-up, either sit with other STARplex Swim Club parents and swimmers in the stands, or report to marshaling if you are in an early event. Swimmers must report to marshaling when the appropriate event number is called or shown on the marshaling board. This ensures the meet runs smoothly and races start on time.

Always check with your coach before you swim for pre race comments and advice after for your swim for post race comments and feedback.

A Team Manager is appointed for each meet and is the link between the Officials and the Club. They ensure timekeeping obligations are met, relay teams are organised as well as assisting parents and swimmers with any queries.

Official times and personal bests (PB's) are recorded electronically for all registered swimmers and can be found on 'Swim Central'.

