



To Parents of Health and Sport program swimmers,

Welcome to our Health & Sport (Squad Training) program. This program has been designed to introduce your child to involvement in swimming as a sport, and if they so chose, become members of their local swimming club where they can become involved in competitive swimming, some even go on to represent their state or even their country.

Even if your child just wants to continue enjoying their swimming and to keep fit, then the State Swim 'Health and Sport' program is the place to be.

### **The 'State Swim Racing Team'**

Swimmers in the 'Health and Sport' program also become members of the 'State Swim Racing Team', where for an additional fee they receive a team uniform. Our 'State Swim Racing Team' also compete in State Swim interschool carnivals which are held at a national level quality aquatic centre. Information about upcoming carnivals will be provided a number of weeks before the carnival is scheduled, usually in May and November.

### **The 'State Swim Super Swim'**

Another of the events that we run each month is the 'State Swim Super Swim' which is our version of a time trial.

A Super Swim is an event where all 'Health and Sport' swimmers have the opportunity to challenge themselves and each other in a friendly and competitive manner. It is a time trial where team members set a personal time for a particular set of strokes and distances. At every following Super Swim they attempt to better their own times, and set a new benchmark for themselves. These Super Swims are run in the last week of each month. Please look at the squad board to see when the next Super Swim is to be held.

Each time a new benchmark is set your swimmer will receive a Super Swim card that states their event and the time that they achieved.

Once **Ten (10)** Super Swim cards have been achieved your swimmer will be awarded with a Bronze medal, **Twenty (20)** Super Swim cards will earn a Silver medal, **Thirty (30)** Super Swim cards will earn a Gold medal and **Fifty (50)** Super Swim cards will earn a trophy.

The Super Swim cards are generally ready for collection at the front desk several days after the Super Swim is held. We will keep an accurate record of your swimmers times on our system, so if you ever would like an update please speak with your Head Coach or Customer Service Team.

### **Training**

Please make sure that your swimmer is on pool deck ready to start at the beginning of the session. It is important that they bring their flippers, goggles and water bottles to each training session.

Whilst swimming once per week is adequate, to really see your swimmer excel you may want to consider swimming multiple times per week. Please talk to your head coach if you would like any further information regarding this.

## **Uniform**

Members of our 'Health and Sport' program have a subsidised uniform available to them, consisting of a team T-Shirt, Water bottle and team swimming cap. It is preferred that swimmers wear this uniform to training where possible as well as to all State swim carnivals where they are representing their team. These packs will be available in October 2011.

## **Team Goals and Target Times**

In order for your child to graduate from his or her team into the next level, there are specific set times as well as competence of training sets, competitive starts, turns and finishes that need to be achieved. Below is a set of criteria that needs to be attained for your child to graduate to either Team Silver or Team Gold.

### **Graduation from Team Bronze to Team Silver**

There are three (3) specific times that your child must attain in order to graduate to Team Silver.

1. 400 metre swim under 7 minutes 40 seconds OR 200 meter swim under 3 minutes 40 seconds.
2. 10 x 50 metre freestyle on 1.10 (50 meters freestyle in under 1 minute 10 seconds. Once the time is reached they repeat 10 times)
3. 100 metres Individual Medley in less than 2 minutes (1 lap butterfly, backstroke, breaststroke and freestyle).

Competent in all competitive starts, turns, finishes and training sets are also part of the graduation criteria for Team Bronze.

### **Graduation from Team Silver to Team Gold**

There are three (3) specific times that your child must attain in order to graduate to Team Gold.

1. 400 metre swim under 6 minutes 40 seconds.
2. 10 x 100 metre freestyle on 2.00 (100 metres freestyle in under 2 minutes. Once the time is reached they repeat 10 times)
3. 200 metre Individual Medley under 3 minutes 30 seconds. (2 laps butterfly, backstroke, breaststroke and freestyle).

Competent in all competitive starts, turns, finishes and training sets are essential. Knowledge of the pace clock and smooth efficient execution of all four (4) competitive strokes and turns are also a requirement.

Some of these assessments will be conducted during training at certain times as a part of the program. However, if you wish to attempt any of the above assessments please speak to one of the coaches or a Customer Service Officer so we can arrange a time to book them in. If your child does not pass a particular set he or she can always try again in a couple of weeks. It is always better for them to try, and if they do not make the set time required at least they know how much they need to improve by to beat it.

We hope that you and your swimmer enjoy your involvement with the 'State Swim Health and Sport Program' and if you have any questions at any time please speak to one of our Coaches, Head Coach or Customer Service Team.

Regards

State Swim