

Squad Calendar 2024

Seaford



January

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| Super Swim | Wednesday 17 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 19 | 6:00pm–7:00pm |
| Relay Swim | Tuesday 23 | 6:00pm–7:00pm |

February

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| Super Swim | Tuesday 6 | 6:00pm–7:00pm |
| Distance | Monday 19 | 6:00pm–7:00pm |
| SS Challenge | Saturday 24 | 2:15pm–3:15pm |

March

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|-------------------------------|------------|-----------------|
| Super Swim | Thursday 7 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 15 | 6:00pm–7:00pm |
| Relay Swim | Monday 18 | 6:00pm–7:00pm |
| SS Challenge | Sunday 24 | 11:45am–12:45pm |

April

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| Super Swim | Tuesday 9 | 6:00pm–7:00pm |
| Distance | Wednesday 10 | 6:00pm–7:00pm |

May

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| Super Swim | Wednesday 8 | 6:00pm–7:00pm |
| SS Challenge | Saturday 12 | 11:45am–12:45pm |
| Relay Swim | Monday 20 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 24 | 6:00pm–7:00pm |

June

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| Super Swim | Thursday 6 | 6:00pm–7:00pm |
| Distance | Wednesday 19 | 6:00pm–7:00pm |
| SS Challenge | Sunday 30 | 11:45am–12:45pm |

July

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| Super Swim | Monday 1 | 6:00pm–7:00pm |
| Distance | Tuesday 16 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 19 | 6:00pm–7:00pm |
| SS Challenge | Saturday 27 | 2:15pm–3:15pm |

August

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| Super Swim | Thursday 8 | 6:00pm–7:00pm |
| Relay Swim | Wednesday 21 | 6:00pm–7:00pm |

September

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| Super Swim | Monday 2 | 6:00pm–7:00pm |
| SS Challenge | Sunday 8 | 11:45am–12:45pm |
| Distance | Tuesday 17 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 20 | 6:00pm–7:00pm |

October

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| Super Swim | Thursday 3 | 6:00pm–7:00pm |
| Relay Swim | Wednesday 16 | 6:00pm–7:00pm |
| SS Challenge | Saturday 26 | 2:15pm–3:15pm |

November

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|-------------------------------|------------|-----------------|
| Super Swim | Monday 4 | 6:00pm–7:00pm |
| Distance | Tuesday 12 | 6:00pm–7:00pm |
| Dive Clinic Noarlunga Pool | Friday 15 | 6:00pm–7:00pm |
| SS Challenge | Sunday 24 | 11:45am–12:45pm |

December

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|--------------------|-------------|---------------|
| Super Swim | Wednesday 4 | 6:00pm–7:00pm |
| Relay Swim | Thursday 12 | 6:00pm–7:00pm |
| Christmas break up | Thursday 22 | 6:00pm–7:30pm |



Congratulations on being promoted to the State Swim Squad Program!

Now that your swimmer has been promoted to our Squad Program, we'd like to share with you some of the differences that you may notice from our Learn To Swim program. Our coaches are always positioned on the pool edge, rather than being in the water. This gives them a better view of the swimmers, as we also use multiple lanes. Swimmers are introduced to more advanced stroke techniques and distances, use of the pace clock and carnival preparation.

Cycles and Promotions

Our squad coaches follow teaching cycles to ensure that all skills are taught evenly (teaching cycles are displayed on the squad notice board). Promotions are considered by our coaches at the end of each month. Should you have a query about the progress of your swimmer, please do not hesitate in speaking with one of our coaches but please do so at the completion of the session.

Super Swims

Super Swims are a fantastic opportunity for your swimmer to race against the clock, attempting to improve their personal best (PB) times for all strokes on a monthly basis. Super Swims are held during our regular coaching sessions (bookings are required for these events) — please check your calendar for upcoming dates.

Times are recorded for each swimmer when they swim a PB. Your swimmer will receive a timecard after completing each swim. When a swimmer achieves the following milestones, they are presented with an award at the next Super Swim event:

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| 10 PB's | Bronze Medal |
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| 20 PB's | Silver Medal |
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| 30 PB's | Gold Medal |
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| 50 PB's | Trophy |
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| 100 PB's | Trophy |
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Swimmer of the Month

Our coaches nominate a swimmer after each session for the 'Swimmer of the Month' award. The criteria includes effort, consistency in attendance, behaviour and performance. Votes are tallied at the end of each month with the swimmer with the most votes receiving the award. This award (which includes a trophy, cap, goggles and water bottle) is given out at the Super Swim event.

Dive Clinics

We conduct a series of dive clinics throughout the year. These clinics are available to swimmers from Dolphin level upwards. When swimmers progress into the squad program, it becomes more important for them to develop their diving skills as they will need these skills when competing in our yearly carnivals.

Carnivals

State Swim conducts 2 carnivals annually. These carnivals encourage swimmers to participate in races, but in a supportive and friendly environment. Our number one priority is that the swimmers have lots of fun and enjoy the experience.

Equipment

Swimmers will require the following equipment when they join the squad program and must bring their equipment with them to every session. All items are available for purchase in our swim-shop and we suggest storing them in a mesh swim-bag.

| Squad Bronze | Squad Silver | Squad Gold |
|--------------|--------------|--------------|
| Flippers | Flippers | Flippers |
| Goggles | Goggles | Goggles |
| Drink Bottle | Drink Bottle | Drink Bottle |
| | Pull Buoy | Pull Buoy |
| | | Hand Paddles |

