

Squad Calendar 2023

Seaford



January

Super Swim	Wednesday 18	6:00pm–7:00pm
Relay Swim	Tuesday 24	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 27	6:00pm–7:00pm

February

Super Swim	Tuesday 7	6:00pm–7:00pm
Distance	Monday 20	6:00pm–7:00pm
SS Challenge	Saturday 25	2:15pm–3:15pm

March

Super Swim	Thursday 9	6:00pm–7:00pm
Relay Swim	Monday 20	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 17	6:00pm–7:00pm
SS Challenge	Sunday 26	11:45am–12:45pm

April

Super Swim	Tuesday 4	6:00pm–7:00pm
Distance	Wednesday 12	6:00pm–7:00pm

May

SS Challenge	Saturday 13	2:15pm–3:15pm
Super Swim	Wednesday 10	6:00pm–7:00pm
Relay Swim	Monday 22	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 26	6:00pm–7:00pm

June

Super Swim	Thursday 1	6:00pm–7:00pm
Distance	Wednesday 14	6:00pm–7:00pm
SS Challenge	Sunday 25	11:45am–12:45pm

July

Super Swim	Monday 3	6:00pm–7:00pm
Distance	Tuesday 18	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 21	6:00pm–7:00pm
SS Challenge	Saturday 29	2:15pm–3:15pm

August

Super Swim	Thursday 10	6:00pm–7:00pm
Relay Swim	Wednesday 23	6:00pm–7:00pm

September

Super Swim	Monday 4	6:00pm–7:00pm
SS Challenge	Sunday 10	11:45am–12:45pm
Distance	Tuesday 19	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 29	6:00pm–7:00pm

October

Super Swim	Thursday 5	6:00pm–7:00pm
Relay Swim	Wednesday 18	6:00pm–7:00pm
SS Challenge	Saturday 28	2:15pm–3:15pm

November

Super Swim	Monday 6	6:00pm–7:00pm
Distance	Tuesday 14	6:00pm–7:00pm
Dive Clinic Noarlunga Pool	Friday 17	6:00pm–7:00pm
SS Challenge	Sunday 26	11:45am–12:45pm

December

Super Swim	Wednesday 6	6:00pm–7:00pm
Relay Swim	Thursday 14	6:00pm–7:00pm
Christmas break up	Thursday 21	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:

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

