

SHOOTING STARS SWIM TEAM

Coming together, Sharing together, Working together, succeeding together

Shooting Stars Squad Training seeks to create an environment, in which every participant has an opportunity to learn, grow, strive for their personal best, and rise above challenges. To help our swimmers achieve the results they desire in the water, we develop their techniques by including training drills for each stroke, positive analysis by coaches, and varied workouts based on a well-designed program that has an overall emphasis on team spirit. We also incorporate out-of-water techniques such as strength training, calisthenics, dry-land exercises, technique videos, and filming critiques whenever appropriate. Whether it's swimming to stay in shape or to compete, we have the right program for you. Our team of professional qualified coaches' offers you expert advice on stroke correction and endurance training, whilst promoting the benefits of fitness and leading a healthy, balanced lifestyle. Please note all Swim Team members are expected to attend their lessons regardless of the weather. They will participate in a dry land session until the pool is re-opened. **When considering which swimmers belong to a particular squad, or if a swimmers is to progress to the next level, coaches need to consider the following: 1. The swimmer has the required technique development and stroke execution for that level; 2. The swimmer has demonstrated and ability to handle the workload; 3. Whether the swimmer is prepared to make the commitment.**

<p>Shooting Stars Competitive Squad 90min</p>	<p>Swimmers in the swim team will be developing their skills for both training and competition. An emphasis will be placed on the finer points of stroke technique, endurance, race strategy, sports nutrition and psychology. Swimmers in development squad are to perform particular skill criteria before moving to Shooting Stars Swim Team. The team is coached by one coach and the students are spread between 2-3 lanes for the 90 min session. All swimmers will complete a similar warm up, drill and kick set and warm down. However the main set will be specific to the swimmers</p> <p>For the optimal development of your swimmers skill and fitness level, a minimum of two sessions a week and most advantageous three sessions should be completed to make noticeable gains.</p>
<p>Shooting Stars Development Squad 60min</p>	<p>Shooting Stars Development squad is bridging the gap between Sharks (Level 6) and Swim Team. Sessions will run 60min with one squad coach over 1-2 lanes. The focus for this squad is to increase endurance whilst maintaining correct technique both in stroke and turns. They will be expected to take part in the Shooting Stars program of events.</p> <p>We recommend for the optimal development of your swimmers skill and fitness level and for smooth progression into Competitive Squad a minimum of two sessions a week and most advantageous three sessions should be completed to make noticeable gains.</p>

Please refer to the Shooting Stars Policies and Procedures attached

MEMBER DETAILS: (please print clearly)

Name: _____ Membership No.: _____
Address: _____ Postal Code: _____
E-mail: _____
Phone (H): _____ (W): _____ (H/P): _____



**SPRING 2012
ENROLMENT
FORM**

**Classes commence
January 9 & conclude
June 9, 2012**

Shooting Stars Competitive Squad

Swimmers Name: _____ School: _____

D.O.B.: ____/____/____
(DD / MM / YY) Gender: M / F

MEDICAL INFORMATION: Asthma Epilepsy Diabetes
 Disability _____ Allergy / Special Considerations _____

All NEW SWIMMERS joining the squad must be assessed, please call 6739 4450 for an assessment booking

Assessment Date: _____ Start Date: _____

Cost per week

Please indicate
number of sessions
per week

- 1 X \$34.00
- 2 X \$68.00
- 3 X \$71.40

(Enjoy 30% discount for 3
sessions per week)

Training Schedule

Please indicate swimmers preferred

6.00pm – 7:30pm

- Monday Tuesday
- Wednesday Thursday
- Friday

7:30am-9.00am

- Saturday

Shooting Stars Development Squad

Swimmers Name: _____ School: _____

D.O.B.: ____/____/____
(DD / MM / YY) Gender: M / F

MEDICAL INFORMATION: Asthma Epilepsy Diabetes
 Disability _____ Allergy / Special Considerations _____

All NEW SWIMMERS joining the squad must be assessed, please call 6739 4450 for an assessment booking

Assessment Date: _____ Start Date: _____

Cost per week

Please indicate
number of sessions
per week

- 1 X \$28.60
- 2 X \$57.20
- 3 X \$60.06

(Enjoy 30% discount for 3 sessions)

Training Schedule

Please indicate swimmers preferred

6.00pm – 7:00pm

- Monday Tuesday
- Wednesday Thursday

6.15pm-7.15pm

- Friday

7:30am-8.30am

- Saturday

ACKNOWLEDGEMENT: I acknowledge that I have received a copy of, read, understood and will abide by the policies and procedures provided in regards to The American Club Starfish Swim School Program. I understand this enrollment form states preferences only and the Starfish Swim School, will issue official class confirmation via email only on December 16, 2012, for enrolment after this date an email will follow within 3 working days.

Signature of Member: _____ **Date:** _____

Classes commence January 9, 2012

OFFICE USE ONLY:

Received by: _____

Date: _____

Computer Processed _____