

Squads and Swim Club

St Margaret's swimming supports and encourages all members of St Margaret's who would like to develop their skills in squad training to participate in school, club, state or national swimming competitions. It is our goal to support our student's in their swimming journey by providing them with a safe and fun environment to build strength, technique and a love of swimming. Squad swimming is a fantastic way of making friends and increasing fitness levels which can be beneficial in all aspects of school life. Each swimmer's journey is unique and therefore at St Margaret's it will be our focus not to rush or push any student into a squad level before they are ready. Our program will run over a 52-week period Monday-Saturday with the exception of Easter and Christmas breaks.

The squads on offer are as follows:

Primary School

Ruby: This advanced stroke development squad is for swimmers of all ages and is a fantastic way to introduce your child to the joys of squad swimming. Ruby squad is suitable for those students wanting to improve their technique and fitness. This is for the beginner swimmer who have learnt how to swim but need to develop the ability to apply those skills, whether for competitive club swimming or for recreational pursuits such as swimming in the surf.

BRONZE 1: This squad is our entry level squad with a focus on technique and building strength in freestyle, backstroke, butterfly and breaststroke while refining diving skills. Swimmers within the primary school wanting to swim for fitness are welcome to join this squad.

BRONZE 2: An intermediate level squad with a focus on improving technique and increasing distance. Swimmers will focus on all four strokes and refine turns and racing skills. This squad will be introduced to competitive swimming through local and school organised carnivals. Swimmers are recommended to attend between three and five training sessions a week. Swimmers should have their own fins, pull buoy and kick board for this squad.

SAPPHIRE: This squad is designed for our emerging junior competitive swimmers. Progression beyond Bronze level squads is influenced by your child's commitment levels, ability and goals for swimming. There will be several opportunities for racing at local, school and club carnivals throughout the year. Land activation work will be introduced in this squad prior to afternoon sessions. Swimmers need to commit to between four to six sessions each week and must provide their own fins, pull buoy, board and paddles.

Secondary School

DIAMOND 1: This squad is a transition into a competitive squad environment. Participants will learn how to function in a squad as they develop their skill across all four strokes. Introduction to competition is done in a fun encouraging and educating way.

DIAMOND 2: The second progression in the St. Margaret's Secondary Program, and aims to assist swimmers strengthen the foundations of competitive technique and skill across all four strokes. Participants will be encouraged to enjoy racing as they develop their technique.

DIAMOND 3: This squad aims to consolidate the foundations of competitive technique and skill across all four strokes, with an emphasis on medley swimming. Participants are urged to formulate race plans and develop strategies to achieve their longer-term goals.

SILVER: This squad caters for girls 14 to 15 years. Individual requirements are determined by the Coach, based on Personal goals/aspirations swimming background and ability.

GOLD: Catering for girls aged 15 years and over who have goals working towards competing in State Championships.

Orange: This squad is a fitness squad for our secondary students who wish to build on their fitness in the water for a variety of activities such as Water Polo, surf lifesaving or general health and wellbeing.

Pricing

Squads are only charged during Terms 2 and 3 and are priced in term blocks. Students can attend unlimited sessions.

Ruby \$130

Bronze and Orange \$150

Sapphire, Diamond, Silver and Gold \$180

*** Squads in Terms 1 and 4 are free of charge.**

About the Club

St Margaret's Swimming Club is a brand-new club commencing in 2021 and is an affiliated club of Swimming Queensland. As a club we offer a seamless pathway for St Margaret's students looking to develop their skills in squad training to compete in club, state and national championships.

How to Join

To become a member of our swim club, swimmers will need to complete and pay for an annual membership with Swimming Queensland. This membership can be purchased on the swim central website. All members of the swim club will be issued with a cap and singlet.

Simply go to www.qld.swimming.org.au and click on the 'access swim central' tab.

- Create a personal account or if you already have one, sign into swim central
- Click on the store tab on the left-hand side of the screen and select the membership option
- Search for St Margaret's Swimming Club
- Select available membership \$130.00 and add to shopping cart
- Proceed to check out and pay via credit card

If you have any questions about how to join, please email the Club Coordinator, Amanda Rhode arhode@stmargarets.qld.edu.au