

STATE SQUAD INFORMATION SHEET

Please note that any reference to “parents” in this Information Sheet includes reference to guardians and carers where applicable.

Overview

The State Squad is one of two Squads above the Junior Competitive Squad (the other being the Age Surf Squad). State Squad caters for competent junior swimmers involved in swimming as a competitive sport. The focus is to continue to refine swimmers' development in all four strokes to develop their full competitive potential.

The emphasis is on improving technique in all strokes, including starts and turns, improving endurance and speed, and preparing swimmers for optimal competitive performance.

Guidelines for Inclusion and Progression

Inclusion in the State Squad, either from another Squad or externally, is at the discretion of the principal State Squad Coach. Swimmers will usually be given a trial period to determine their suitability. Guidelines for inclusion in the State Squad are listed below:

- Swimmers are generally 12-14 years old.
- Swimmers must demonstrate excellent proficiency in all four strokes, including starts and turns.
- Swimmers are recommended to swim at least four sessions per week, one of which must be a morning session.
- Swimmers must be members of the Highlanders Swimming Club and compete in designated meets.
- Swimmers should have multiple WA Age Championships qualifying times, including some in 100-metre or more extended events.
- Swimmers must demonstrate an ability to swim in a group and show respect for coaches and fellow swimmers.

The State Squad swimmers may be promoted to Age National Squad at the discretion of the principal Age National Squad Coach or be promoted to Age Surf Squad at the discretion of the principal Age Surf Squad Coach.

Program Structure

The principal State Squad Coach plans the State Squad program to prepare swimmers for designated meets. Sessions will include a variety of techniques, skills, endurance and speed elements to achieve optimal competitive performance.

The program also includes a dry-land program designed to enhance performance and reduce the risk of injury.

The program aims to teach/coach swimmers, challenge them, and prepare them for competition.

Sessions and Timetables

State Squad sessions are usually 1.5 hours and are offered every day of the week.

Timetables showing session times for each school term are emailed to all parents before each term and are available on the Hooked Swim webpage. Times may vary during school holidays, and timetables for holiday periods will also be emailed to parents and available on the Hooked Swim webpage. Parents will be notified by email of any changes to timetables due to other pool bookings.

Expectations of Swimmers

- Swimmers must maintain sessions and meet attendance requirements.
- Swimmers should be ready to commence each session on time.
- Swimmers must bring a water bottle and a gear bag containing the coaches' required equipment.
- Swimmers (or parents) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Swimmers must show consideration for other swimmers, listen attentively to the coach, and give their best effort in each session.

Expectations of parents

- Parents must abide by the Hooked Swim Parents' Code of Conduct.
- Parents (or swimmers) must notify the coach of a swimmer's illness or injury, or the need to leave the session early.
- Parents must only speak to coaches before or after (not during) the session.

Highlanders Swimming Club

State Squad swimmers must be members of the Highlanders Swimming Club ('the Club'). Club members compete in club, inter-club meets, and Metropolitan, WA and Australian Championships. The Club is one of the most successful age-group clubs in WA.

Go to <https://highlanders.swimmingclub.org.au> to learn more about the Club, including registration information.

Enrolment, Fees, Suspension and Cancellation

Enrolment is perpetual, continuing until swimmers are promoted or enrolment is cancelled.

Fees are paid fortnightly in advance by direct debit only, with payment made upon joining the squad.

Enrolment may be suspended via email. The suspension must be for a minimum of two weeks and a maximum of four weeks, and the suspension request must be submitted no later than two weeks before the suspension date.

Enrolment may be cancelled by written notice.

Fee changes will be notified by email.