



# ST CATHERINE'S AQUATIC SWIMMING CLUB

Welcome to St Catherine's Aquatic Swimming Club.

Our swimming club focuses on taking swimmers from our Learn to Swim program and progress them along our development pathway, either through our competitive route or our fitness program. We are dedicated to developing swimmers of all levels, from beginners to elite competitors.

This document outlines our squad structure, membership options, and competition information to help you and your swimmer understand the opportunities available at St Catherine's Aquatic Swimming Club.

## MEMBERSHIP PACKAGES

Below is an overview of the available membership options to help you choose the right fit for your swimmer:

### Club Membership – \$130

For entry-level competitive swimmers who wish to participate in our own club nights and local development meets with other clubs.

Benefits:

- Access to STCA Club Nights and time trials
- Regular updates and information
- Required for all Development Squad participants

### Full Membership – \$180

For competitive swimmers aiming for qualifying meets at higher levels (e.g., State and Nationals).

Benefits:

- Access to STCA Club Nights and time trials
- Participation in targeted meets (e.g., Metsea, States, Nationals)
- Club shirt for all Full Members

*Required for all Junior and Senior Club Squad members*

### Dry Membership – \$30

For non-swimming members such as coaches, committee members, and officials.

Benefits:

- Allows non-swimmers to be part of the Club



## SQUAD INFORMATION

We have designed our squads to cater to swimmers at various stages of their development, from building on foundational skills developed through our learn to swim program to competing at elite levels.

Below is a detailed breakdown of each squad:

### Development Squad – \$300

1 hour sessions | Students between 8–14 years | 3 sessions per week

Focus Areas:

- Transitioning from our Learn to Swim program to our competitive squads
- Advanced stroke correction with a focus on proficient race skills (e.g. starts, turns)
- Introduction to training sets with an increase in intensity and length from previous lessons/squads
- Preparing for local development meets

Goal:

Building strong swimming foundations, attaining higher levels of skills and preparing for our Junior Club Squad, while getting developing race skills.

### Power Hour – \$300 (2 sessions per week) | \$350 (3 sessions per week)

1 hour sessions | Students between 12–18 years

Focus Areas:

- Fitness-focused swimming
- Mixture of sprint and endurance training

Goal:

A squad for those not looking to compete but wanting to continue with swimming for fitness.

### Junior Club Squad – \$120 per month

1.5 hour sessions | Students between 8–14 years | Minimum 4 sessions per week

Focus Areas:

- Continued skill development and understanding race plans and strategies
- Setting goals with their coach
- Preparing for higher level qualifying meets, including States and Nationals
- Video analysis

Goal:

Continuing along our STCA development pathway by honing our race skills, while linking our training to racing.

### Senior Club Squad – \$150 per term

2 hour sessions | Students between 13–18 years | Unlimited sessions

Focus Areas:

- High-intensity training with specific race pace sets
- Setting goals and reviewing through the year with their coach
- Working towards national level meets
- Becoming role models and showing leadership to the whole of STCA
- Video analysis

Goal:

Our highest squad with the most intense and specific competitive training, where we hold our swimmers to our highest standards.





## COMPETITION INFORMATION

The competitions that each swimmer will attend will depend on the membership and squad that the swimmer is in. For more info on the competition calendar, see the links below:

<https://nsw.swimming.org.au/events>

<https://metsea.swimmingclub.org.au/upcoming-carnivals/>

## MEET ENTRIES

Swimmers are required to have an active Swim Central account in order to register for swim competitions. Each swimmer will be required to register and enter themselves. Our coaches will be able to guide each swimmer on which specific races to enter.

<https://swimcentral.swimming.org.au/>

## CLUB NIGHT

At least twice a term we will host a Club Night. This will allow members of the swimming club to practice racing and gain experience. This is great for new swimmers and/or reaching personal best times.

