

Squad Calendar 2025

Glen Osmond



January

SS Challenge	Wednesday 22	7:30pm–8:45pm
Dive Clinic	Friday 24	7:30pm–8:30pm
Super Swim	Thursday 30	6:30pm–7:30pm

February

Dive Clinic	Friday 14	7:30pm–8:30pm
Super Swim	Monday 24	6:30pm–7:30pm
SS Challenge	Wednesday 26	7:30pm–8:45pm

March

Dive Clinic	Friday 14	7:00pm–8:00pm
Super Swim	Tuesday 25	6:30pm–7:30pm
SS Challenge	Friday 28	7:00pm–8:15pm

April

Dive Clinic	Friday 11	7:00pm–8:00pm
Distance Night	Wednesday 16	6:30pm–7:30pm
Super Swim	Wednesday 30	6:30pm–7:30pm

May

Super Swim	Thursday 29	6:30pm–7:30pm
SS Challenge	Saturday 31	1:00pm–2:15pm
Dive Clinic	TBA	

June

SS Challenge	Wednesday 18	7:30pm–8:45pm
Super Swim	Monday 30	6:30pm–7:30pm
Dive Clinic	TBA	

July

SS Challenge	Friday 25	7:00pm–8:15pm
Super Swim	Tuesday 29	6:30pm–7:30pm
Dive Clinic	TBA	

August

Relay Night	Wednesday 13	6:30pm–7:30pm
Super Swim	Wednesday 27	6:30pm–7:30pm
Dive Clinic	TBA	

September

Super Swim	Thursday 25	6:30pm–7:30pm
SS Challenge	Saturday 27	1:00pm–2:15pm
Dive Clinic	TBA	

October

Super Swim	Monday 27	6:30pm–7:30pm
SS Challenge	Wednesday 29	7:30pm–8:45pm
Dive Clinic	TBA	

November

Super Swim	Tuesday 25	6:30pm–7:30pm
SS Challenge	Friday 28	7:00pm–8:15pm
Dive Clinic	TBA	

December

Relay Night	Wednesday 3	6:30pm–7:30pm
Super Swim	Wednesday 17	6:30pm–7:30pm
Christmas Break Up	TBD	



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

