



## **What you need to know about the Rockingham Swimming Club!**

We have been in existence since 1946, so we are 65 years old this year.

We are currently the largest competitive swimming club in WA and still growing. This year we currently have 169 competitive and recreational members and we are growing fast.

We are based at Aqua Jetty and we train for 50 weeks of the year, although our season is distinctly split into Winter (May – Sept) and Summer (Oct – April). We only break for 2 weeks in April for both Senior and Junior swimmers.

All of our coaches are accredited through the Australian Swimming Coaches and Teachers association, and have current Police and working with children clearances. Our Head Coach - Gordon Shaw has 20+ years of coaching experience and is one of only a few "Silver Accredited" swim coaches in WA. We have four assistant coaches - Maureen Edwards who is also a Silver Accredited coach, Jodi O'Connor who is currently studying to become a Silver coach, Tracey Pearson and Brittany Russell currently studying to become Bronze level coaches and Pip Weymouth our junior assistant coach.

We have a variety of different training squads to suit every age or type of swimmer. All squads require some specialised equipment and this will be advised once your squad is determined. All equipment is available through the Club Uniforms and/or Aqua Jetty shop.

- **Tadpoles** (usually aged 5-8 years of age) This is our entry level squad. Swimmers in this squad are quite often siblings of older children who have got bored sitting around on pool deck. They want to get in and have a go whilst their big brother or sisters are training. This squad is more than swimming lessons, we run 25M races when we hold our club time trials to give these kids a taste of competitive swimming in a fun and non-pressured environment – all kids get rewarded! Squads trains 2 x 1 hr per week
- **Stingrays Yellow – Stingrays Blue** (usually swimmers aged 7-10 years of age) This is also an entry level squad. For swimmers who wish to train 3 times (1.5 hour sessions) per week for general fitness, competitive stroke skills and those wanting to participate in a social and enjoyable sport. Swimmers in this squad have basic competitive strokes in Breaststroke, Freestyle, Backstroke & will be learning Butterfly.
- **State Development Squad** (usually swimmers aged 7-11 years of age) This is a Junior competitive level squad. Most swimmers entering this squad can swim 50M of each of the main strokes – breaststroke, backstroke, butterfly and freestyle. This squad trains 4 x (1.5 hour sessions) times per week and this really is the first introduction into the competitive squads. Swimmers in this squad may have a couple of State times for their age group or be close to qualifying for State Championships.
- **State Age Squad** (usually swimmers aged 9-12 years of age) This is our Junior Development or Transitionary squad most swimmers in this squad have trained for a minimum of 12 months in a competitive squad environment and swim at a Junior State Championship level. This squad are all competent at swimming 50M+ in all 4 strokes and have developed good technique in their strokes and starts, turns and finishes. This squad trains 5 - 6 (1.5 – 2hour sessions) times per week and alongside the National Development and National Age squads a couple of times per week!
- **National Development Squad** (usually swimmers aged 11- 16 years of age) Swimmers in this squad are usually showing promise in their swimming and are normally competing in a number of different events at a state level, as well as aspiring or on track to swim at a National level. They are also coached by the Head Coach and are being prepared to enter the National Age squad based on adaptability to training and race performances. This squad trains 6–7 times per week.
- **National Age & Open (Elite) Squad** (usually swimmers are early Teenagers or older) These swimmers are aspiring to or already competing at a National or International level of competition in swimming both in the Pool and/ or Open Water. They are training 8 times per week. This squad is also coached by the Head Coach.
- **Adult/ Tri / Surf Club Squad** – this squad is for all ages and the focus is on stroke correction and endurance training to improve strength, speed and fitness for tri-athletes, surf life saving members and even mums and dads. Even the odd Rottneest Channel Swimmer can jump in here!!!
- **Fitness Squad** – for any Age group swimmers, this is a recreational squad for swimmers who are aiming for high levels of competition in swimming, surf, triathlons or other sports but unable to commit to competitive squad sessions.

**Please note we do have a NO parents on pool deck policy during all training sessions** as we use the same analogy as with school you do not sit at the back of your child's classroom when they are learning so we want them to have the freedom to make mistakes and learn without mum and dad distracting them from what they are there for! 100% listening to the coach!

In summer we hold Time trials every Tuesday night from the end of October through to Feb/Mar. During winter we also hold Time trials –calendar is available to view in Winter Passport . This is a great way for swimmers to put into practice what they have learned through training. This is a great social opportunity for the Swimmers and their parents and considered by many as the heartbeat of the club!

**All swimmers must be registered within 3 weeks of commencing training due to Insurance purposes.**

**Our Club office Contact number is [95934000](tel:95934000)**

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