



St Catherine's Aquatic Club

CLUB MEMBERSHIP

STCA Club Membership: \$130.00

STCA Club Swimmer membership is for those who wish to begin their entry into competitive swimming. This membership allows you to access to STCA club swimming events such as club night as well as time trials.

Members will also receive regular updates and information.

All STCA Club Squad participants are required to have this membership as a minimum.

STCA Full Membership: \$180.00

STCA Full membership is for those who wish to be a competitive swimmer. STCA Swimmers will compete in specific targeted meets throughout the season to qualify for events such as METSEA, Metropolitan, State and National Championships.

STCA Full Swimmers also have access to Club nights and time trials events.

All STCA Full members receive a club shirt.

STCA Dry Membership: \$30.00

Non swimming membership for coaches, committee members and officials.





SQUAD INFORMATION

Development Squad

Duration:	One hour sessions
Age:	Students between 8-14yr
Cost:	\$250 per term
Working towards:	Development Squad enables an easier transition for swimmer from Makos in Pre squad. The development squad assists in identifying the pathway for the swimmer. It bridges the gap from Makos to Club level and allows swimmers to develop their skills even further before entering certain squads.
Commitment:	Two sessions per week.
Training focus:	In depth stroke correction as well as an increase in intensity and length of sets.

Power Hour

Duration:	One hour sessions
Age:	Students between 12-18yrs (Senior school)
Cost:	\$250 per term
Working towards:	Setting goals/ for targeted sports e.g. Water polo, diving & surf lifesaving.
Commitment:	One to two sessions per week.
Training focus:	Developing training fitness with combination of sprint based and endurance swimming. Athletes work with their coach to ensure continued development.

Junior Club Squad

Duration:	One and a half hour sessions
Age:	Junior School and Senior School students 8-14 yrs
Cost:	\$90 per month
Working towards:	Setting goals/plans to compete at Area, Metros, State and/or Nationals.
Commitment:	Join St Catherine's Swimming Club, compete in Relay Teams and swim four or more sessions per week plus one to two gym sessions.
Training focus:	Developing training and race plans. Athletes working with their coach to ensure continued development.

Senior Club Squad

Duration:	Two hour sessions.
Age:	13-18 yrs.
Cost:	\$110 per term
Working towards:	To perform at Area, Metros, State and/or Nationals.
Commitment:	Join St Catherine's Swimming Club, compete in individual and Relay Teams. Swim five or more sessions per week.
Training focus:	Developing training and race plans. Athletes working with their coach to ensure continued development.

COMPETITION INFORMATION

Competition / Event Calendar

<https://nsw.swimming.org.au/news-articles/upcoming-championship-calendars>

Meet Entries

Swimmers are required to have an active Swim central account. When entering competition or meet swimmers register each event through swim central. All swimmers are required to register and enter themselves.

Please do not hesitate to speak with our coaches if you are unsure about what specific races to enter.

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

CLUB NIGHT

Twice a term we will be hosting our annual Club Nights. Allowing all members of the aquatic club to race in events and gain racing experience for new swimmers or reaching personal best times.

