

## **Star Academy & Shooting Stars**



**Academy Director and support coach: William Schneider**

**Lead Coaches: Emma Calovini and Tevaun Stewart**

**Junior Coaches: Angelo Gueldis, Michael Blunt, Riley Cayen and Pranjali Doshi**

**Star Academy:**

***3x per week with some introduction to***

***competition***

**Ability parameters;**

- **25m of Free**
- **25m of Back**
- **Concepts of Breaststroke**
- **Concepts of flips and skills**
- **Program and ability reference Level 6 and above**



**Shooting Stars:**

**1x per week**

**Ability parameters;**

- **12.5 m of Free**
- **12.5 m of Back**
- **Concepts of kick**
- **Willingness to swim in the deep end**
- **Program and ability reference is Level 5-6**



- Our Star Academy and Shooting Star programs emphasize on the fundamental skills, practice habits and techniques for all four strokes
- The programs allow the swimmers to develop under our experienced coaches through structured sets and technical progressions for continued advancement through the Dorado Stars Swim Club
- Our goal is to establish a strong foundation in our swimmers while instilling a love of swimming so that children and families enter the sport with an opportunity for lifelong enrichment
- Skill progression sets will allow the swimmers to develop technically and physically.
- Stroke development for all 4 competitive strokes and starts and turns.

**Program Criteria:**

**STAR ACADEMY & SHOOTING STAR**

**DEVELOPMENTAL PROGRAM:**

*“Introduction to swimming strokes, skills, and technique”*

**Emphasize**

- Technique, Technique, Technique
- FUN and participation
- Start together/learn together
- ABC's of movement-Agility, Balance, Co-ordination and speed
- KICKING-all four strokes
- Body Position in all four strokes
- Turns and Dives
- Building fitness through skill rehearsal, repetition and FUN
- **Teach**
- Lane Etiquette: circle swimming, lane order, passing
- Basic clock understanding
- 25'S-Straightline swimming
- **Introduce**
- Diversity in motor skills- activation, jumping skills
- Basic swimming skills-streamlines, starts and turns
- Drills for all four strokes
- Dryland & Activation – development of gross & fine motor skills and movement patterns
- **Competition (Applicable to Star Academy only)**
- Introduction to competitive opportunities - club and competition-skill based meets

## Cross Training

**Coach: William Schneider**

**Assistant Coaches: Emma Calovini, Tevaun Stewart and Michael Blunt**

- ❖ *The Cross Training program provides an alternative training program for teenagers who are not interested and or have had much experience in training at a competitive level. This program serves athletes in need of some introduction to regular training, technical and physical improvement. It is ideal for multi-sport athletes, high school swimmers, or athletes that are in need of getting started within a competitive club. It is designed to prolong longevity in the club & the sport of swimming and promote a healthy active lifestyle. The program offers access to supplementary training, stroke, and skill education. Swimmer's eligibility is 12 years and older. Swimmers will train 3x per week and have opportunities to move into our competitive training stream when ready.*

