

St.A

St Andrew's
Swimming Club



2025/26

Swimming Club Handbook

Welcome

St Andrew's Swimming Club, based at the state-of-the-art St Andrew's Aquatic Centre in Peregrine Springs, welcomes swimmers of all ages and abilities. Our club provides a positive and supportive environment where athletes can develop the skills, technique, strength, and work ethic to achieve their goals.

We are proud to be recognised as one of the Top 10 clubs in Australia following the 2025 Australian Open and Australian Age and MC Long Course Championships. — a testament to the dedication of our swimmers, coaches, and wider community.

With access to outstanding facilities — including a ten-lane 50m pool, gym, undercover grandstands, and a separate 15m learn-to-swim pool — St Andrew's Swimming Club caters to every pathway. From high-performance athletes to competitive and non-competitive swimmers, we provide tailored squads and programs to suit all levels.

Our coaches work closely with nutritionists, psychologists, physiotherapists, and Swimming Queensland to ensure that every swimmer receives the best care and the greatest opportunities for success.

Our Vision

To create a team of professional, resilient, and respectful swimmers of all ages and backgrounds. We strive to create a positive team atmosphere where swimmers support each other, can learn from older athletes, and can contribute to the community of our club. We aim to help swimmers become lifelong learners, good communicators and leaders who can take initiative. We believe the skills the swimmers develop through sport can be carried with them throughout their life.

A close-up photograph of a young swimmer with a joyful expression, wearing a white and red swim cap and goggles. The swimmer is in a pool, with lane lines visible in the background. The word 'ENGINE' is printed on the swimmer's black swimsuit.

Our Facilities

- ◆ A 10 lane 50m pool which is 2m deep throughout
- ◆ Boom to allow for Long Course and Short Course training
- ◆ Fully equipped Gym
- ◆ Indoor 15m learn to swim pool
- ◆ Undercover grandstand which can comfortably seat 500 spectators
- ◆ Touch pad timing system with high definition 5m display screen for instant results
- ◆ Access to underwater camera for video review
- ◆ Club rooms and access to meeting rooms

Our Coaching Team

Ash Delaney

High Performance Coach

Since January 2021, Ash Delaney has led the St Andrew's Swimming Club as Head Coach and High-Performance Coach, bringing with him the experience of competing on the world stage. A 2008 Beijing Olympian, Ash won silver in the 4x100m medley relay and placed 5th in the 100m backstroke. He also represented Australia at the 2010 Commonwealth Games and multiple World Championships.

His elite swimming career fuels his passion for guiding the next generation. Ash is committed to helping athletes reach their potential — not just in the pool, but through holistic development in areas like psychology, physiology, and biomechanics.

Ash's coaching journey began at Carey Grammar and progressed through leadership roles at Nunawading, Ivanhoe Neons, and Northcote Swim Club, where he drove the team to a top-three ranking in Victoria. Since joining St Andrew's, the club has flourished under his leadership.

Ash holds an Advanced Coaching Licence and is completing his Performance Coaching Licence, underscoring his dedication to continual growth as both a coach and mentor.

His coaching highlights include:

- **Swimming Australia Lead Coach for the Next Generation Backstroke group (2024)**
- **Coaching athletes to the 2023 World Championships and World Para Championships**
- **Mentoring World Champions and record-holders like Isaac Cooper and Ben Hance**





Brad Hillier
National Squad Coach

Brad brings nearly two decades of coaching experience to the pool deck, building on his own background as a competitive swimmer. A Silver Licensed Swimming Coach and Level 1 Strength & Conditioning Coach, Brad has spent 19 years developing athletes across all levels of the sport.

Before joining St Andrew's, Brad led Hinchinbrook Aquatics as Head Coach for five years and coached with Noosa and Good Shepherd Swimming for another six. In 2019, he became a foundation coach at St Andrew's, taking the very first squad into the water — and has been central to the club's growth ever since.

Over his five years at the College, Brad has coached across the full program, and in the past three years has spearheaded the National Age program, producing:

- Australian Age Champions
- Multiple National medalists and finalists
- Queensland Champions and State medalists across pool and open water events

Brad's leadership is recognised beyond St Andrew's. He has served as a Queensland Team Coach for the past three years, contributed to the Queensland Flippers Camp for two years, and regularly supports Wide Bay Swimming clinics to share his expertise with the broader swimming community.

David brings a truly unique background to the pool deck, combining experience as a former Head Coach at Nambour with an elite career as a Green Beret in the Australian Commandos and success in the commercial and entrepreneurial world. His journey through Commando selection and European road cycling has given him rare insights into the mindset and demands of high performance.

With a deep understanding of athlete psychology, David's coaching philosophy centres on unlocking each swimmer's full potential. He believes the journey belongs to the athlete, not the coach, and works to create an environment of trust, excellence, and intrinsic motivation. His challenge to swimmers is simple but powerful: "How good can I be?"

Passionate about nurturing self-belief, resilience, and growth, David is committed to helping St Andrew's athletes achieve in the pool and beyond.



David Simon
State Squad Coach



Bill Thorley
Head Junior Coach

Bill's journey in swimming has taken him from the world stage to the pool deck as a coach. An Olympic open water swimmer for Hong Kong, he made history as the nation's first male swimmer to qualify in the 10km marathon event. During his professional career, Bill trained in Noosa, France and England, competing at four World Championships, the Asian Games and the World Beach Games. As a junior, he was also an Australian Age Open Water Champion and a 1500m state medallist.

Coaching was a natural next step, following in the footsteps of his father and grandfather. Bill first began assisting with high-performance squads in 2022 while still competing, before taking on the role of Development Coach at Noosa Swim Club, where he rebuilt the age group program and guided swimmers to state-level success. He also supported the High-Performance squad, working alongside Australian Dolphins and international athletes.

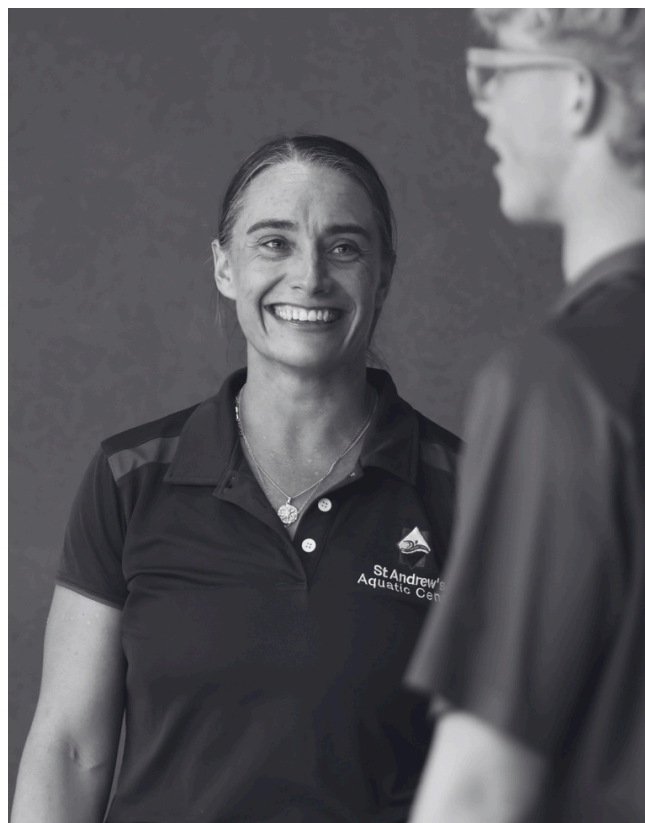
Now a Foundation and Development accredited coach, Bill leads Junior Development, Junior Competition, Senior Squad, and Adult Squad at St Andrew's. Alongside his coaching, he is completing a Bachelor of Computer Science, bringing a balance of discipline, intellect, and passion to everything he does.

Kirsten brings over a decade of elite coaching experience and a unique blend of skills from gymnastics, strength and conditioning, swimming and triathlon. A former competitive gymnast, she has spent 13 years coaching at the National Centre of Excellence and Methodist Ladies' College Gymnastics, while also working as a strength and conditioning coach with developing athletes in netball, hockey, mogul skiing, athletics — and as a swimming coach with MLC Aquatic.

With a Bachelor of Exercise and Sports Science, an Advanced Silver Gymnastics Coaching Accreditation (FIG Level 2) and a Development Swim Coaching Licence, Kirsten has an exceptional eye for movement and a deep understanding of the body.

In 2015, she was invited by Rohan Taylor and Damian Farrow to design a gymnastics-based dryland training program to enhance skill acquisition in junior swimmers. This led to the creation of Swimnastics, her own training program and business that supports swimmers across Australia to build strength, mobility and performance.

At St Andrew's, Kirsten plays a vital role as our Strength and Conditioning Coach, helping swimmers of all levels reach their potential both in and out of the pool.



Kirsten Norden
Strength and Conditioning/
Dryland Coach

2026 Squad Timetable

HIGH PERFORMANCE	Mon	Tues	Wed	Thurs	Fri	Sat	Dryland (Please bring appropriate shoes, shorts & T-shirt)		
am	7.30-9.00	7.30-9.00 Gym 9.00-10.30	7.:30-9:00	7.30-9.00 Gym 9.00-10.30	7.30-9.00	7.30-9.00 Gym 9.00-10.30			
pm	1.30-3.30		4.00-6.00		3.00-5.00				
NATIONAL	Mon	Tues	Wed	Thurs	Fri	Sat			
am	5.30-7.30	5.30-6.30 Gym 6.30-7.30		5.30-6.30 Gym 6.30-7.30	5.30-7.30	6.00-8.00 Dryland 8.00-9.00			
pm	4.45-6.45	4.45-6.45	4.00-6.00	4.45-6.45					
STATE	Mon	Tues	Wed	Thurs	Fri	Sat			
am	5.30-7.30	5.30-7.30	5.30-6.30 Gym 6.30-7.30	5.30-7.00	5.30-6.30 Gym 6.30-7.30	6.00-8.00			
pm	4.45-6.45	4.45-6.45		4.45-6.45					
JUNIOR COMPETITION	Mon	Tues	Wed	Thurs	Fri	Sat			
am	6.15-8.00	6.15-8.00	6.15-8.00	6.15-8.00	6.15-8.00	7.45-9.30			
pm	3.15-5.00	4.30-6.15		4.30-6.15	4.30-6.00				
JUNIOR DEVELOPMENT	Mon	Tues	Wed	Thurs	Fri	Sat			
am		6.30-7.45	6.30-7.45	6.30-7.45		9.30-10.30			
pm	3.30-4.45	3.15-4.30		3.15-4.30	3.15-4.30				
SENIOR SQUAD	Mon	Tues	Wed	Thurs	Fri	Sat			
am	6.30-7.45		6.30-7.45	6.30-7.45	6.30-7.45				
pm				5.00-6.15	5.00-6.15				

Squad	Monthly Community	Monthly St Andrew's
High Performance	\$230	\$208
National Squad	\$208	\$188
State Squad	\$190	\$172
Senior Squad	\$153	\$135
Junior Competition Squad	\$169	\$153
Junior Development Squad	\$150	\$137

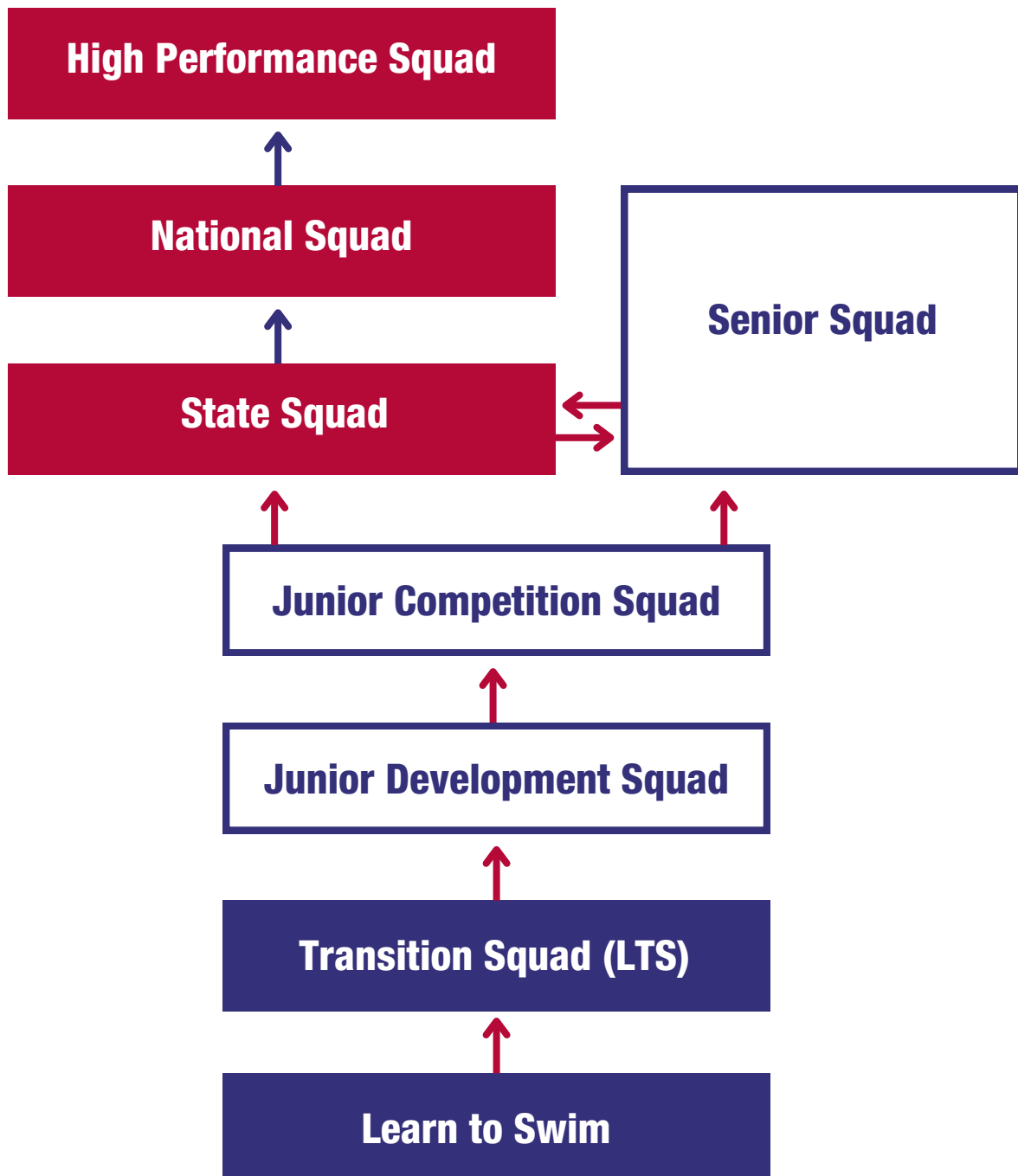
Uniform

The St Andrew's uniform is available periodically throughout the year. To purchase an item, please see the Aquatic Centre reception who hold some stock at reception.



Squad structure and Pathway

The squad structure is designed to allow swimmers of all ages, abilities and goals to find a place in the program. It is also set up to provide junior swimmers with the ability to progress up through the squads with measured steps that provide the best opportunity for their overall development and improvement. Movement between squads is based on a swimmer's ability, commitment and attitude and is at the coaches' discretion. Squad movements will almost always be initiated by the coaches and must be discussed with the current coach before changes are made.





Junior Development Squad

Coaches: Bill Thorley, Bec Cainey & David Simon

Sessions are 75mins in duration, including 15 minutes of dryland.

The Junior Development Squad is the first squad beyond the Learn-to-Swim Program and provides opportunities for junior swimmers to strengthen the foundations of competitive technique and skills learnt in Transition. The sessions continue to focus on the education of competitive technique and race skills in an environment that encourages consistency, learning and enjoyment of training and racing. Swimmers will improve technique across all strokes, develop starts and turns and learn to train in a squad setting. The squad caters for athletes primarily aged between 7 and 12 years old who are beginning their competitive swimming journey in a fun, friendly and educational environment.

While there is no requirement to participate in competition, joining the St Andrew's Swimming Club and competing in club race days and applicable meets is encouraged.

Recommended Sessions: 2-4

Recommended Equipment: Fins, water bottle, kickboard and pull buoy. A Swim Cap is mandatory.

We encourage swimmers to purchase their own kickboard and pull buoy, but they can also use those that are provided by the aquatic centre.

Strength and Conditioning

15mins prior to each session

- Introduction to dryland warm up before swimming
- Create great warm up habits
- Gymnastics style lesson to expose swimmers to a broad range of movement. Develop their movement vocabulary to enhance brain and body connection to build athleticism and coordination
- Some swimming specific exercises for streamline and tumble turns

Junior Competition Squad

Coach: Bill Thorley

Sessions include 90 minutes of swimming and 15 minutes of dryland.

The Junior Competition Squad starts to increase the intensity and duration of training, whilst strengthening the foundations of competitive technique and skill. To qualify to train in this squad they must already be competing for the St Andrew's swim club. They are exposed to numerous competitions throughout the year and should be aiming to achieve state short course or long course age qualifying times. The squad caters for athletes primarily aged between 10 and 13 years of age who are beginning their competitive swimming journey.

Recommended Sessions: 4-5

Recommended Equipment: Kickboard, pull buoy, short blade fins, water bottle, finger paddles



Strength and Conditioning

15mins prior to each session

- Learn a race day warm up routine
- Gymnastics style lesson to expose swimmers to a broad range of movement. Develop their movement vocabulary to enhance brain and body connection to build athleticism and coordination
- Some swimming specific exercises for streamline and tumble turns
- Bodyweight strength exercises focusing on learning how to move the body well
- Introduction to bands and shoulder health exercises

Senior Squad

Coach: Bill Thorley

The Senior Squad provides opportunities for athletes 12+ years to train at a level that suits and challenges their own personal goals. Swimmers may attend up to 6 sessions per week with the required number of sessions determined by the Coach together with the athlete, based on age, personal goals/aspirations, background, and ability. There is no expectation around racing.

Recommended sessions: 1-6

Recommended Equipment: fins, water bottle, kickboard and pull buoy.



State Squad

Coach: David Simon

The State squad is designed for swimmers who have achieved state qualifying times or demonstrating the level of commitment that is required to swim at this level. State squad swimmers are aiming for performance at State level events and targeting National Age qualifying times. Swimmers in this squad will begin to develop their aerobic and anaerobic capacities in correlation with higher level technique and skill improvement.

Swimmers are expected to make a full commitment to the training and competition schedule as set by the squad coach. State Squad swimmers must be a member of the St Andrew's Swimming Club.

Recommended sessions: 5-7

Recommended Equipment: Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band.

Recommended Dryland Equipment: spikey ball, foam roller, skipping rope

Strength and Conditioning

20mins prior to each session

3 x 45min gym weekly

- Peak growing ages, learn how to foam roll/spikey ball for self-release along with a library of stretches.
- Postural strength and mobility high focus
- Build on bodyweight strength exercises (eg. push ups, rows, squats). Focus on learning how to move the body well.
- Introduction to holding dumbbells and light weights
- Consistent activation with band work

National Squad

Coach: Brad Hillier

National Squad is a performance-based squad where the athletes are fully committed to training and competing at a high national standard. Swimmers must maintain a program to improve their swimming, target Nationals and are expected to make a full commitment to the training and competition schedule as set by the squad coach. You must be a member of the St Andrew's Swimming Club.

Recommended sessions: 7-9

Recommended Equipment: Water bottle, Kickboard, pull buoy, short blade fins, snorkel, paddles, band, parachute

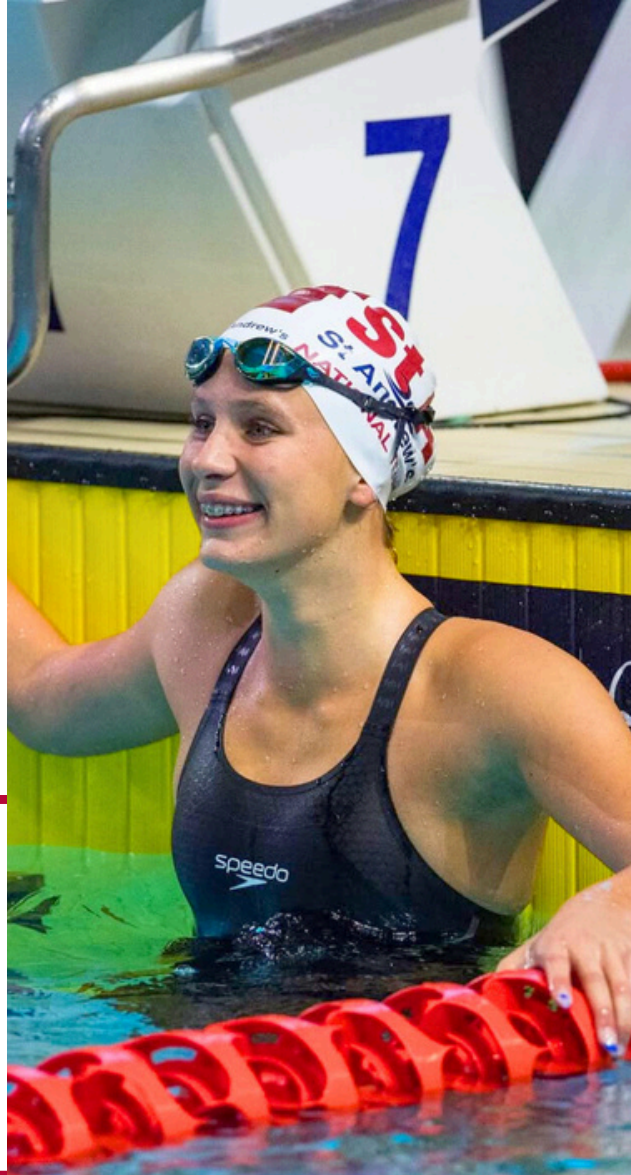
Recommended Dryland Equipment: spikey ball, roller, skipping rope

Strength and Conditioning

20mins prior to each session

3 x 45min gym weekly

- Learn how to follow program, record, move to tempo, take rest
- Some individualisation based on stroke
- Start loading strength training with a focus on form over weight
- Shoulder health exercises
- Start individualised activation programs



High Performance Squad

Coach: Ash Delaney

The High-Performance Squad provides coaching and support for open National level swimmers who are training to compete at Australian Open National and International Trial events. Swimmers are required to commit to the training schedule and be able to train at the required level.

Recommended sessions: 9+

Recommended Equipment: Water bottle, kickboard, pull buoy, short blade fins, snorkel, paddles, band, parachute

Recommended Dryland Equipment: Spikey ball, foam roller, skipping rope

Strength and Conditioning

3 to 4 gym session weekly

- Individualised strength programs based on event and physio screenings
- Recovery strategies implemented

Swim Club Membership

To compete in race events (including interclub, regional, and state level meets), swimmers must purchase a Swim Club membership. Racing at competitions allows swimmers to gain official recorded times for each event, achieve qualifying times for competitions such as Wide Bay and State Championships and receive Junior Excellent awards (www.swimming.org.au/swim-1/australian-junior-excellence-program). Memberships also include a comprehensive JLT Sport insurance cover provided under the Swimming Australia national insurance program. We strongly encourage all swimmers to purchase a membership for this season so they can compete in local and interstate swimming competitions including St Andrew's Swim Club meets.

The official membership season runs from 1 July to 30 June the following year. When the new season begins, if membership is not renewed it will become inactive and the ability to enter swim meets will be removed. Annual purchase of club memberships includes a combined cost of joining Swimming Australia, Swimming Queensland and Swimming Wide Bay.

Memberships can be purchased through an online portal called 'Swim Central' which is owned by Swimming Australia. This platform allows swimmers to purchase memberships, enter competitions, access results etc. If you are new to swimming and don't have a Swim Central account, you will need to register. A parent/guardian needs to register a unique email address and all 17&Under swimmers are added to the family group as dependents.

To register, navigate to Swim Central swimcentral.swimming.org.au and select 'Don't have a login? Register for an account'.

Once an account has been created, families can purchase memberships. Navigate to 'Store' and select 'Membership'. It is important to select the correct member of your family in the 'Assignee' drop down to ensure you purchase the correct membership for the correct person. Enter the name of the club you wish to join, ensure the assignee is correct and select the membership type from the list. Use the 'Add to Cart' button to select the membership and proceed to "Checkout" to process payment.

25/26 Competitive Swimmer - \$236.34 inc GST



REGISTER



**LOG IN TO SWIM
CENTRAL**



**GO TO STORE -
'MEMBERSHIP'**



**SELECT FAMILY
MEMBER**

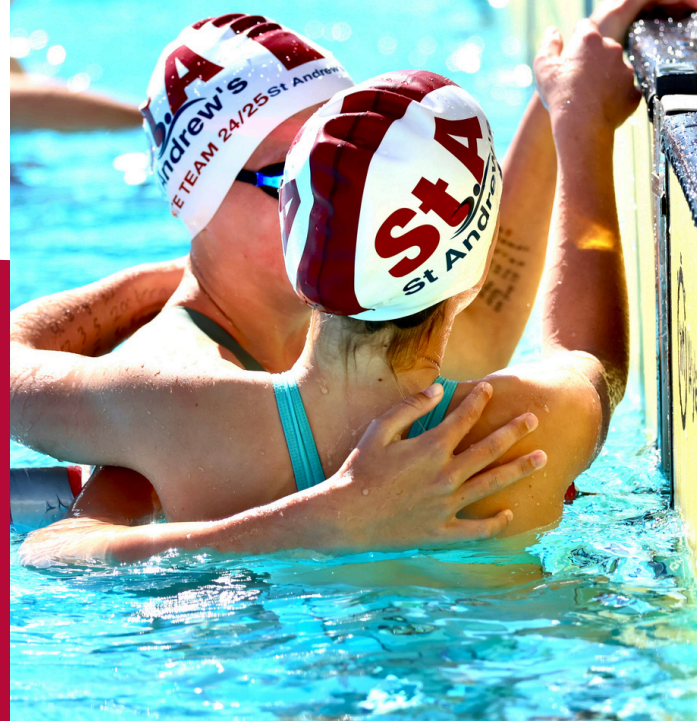


**CHOOSE CLUB AND
MEMBERSHIP**



CHECKOUT AND PAY

Club Nights



The Club runs several club nights throughout the year. Results from club night will be shared with swimmers via email but are not officially recognised. Aims of holding Club Nights for swimmers and members:



To provide an opportunity to compete and improve times



To learn to compete under race conditions



To get to know other club members



To establish team/club spirit



To provide a forum to break club records.

Timekeeping and Volunteering

As a club, we are required to supply timekeepers at various Swimming Queensland meets throughout the year.

Parents may be required to time keep at meets when allocated by the club who is holding the meet. If we have been allocated time keeping positions, it is mandatory for all parents with competing children to allocate themselves a time keeping slot via Team App. We also often require volunteers for club nights and St Andrew's Meets, including starters, marshallers, catering, meet assistants etc. We welcome all volunteers no matter the experience level! Committee members will communicate via email and Team App when we require volunteers.



Targeted Competitions

Coaches will send out the targets meets at the beginning of each swim season. These will also be entered in Team App under the Events Tab. There are an array competitions available for all types of swimmers which have been outlined below.

Short Course Season (25m pool): May - August

Long Course Season (50m pool): September – April



Competition	Targeted Squad	Competition Outline	Location and Date
Club Meets	All competition Squads	Competitions run by local swim clubs with events catering for juniors and seniors. These competitions provide race practice, opportunities to gain official results as well as attain qualification times for regional, state and national events.	Run periodically throughout the year at different local pools. Swimmers and coaches usually attend 2-3 per term.
Wide Bay Championships (Long Course & Short Course)	All competition Squads	Championship competition for the Wide Bay region. Heats and finals experience for 50m events. Minimum age is 9 years. Qualifying times required.	SC - June, LC - March. Wide Bay region, location changes each year.
State and National Prep Meets	All competition Squads	Competitions run by Swimming Queensland as an opportunity for swimmers to race and qualify for State and National level events. Qualifying times required.	Held 4-8 weeks prior to a State or National level competition at Chandler Aquatic Centre, Brisbane
Queensland Sprint Championships	All competition Squads	State Championship competition for 50m events only. Minimum age is 10yrs. Qualifying times required.	February. Chandler Aquatic Centre, Brisbane
Queensland Short Course Championships	All competition Squads	State Championships for Short Course. Minimum age is 11years. Qualifying times required.	August. Chandler Aquatic Centre, Brisbane
Queensland Long Course Championships	All competition Squads	State Championships for Long Course. Minimum age is 12years. Qualifying times required.	December. Chandler Aquatic Centre, Brisbane
Australian Age and Open Swimming Championships	State, National and Performance Swimmers	National Championship event. Minimum age is 13 for females, and 14 for males. Qualifying times required.	April. Location changes yearly and can be hosted by different states.

Child Safety

The St Andrew's Swim Club is committed to safeguarding and promoting the safety, welfare and wellbeing of children and young people and expect all staff, volunteers and patrons to share this commitment.

As a part of St Andrew's Anglican College, the Swim Club has adopted the Anglican Schools Commission – Child Safe Anglican Education Policy and Procedures. This provides the written processes for how we will respond to all matters relating to child safety including allegations of sexual abuse, likely sexual abuse, harm or the risk of harm to a child by another person.



More information can be found on the Aquatic Centre website.
standrewsaquaticcentre.com/child-safety

Integrity

In addition to the above Child Safety policies and procedures, Swimming Australia has its own Integrity Framework which swimmers and clubs are both subject to and protected by.

Integrity in sport means that athletes, supporters and fans can participate and celebrate sport, confident in the knowledge that they are part of a safe, ethical and inclusive environment.

Any threats to the integrity of sport (such as competition-manipulation, doping, and behaviours that impact people's positive experience of sport, such as discrimination or abuse) are taken seriously by Swimming Australia.

More information can be found on Swimming Australia's website.

Resources

As a part of the Club's affiliation with Swimming Australia and Swimming Queensland, swimmers and families have access to a wide range of resources. These resources may be useful at any stage of a swimmer's journey.

[Body Power Initiative](#)
[Health, Wellbeing and Engagement](#)
[Performing in Lycra](#)
[Beyond the Blackline](#)

Swim Meets

Available and target swim meets will be entered into Team App under the Events Tab. Every swim meet has corresponding information and 'Event flyer' and will also be saved against the Event in Team App. Most swim meets are to be entered through Swim Central. Swimmer guidelines at competitions:

Arrive at least 1.5hrs before first event unless your coach has stated otherwise

Bring food, water, plenty of towels, warm/sunsafe clothes, a camping chair

Wear club t-shirt and available uniform.

Speak to coaches on arrival, as well as before and after each race confidence.

Be respectful to all competitors, volunteers, officials, and parents.

Each meet will have a closing date, although often meets will fill up and close early; so enter as soon as possible.

To nominate for a swim meet in Swim Central, navigate to 'Events' in the menu and use the calendar to select the meet date and select 'View Event' to see more information or to nominate. Swim Central will calculate a swimmer's eligibility for events at the meet and display automatically.

Please ensure the name in the drop down is the family member you wish to nominate for the meet. Add chosen events to the Cart using the '+' button and choose the 'Make Payment' button to finalise a nomination.



Competition Documents

In the week leading up to the meet, the host club will share the 'Entry List' and the 'Program' either via email or on their social media page. If it's a 'Swimming Queensland' run meet such as State Championships, the information will be found on the Swimming Queensland website.

The Entry List is usually posted on the Monday prior to the meet - this is so swimmers can check that their chosen events have been entered correctly. If there are errors, you will need to contact the host club.

The Timeline and Program is usually shared to clubs by the Thursday evening prior to racing. It is the responsibility of the swimmers and families to check and/or print this information, which will include a guideline for timing of each event.

Results

Results can be accessed through Swim Central by the 'Results' tab, which will become available after the results have been processed. Live results can be accessed using 'Meet Mobile' which can be downloaded onto your phone from the App Store.

Communication

Coach Communication

The first point of call is always your squad coach who will be available to address any concerns including a swimmer's development, health and attendance.

The squad coaches use both Team App and email to communicate with parents. Coaches are also available 15mins before and after each session to speak with parents, however if the conversation is expected to last longer than 10 minutes or is sensitive/complex in nature, a meeting should be arranged via email. Email is the best tool for any questions or concerns as well as to set up meetings with coaches.

Swimmers who are under 18 years/and or still a student should never communicate with a coach via email, Team App or text message without a parent copied in.

Team App

The 'St Andrew's Swimming Club' Team App is the main location for important club information. This app is available for free from the app store and supports both iPhones and Android formats. We ask that all swimmers (with parental permission) and parents download the app and first search for 'St Andrew's Swimming Club' and then 'join' and please indicate in the field provided which squad you belong to. This will send through a 'member request' which will then be approved by the club and access will be allocated.

Weather/Conditions

There may be instances when training cannot take place. In these instances, communication advising of any cancellation or adjustment to training plan will be via email, Team App, Facebook and text message.



Aquatic Centre Front Desk
(07)5449 5800



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Ash Delaney
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Brad Hillier
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David Simon
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Bill Thorley
bthorley@saac.qld.edu.au



Website
standrewsaquaticcentre.com

Enquiries:

For all enquiries regarding memberships, swim central, entering competitions, assessments or joining the club please email
swim@saac.qld.edu.au

Resources:

Swimming Queensland
hqld.swimming.org.au/
Wide Bay Swimming Association
widebay.swimming.org.au
Swimming Australia
<https://www.swimming.org.au/>
Swim Central
swimcentral.swimming.org.au/

