

Newman Churchlands Swimming Club Information Pack - Summer 2014-2015

Welcome to the 2014 – 2015 Summer Swimming Season

Registration:

Please complete the attached registration form and return the form via email to the registrar at nchswimming@hotmail.com Or post this form with payment to **The Treasurer, PO Box 306, Wembley, WA 6014.**

Registrations close:

It is highly recommended that you return your registration form as soon as possible to guarantee your spot. Registrations will close once spots are full.

Confirmation of Registration:

2014- 2015 Registrations with Newman Churchlands Swimming Club is only confirmed on receipt of:

- A completed 2014 – 2015 Registration Form;
- Full payment of 2014 – 2015 Club Registration Fees;
- A signed Code of Conduct by swimmers and parent/guardian;
- A sign consent/refusal to use photographic and video material;
- Swimmer's 2014 – 2015 registration with Swimming WA;
- For first time swimmers;
- - A copy of Birth Certificate;
- - Assessment of swimming ability conducted by a coach on the Wednesday 15th October from 4:30 until 5:30pm and Friday the 17th October from 4:00pm until 5:00pm

Conditions:

1. The Code of Conduct applies to all swimmers, parents and coaches to ensure the safe and successful operation of the club.
2. Confirmation of registrations authorises the coaches to obtain the medical assistance they deem necessary in the event of an accident or illness. Parents agree to pay all medical expenses incurred on behalf of the swimmer(s).

Payment of Registration Fees:

Please make the suitable payment as outline on the registration form attach by Direct Debit (preferred option) by bank deposit (**NAB**) **BSB: 086 270 A/C 81477 2317 Reference: Your Surname-Sum14.** Please email the registrar the registration form and receipt number or post form with Cheque to **The Treasurer, PO Box 306, Wembley, WA 6014** again with email awareness to the registrar or cash on assessment day.

Summer Training: Commences Monday 20th October 2014

Coaches:

We would like to welcome our new head coach Mark Saggars. Mark comes from a long history in swimming and will be taking the 4pm Development Squad and the 5pm Senior Fitness Squad. Joining him, will be three returning coaches; Sam Schifferli, Megan Saggars and Emily Davies. Sam will be taking the 4pm Junior Fitness and 5pm Open Water Squads, whilst Megan will be bring her wealth of knowledge to the Junior and Senior Competition Squads. Emily will be taking the Introduction Squad. For more information on our coaching staff head to our website to view their coaching profiles.

Squads and Training Times:

4:00pm – 5:00pm Introduction, Development and Junior Fitness Squads

4:00pm – 5:30pm Junior Competition Squad

4:45pm – 6:30pm Senior Fitness, Senior Open Water and Senior Competition Squads

All squads will run Monday, Tuesday, Wednesday & Fridays

Please see next page for more squad information.

Squad Allocation:

Please indicate your preferred squad on the registration form attach. However this squad is not guaranteed as coaches have the right to move swimmers based on age and ability. Existing members will be assigned to squad based on your preference and last season's performance. Whilst new swimmers will start in the Introduction Squad and progress from there. Squad listings will be sent out days prior to the start of season.

Attendance:

Improvement in general aquatic fitness and personal best times are directly related to the amount of training completed. Whilst we understand that our members have other commitments we strongly recommend that swimmers attend training at least twice a week. Attendance will be marked daily and monitored. Swimmers in the Junior and Senior Competition Squad **must** attend a minimum of twice a week to stay within those squads.

Information Nights:

This year, Newman Churchlands Swimming Club will be running two information evening on the Monday the 20th October and Wednesday 22nd of October at 6:30 in the Club Rooms. The night will include information on the new coaches programs, squad structure and progression, expectations, internal and external club meets and trying on sizes for new club shirts. It is very important that **ALL** members attend one of these two nights, please mark on the registration form which night you plan on attending.

Blue Book:

The Newman Churchlands Swimming Club produces the 'Blue Book' which contains useful information, important dates, rules and regulations, sponsor details ect. The Blue Book will be distributed at the Information Evenings (as stated above) and additional copies will be available in the club rooms throughout the season.

Club Nights:

Newman Churchlands Swimming Club will be hosting 6 club meets this season and these will be outlined at the Information Evening. We strongly encourage all swimmers and parents to come down and have a go. For these club meets to be a success we do rely on parent volunteers as a number of jobs need to be done including; timekeeping, set up & pack up, meet announcer, marshalling, check starter, starter, clothing sales or BBQ cooks and organisers. If you would like to get involved with a specific task please make yourself known to a member of the committee or the Meet Manager.

New Uniforms:

In conduction with our new club logo, new shirts and club caps will be introduced this season. Shirt sizes can be tried on at the information evening and will be distributed as soon as possible. Given that these are new, we strongly recommend that our swimmers wear the shirts to and from training and wear the caps whenever possible (eg training, or competing).

Please regularly check our website for updates at www.newmanchurchlandsswimclub.org.au

If you have any problems please email us at nchswimming@hotmail.com

Squad Structure Overview

4pm - Introduction Squad

The Introduction Squad is a transition squad between the learn to swim program and squad swimming. New swimmers to the club will automatically join this squad as they will learn basic swimming etiquette, reading and responding according to the clock and white board and gaining overall fitness in the three major strokes. It is strongly recommended that during this early stage that swimmers attend a minimum for two sessions a week to enhance their development.

4pm - Development

The Development Squad's primary focus is to develop the swimmers swimming ability. This squad will work on all four strokes in addition to fin, dolphin and underwater work. Swimmers in this squad are encouraged to attend monthly club meets and attend training regularly to enhance development.

4pm - Junior Fitness

Junior Fitness assists swimmers with their development of all four strokes, fin, dolphin and underwater work and general fitness levels. This squad caters for swimmers who are working towards club level meets, school carnivals, training for fitness or to assist with Triathlon, Water Polo or Surf Club.

4pm - Junior Competition

The Junior Competition Squad assists swimmers to develop technique of the four strokes, fitness levels and works on more advanced race skills such as starts, turns and finishes in preparation for competitions. The Junior Competition Squad is targeted for swimmers aged 7-11 and will train for 90 minutes which will include 20 minutes of basic core and strength training. Squad members will be strongly encouraged to swim at internal and external Swimming WA swim meets - as targeted by the coach. It is highly recommended that squad members attend 3-4 times per week and must attend a minimum of 2 to stay within this squad.

All 5pm squads will start at 4:45pm and will be taken through stretching and basic core strength exercises before getting in the water at 5pm. All 5pm swimmers are expected to swim for the full 90 minutes.

5pm - Senior Fitness

The Senior Fitness is targeted at 12 and overs and will be targeting general aquatic fitness. This squad caters for swimmers who are working towards club level meets, school carnivals and training for fitness.

5pm - Senior Open Water

The Senior Open Water Squad is targeted for swimmers ages 12+ looking to develop their surf and open water swimming. This squad will focus on freestyle and distance work as well as speed, the development of all four stroke, fin, dolphin and underwater skills. This squad will also be encouraged to swim at club meets as well as an external meet throughout the season. This squad will be taken by a specialist coach with extensive knowledge in the area of open water and surf swimming.

5pm - Senior Competition

The Senior Competition Squad assists swimmers to develop technique of the four strokes, fitness levels and works on more advanced race skills such as starts, turns and finishes in preparation for competitions. The Senior Competition Squad is targeted for swimmers aged 12+ and will train for 90 minutes. Squad members will be strongly encouraged to swim at internal and external Swimming WA swim meets - as targeted by the coach. It is highly recommended that squad members attend 3-4 times per week and must attend a minimum of 2 to stay within this squad.

For more information and the squad promotion outline please see the pin up board outside of the club rooms or have a discussion with your child/ren's coach.