



# NUNAWADING SWIMMING CLUB INCORPORATED

President: Malcolm Moore

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## ARMSTRONG SQUAD

This information is current as of December 2011

Dear Parent & Swimmer,

Please find below the training details for Armstrong squad for the summer swimming season. All swimmers in this squad are encouraged to be financial members of Nunawading Swimming Club Inc in order to take part in squad training and competitions.

Membership information is available online at <http://www.nunawadingswimmingclub.com/membership/members.htm>  
Armstrong Squad train in SCHOOL TERM PERIODS ONLY

### ARMSTRONG SQUAD SESSION TIMES

#### ***Aqualink Nunawading, Fraser Place, Forest Hill***

Phone: 9878 7055 (Nunawading Swimming Club Office)

Tuesday 7.30pm - 8:30pm

Wednesday 7.30pm - 8:30pm

Thursday 7.30pm - 8:30pm

#### ***Syndal Swim Centre, 554 High Street Rd, Mount Waverley***

Phone: 9802 3900 (Syndal Swim Centre Office)

Monday 7:30pm - 8:30pm

Tuesday 7:00pm - 8:00pm

Thursday 7:00pm - 8:00pm

***Swimmers are asked to arrive 15mins prior to the scheduled session start time to allow for dryland activation and stretching before-hand.***

### ACCOUNTS

Families will be charged by the term based on the sessions swimmers are booked in for at the beginning of each term. Swimmers must notify their coach if they wish to add sessions or change sessions prior to the end of the previous term. **Participation in the squad system is considered to be an ongoing involvement and swimmers will be automatically re-enrolled for the next term unless the coach has been notified otherwise.**

The training fee for Armstrong (Nunawading) Squad is:

\$14.00 (GST inclusive) per week for swimmers training 1 session per week

\$24.50 (GST inclusive) per week for swimmers training 2 sessions per week

\$31.50 (GST inclusive) per week for swimmers training 3 sessions per week

The training fee for Armstrong (Syndal) Squad is:

\$14.00 (GST inclusive) per week for swimmers training 1 session per week

\$24.50 (GST inclusive) per week for swimmers training 2 sessions per week

\$31.50 (GST inclusive) per week for swimmers training 3 sessions per week

Cost is *inclusive of GST and pool entry*

Families with more than one swimmer training will be eligible for a 3% discount for the second and 5% for any subsequent swimmers involved in squads.

If swimmers suffer any serious injuries or illnesses, eg fractured limbs or glandular fever, which necessitate a prolonged absence from training, consideration may be given to adjusting the account in the following month. Speak to the coach about this if the situation arises.

Term payment applies at both centres.

### **TERM DATES**

|             |  |
|-------------|--|
| Term 4 2011 | Monday 10 <sup>th</sup> October to Thursday 22 <sup>nd</sup> December 2011 |
| Term 1 2012 | Monday 30 <sup>th</sup> January to Thursday 29 <sup>th</sup> March 2012    |
| Term 2 2012 | Monday 16 <sup>th</sup> April to Thursday 28 <sup>th</sup> June 2012       |
| Term 3 2012 | Monday 16 <sup>th</sup> July to Thursday 20 <sup>th</sup> September 2012   |
| Term 4 2012 | Monday 8 <sup>th</sup> October to Thursday 20 <sup>th</sup> December 2012  |

**Customers must pay their account in full when they receive their invoice, approximately 3 to 5 weeks before the beginning of each term.**

Armstrong squad swimmers do not train during school holidays or on public holidays.

### **EQUIPMENT**

The equipment swimmers will require are flippers, kickboard, pull buoy and goggles (plus a spare pair).

### **CLUB MEMBERSHIP**

Swimmers who wish to participate in competitions will be encouraged to join as club members. Nunawading Swimming Club membership forms are available from your coach, or from the swimming club office at either Nunawading or Sydal.

### **COMPETITIONS**

Swimmers in Armstrong Squad are encouraged to join Nunawading Swimming Club. Nunawading Swimming Club takes part in District Competitions which provide you with the ideal way for swimmers to be introduced to racing. Most swimmers thoroughly enjoy this challenge, but the decision to compete is left entirely up to the swimmer at this stage.

When swimmers represent the club at swim meets, and compete against members from other clubs, it is a requirement to wear our new club uniform. The uniform consists of:

- Club swim cap (if you wear one) and Club swim suit
- Club T-shirt
- Club or navy track pants/club shorts
- Club tracksuit jacket

When you first start representing the club this will be an obvious expense, however the initial purchases should be T-shirt, swim cap & swim suit. All items as well as other swim gear can be purchased at the club's office / shop situated in the foyer of the Aqualink Nunawading - our Home!

### **FURTHER INFORMATION**

Further information about your involvement in the Nunawading Swimming Club can be found at the:

- NSC Website: [www.nunawadingswimmingclub.com](http://www.nunawadingswimmingclub.com);
- NSC Email Service: Every family is expected to subscribe to the Nuna News email service. A link can be found on the home page of the website;
- Pigeon Holes in the foyer of the clubrooms; and
- Noticeboards at each pool.

Wishing you a rewarding involvement

*Dean Bryant*

Dean Bryant  
**NSC Head Age Coach**