



NUNAWADING SWIMMING CLUB INCORPORATED

President: Malcolm Moore

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HANSON SQUAD

This information is current as of December 2011

Hanson Squad is designed for young swimmers as an introduction to squad training. The focus is very much on developing and advancing stroke technique whilst further developing starting and turning skills. At this stage the children are also exposed to a basic structured training program aimed at developing strength and endurance.

One of the main aims of the group is to increase young swimmer's motivation to continue with the sport. Hanson squad specially caters for the needs of the young swimmer, and as such, aims to stimulate and challenge children with fun and variety. Swimmers are required to attend 2 Hanson squad sessions per week.

Hanson squads are conducted at Nunawading and Syndal.

HANSON SQUAD SESSION TIMES

Aqualink Nunawading, Fraser Place, Forest Hill

Phone: 9878 7055 (Nunawading Swimming Club Office)

Coach: Kristen Moore

Monday	6.05pm-7:05pm
Wednesday	6.05pm-7:05pm
Thursday	6.05pm-7:05pm
Saturday	6.50am-7:50am
(Saturday)	8:00am-9:00am Additional skills session for swimmers already doing 2/wk)

Syndal Swim Centre, 554 High Street Rd, Mount Waverley

Phone: 9802 3900 (Syndal Swim Centre Office)

Coach: Bob Edwards

Monday	6.00pm – 7.00pm
Tuesday	6.00pm – 7.00pm
Wednesday	6.00pm – 7.00pm
Thursday	6.00pm – 7.00pm
Friday	5.00pm – 6.00pm

COST (from January, 2012) - inclusive of GST and pool entry

The training fee for Hanson Squad at Nunawading is:

\$26.25 per week for swimmers training 2 sessions per week (\$33.75 per week for 3 sessions per week)

The maximum discount for the 2nd & 3rd sessions at Nunawading will be 25% and 50% (ie. no family discount as well).

The training fee for Hanson Squad at Syndal is:

\$26.25 per week for swimmers training 2 sessions per week (\$33.75 per week for 3 sessions per week)

The maximum discount for the 2nd & 3rd sessions at Syndal will be 25% and 50% (ie. no family discount as well).

Term payment applies at both centres.

TERM DATES

Term 4 2011	Monday 10 th October to Thursday 22 nd December 2011
Term 1 2012	Monday 23 rd January to Saturday 31 st March 2012
Term 2 2012	Monday 16 th April to Saturday 30 th June 2012
Term 3 2012	Monday 16 th July to Saturday 22 nd September 2012
Term 4 2012	Monday 8 th October to Saturday 22 nd December 2012

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

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

EQUIPMENT

The equipment swimmers will require are flippers, goggles (plus a spare pair) and preferably their own kickboard.

CLUB MEMBERSHIP

Hanson Squad swimmers will be encouraged to join as club members so that they can participate in competitions. Nunawading Swimming Club membership forms are available from your coach, or from the swimming club office at either Nunawading or Syndal. A special First Year Competitor membership, with reduced membership fee, is available for all swimmers in Hanson Squad.

COMPETITIONS

Swimmers in Hanson Squad are encouraged to join Nunawading Swimming Club. Nunawading Swimming Club has an intraclub competition program known as PB Challenge which is the ideal way for swimmers to be introduced to racing. Swimmers in Hanson Squad are encouraged to participate in competitions.

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
- 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. 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 involvement in the Nunawading Swimming Club, and in the sport of swimming can be found in:

- NSC Website: 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;
- Noticeboards at each pool

Wishing you a rewarding involvement

Nick Hibbins

Nick Hibbins
NSC Head Junior Coach