



NUNAWADING SWIMMING CLUB INC

ABN 64 503 868 598

Fraser Place, Forest Hill, Victoria 3131

Telephone: 03 9878 7055

Website: www.nunawadingswimmingclub.com

Email: info@nunawadingswimmingclub.com

JUNIOR SQUAD

This information is current as of February 2012

Dear Parents and Swimmers,

Please find below the training details for Junior squad for the summer season.

All swimmers in this squad are required to be financial members of Nunawading Swimming Club Inc in order to take part in squad training and competitions. Membership information is available at <http://www.nunawadingswimmingclub.com/membership/members.htm>.

The following training schedule is for SCHOOL TERM PERIODS ONLY.

Coach: Liz Williams

Mobile: 0438 987 746 **Email:** liz.williams@nunawadingswimmingclub.com

Coach: Nick Hibbins

Mobile: 0418 551 860 **Email:** nick.hibbins@nunawadingswimmingclub.com

2012 SEASON DATES

2012 Long Course Season Training:

- Commences Monday 23rd January 2012
- Concludes Friday 30th March 2012

2012 Short Course Season Training:

- Commences Monday 16th April 2012
- There will be a 2 week break from Sunday 1st July to Sunday 15th July 2012
- Concludes Saturday 22nd September 2012

2012-2013 Long Course Season Training

- Commences Monday 8th October 2012
- There will be a 4 week break from Sunday 23rd December 2012 to Monday 21st January 2013

From Monday 8th August 2011 onwards, the Junior Squad will train as follows:

DAY	AM SESSION	PM SESSION
Monday	No training	6:00-7:30pm: Tintern
Tuesday	5:30 - 7:00am: Syndal	5:00-7:30pm: Aqualink Nunawading (dryland 5:00-6:00pm)
Wednesday	No training	5:00-7:30pm: Aqualink Nunawading (dryland 5:00-6:00pm)
Thursday	No training	6:00-7:30pm: Tintern
Friday	No training	6:00-7:30pm: Syndal
Saturday	7:00 -8:00am: Aqualink Nunawading (dryland 6:30-7:00am)	No training
Sunday	No training	No training

ACCOUNTS

Monthly Payments

Participation in the squad system is considered to be an annual involvement; therefore the total fees for the year have been averaged out to produce the monthly amount. The same monthly fee is payable for all 12 months of the year. Fees will be charged regardless of a swimmers attendance. The only exceptions are prolonged absences of **more**

than 2 weeks through injury, illness or family commitments. There are no longer family discounts for squad swimmers.

Squad Charges

The training fee for this squad is: **\$105.00 (GST inclusive) per month**

Note: The number of sessions each individual is required to do will be determined by the coach of this squad.

Change of Designated Sessions

To make a change to your designated weekly sessions, please contact Nick Hibbins via email. Reception will not be able to assist you with this.

Adjustments to Squad Accounts

If a swimmer suffers any serious injuries or illnesses, eg fractured limbs or glandular fever, which necessitate a prolonged absence from training of more than 2 weeks, consideration may be given to adjusting the account in the following month.

If your squad account needs adjustment, or there is a problem with the account, please complete the Squad Fee Adjustment form (available on <http://www.nunawadingswimmingclub.com/squads/squadfees.htm>) and return it to the NSC Finance Officer, Louise Martin. Louise will work through any adjustments with you.

In general all charges will stand and any corrections will be made in the following month.

EQUIPMENT

The equipment swimmers will require are short blade flippers, goggles (plus a spare pair), kickboard, pool buoy (small size), swim costume & cap.

TRAINING TIME

We ask swimmers to be at training 15 minutes before the scheduled start time, so they can complete the required dryland activities and be ready to dive in on time.

POOL LOCATIONS

The training venues are located at:

Aqualink Nunawading:	Fraser Place, Forest Hill
Tintern Girls Grammar:	Enter school grounds at the corner of Loma and Morinda Streets, East Ringwood.
Syndal Swim Centre:	554 High Street Rd, Mount Waverley

COMPETITIONS

When swimmers represent the club at swim meets, and compete against members from other clubs, it is a requirement to wear our club uniform. The uniform consists of club tracksuit top and pants, polo shirt, shorts and swimming cap.

FURTHER INFORMATION

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

- 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;
- Pigeon Holes in the foyer of the clubrooms; and
- Noticeboards at each pool.

Wishing you a rewarding involvement

Nick Hibbins

Nick Hibbins
NSC Head Junior Coach