



NUNAWADING SWIMMING CLUB INCORPORATED

President: Malcolm Moore

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NATIONAL AGE SQUAD

This information is current as of December 2011

Dear Parents and Swimmers,

Please find below the training details for National Age squad for the summer swimming 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 online at <http://www.nunawadingswimmingclub.com/membership/members.htm>

The following training schedule is for SCHOOL TERM PERIODS ONLY. Timetables for the school holidays will be handed out separately.

Coach: Dean Bryant **Mobile:** 0402 831 383 **Email:** dean.bryant@nunawadingswimmingclub.com

2011-12 SEASON DATES

2011 Long Course Season Training:

- Commences Monday 3rd October 2011
- Concludes Thursday 22nd December 2011 (Immediately post Vic Age Championships)

2012 Long Course Season Training:

- Commences Monday 2nd January 2012
- Concludes Sunday 15th of April 2012 (Post Australian Age Championships)

2012 Short Course Season Training:

- Commences Monday 6th May 2012

From **Monday 3rd October 2011** onwards, the National Age Squad will train as follows:

DAY	AM SESSION	PM SESSION
Monday	5:00 - 7:00am: Tintern	No training
Tuesday	5:00 - 7:00am: Aqualink Nunawading (includes 1 hour gym)	5:45 - 7:30: Police Academy
Wednesday	No training	5:45 - 7:30: Tintern
Thursday	5:00 - 7:00am: Aqualink Nunawading (includes 1 hour gym)	5:45 - 7:30: Police Academy
Friday	5:00 - 7:00am: Tintern	No training
Saturday	5:00 - 7:00am: Aqualink Nunawading (gym 7:30-8:30am)	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: **\$175.00 (GST inclusive) per month**

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. 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.

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.

SWIMMERS SUPPORT

As a member of the National Age squad there is additional support provided to swimmers. For information on our Swimmers Support Program please go to:

http://www.nunawadingswimmingclub.com/membership/swimmers_support.htm#sis

EQUIPMENT

The equipment swimmers will require are flippers, goggles (plus a spare pair), kickboard, pool buoy, paddles, band, swim costume & cap. We ask swimmers to be at training at the commencement 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 cnr of Loma and Morinda Streets, East Ringwood.

Syndal: 554 High Street Rd, Mt Waverley

Wesley College: 620 High Street Rd, Glen Waverley

Caulfield Grammar: 74-82 Jells Road, Wheelers Hill

Police Academy: 10 Viewmount Rd, Glen Waverley

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 (if you wear one)
- Club polo shirt, shorts and tracksuit
- Tracksuit top and pants
- Club shorts.

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;
- 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