



# NUNAWADING SWIMMING CLUB INCORPORATED

President: Malcolm Moore

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## NATIONAL OPEN SQUAD

This information is current as of October 2011

Dear Swimmers,

Please find below the training details for National Open squad.

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

**Coach:** Amanda Isaac      **Mobile:** 0414 595 316      **Email:** [amanda.isaac@nunawadingswimmingclub.com](mailto:amanda.isaac@nunawadingswimmingclub.com)

**Coach:** Rohan Taylor      **Mobile:** 0407 288 921      **Email:** [rohan.taylor@nunawadingswimmingclub.com](mailto:rohan.taylor@nunawadingswimmingclub.com)

Membership information is available online at <http://www.nunawadingswimmingclub.com/membership/members.htm>

### 2011/12 SEASON DATES

#### 2012 Australian Championships:

- Training commences Monday 3<sup>rd</sup> October

From **Monday 3<sup>rd</sup> October 2011** onwards, the National Open squad training sessions are as follows:

DAY	AM SESSION	PM SESSION
Monday	5:00 - 7:00am: Nunawading	4:00 – 6:00pm: Police Academy
Tuesday	5:00 - 7:00am (gym 7:00 – 8:30am) Police Academy	4:00 – 5:45pm: Police Adademy
Wednesday	No Training/VIS Session	4:00 – 6:00pm: Police Academy
Thursday	5:00 - 7:00am (gym 7:00 - 8:30am) Police Academy	4:00 – 5:45pm: Police Adademy
Friday	5:00 - 7:00am: Nunawading	No training
Saturday	6:00-8:00am: Police Academy (gym 8:10-9:30am)	No training
Sunday	No training	No training

#### 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:      **\$195.00 (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**

For information on our Swimmers Support Program please follow this link:  
[http://www.nunawadingswimmingclub.com/membership/swimmers\\_support.htm#sis](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, sponge, 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

**Police Academy:** 10 Viewmount rd Glen Waverley

**VIS:** Olympic Park Boulevard Melbourne

**Aquarena Doncaster:** 139-153 Williamsons Road, Doncaster

**Richmond:** 11-15 Gleadell Street, Richmond

## **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 swim suit
- Club red polo shirt
- Club shorts
- Club tracksuit

## **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

*Amanda Isaac*

Amanda Isaac  
NSC Head Coach