

TERM 1, 2010 SQUAD NEWS



SWIM TO LIVE – LIVE TO SWIM

WELCOME TO H²O

Welcome to our Squad Newsletter. At H²O, we provide a pathway for your child from the learn-to-swim (LTS) formative years to pre-squad through to high performance training and racing. A range of services and boutique programs are available from a number of pools; Prahran Aquatic Centre; Melbourne High School, Prahran; The Swim Studio East Malvern and Lauriston Girls' School, Armadale.

Owned and managed by Anita Killmier, H²O Swimming Works run the squad programs for MH²O Swimming Club. It is the aim of the H²O program, teachers and coaches to enable swimmers to maximise their potential and develop a life long love of swimming. Due to the non-weight bearing nature of swimming it is possible your child may swim throughout his or her lifetime, therefore it is important to develop sound skills and 'perfect' strokes to prevent overuse injuries. Swimming is truly one of the few "Sports For Life"

TIMETABLE CHANGES

Note that Friday **night session is now at Lauriston Girls' School** at the earlier time of 4.30pm to 6pm and NOT at SYSC or Wesley. However please also note that on Friday Feb 12th, for one session only, we need to relocate to a different venue due to a competition on that day at Lauriston. I will notify you later of the venue.

HOLIDAY TRAINING

Christmas holidays are a time of a scheduled break for Teen Fit, Pre Squad and Development Squads. However, we have the opportunity to run small (maximum of 5) stroke/skill sessions for those who want it in the afternoons at the Swim Studio over the holidays. If you are interested in fast tracking your swimmer or fine tuning areas of weakness, OR you want to jump start fitness after the lengthy holiday, in time for school competitions, I urge you to consider this as an option. Spaces are limited and you will need to book, so please contact the office or speak to Adam/Anita soon.

Our morning sessions will continue throughout the holidays. The holiday timetable is posted on our website.

PUBLIC HOLIDAYS

H²O closes on public holidays. In Term 1 2010 there will be no training on the 6th, 7th or 8th March due to the Labour Day Long Weekend.

SQUAD PAYMENTS

All fees are due **in full in advance**, however payment by installments can be made upon request. Pre-payment for **all** squads is based on a quarterly system. Fees are calculated for National Target, State and Adult Squads to swim a 48 week year, with planned breaks coinciding with State and National Championships, and year round commitment to swimming expressed. Development, Teen Fit and Pre Squads swim a 40 week year, coinciding with school terms. Holiday training is included in fees for State and National Squads only.

MH²O CLUB MEMBERSHIP FEES

Annual fees should now have been paid, but if you are new to our squad program, fees are now due for the 2009/2010 season. Many swimmers still have not paid this mandatory fee. We have a new membership category for those from Teen Fit, Fast Track and learn to Swim called a non-competitive member. This category has a \$35 membership fee and allows the swimmer to still be active at Club days and social events, but does not allow them to swim at any external swim meets. If you have not already done so, **Club Membership fees must be paid together with squad fees.**

BOOKING SYSTEM

Please note: EVERY swimmer must fill in and return the **enclosed booking sheet**, together with their squad payment EVERY term. A handful of swimmers will be promoted but they will be notified in person by their coach and ONLY if prepared to commit to the mandatory requirements for the next level. To confirm your place in Squad, we MUST receive your squad payment and booking sheet (see below) prior to school resuming **by Friday 29th January 2010.**

A late payment fee of \$15.00 applies to any overdue payments. Cash, cheque, or credit card (Visa/MasterCard) and payment including club membership fees over the phone is accepted.

PRE- SQUAD

Cost: 2x 60 min/week \$280

As the entry point into the H²O program, we emphasise fine tuning of skills and strokes while learning training techniques. Racing at school and club competitions is expected.

DEVELOPMENT SQUAD

Cost: 2 x 1.5hrs/week \$300: 3x \$340: 4 x \$380

Entry level is 2 times per week for swimmers to adjust to the longer training session, but this is expected to increase to 3 and/or 4 sessions after one term. Racing at school, club and district competitions is also expected.

STATE SQUAD

Cost: 4 x 1.5hrs/week \$410; 5x 480

Entry level is four times a week to allow the swimmer time to adjust to the increase in volume, but this is expected to increase to five sessions/ week in consultation with the coach. The focus for swimmers in the State Squad is qualifying/ competing in individual and relay events for the long and short course State Championships.

NATIONAL TARGET SQUAD

Cost: 6x or more/week \$500

Swimmers are required to swim a minimum of SIX sessions per week at the entry point to this squad, but increasing over time in consultation with the coach.

TEEN FIT

Cost: 1x /wk \$180; 2x/wk \$340; 3x /wk \$ 360

This squad is designed to meet the needs of an increasing number of swimmers who wish to swim for fitness only and do not want to compete. Session times will depend on swimmers age, skill development and fitness level, subject to assessment. Membership to swimming club is optional. Minimum age 10.

Adults Masters Sessions 3x \$340: 4 x \$380

Cost: 10x; 20x; 30x & 40 session passes available starting at \$75/10 session pass OR \$10 casual visit.

Great coaching and great fun. Recommended for health and relaxation!! We even have a number of parents training with their kids. If you are just starting out, H²O also offers

- adult learn to swim lessons
- private lessons
- stroke correction/improvement
- fitness training (first session FREE!)

MAKE UPS

Swimmers are expected to make up any missed sessions and preferably within the week they are missed in order to fulfill mandatory training requirements. Swimmers missing sessions are able to make them up at any of the same squad sessions within the term. Make ups are not allowed to be taken in the school holidays, nor are they carried over into the following term.

EQUIPMENT

As we are unable to provide equipment for swimmers at any venue, you will need to have your own mesh kit bag. Fins and paddles are available from us.

- **Pre Squad:** Fins; kickboard and drink bottle
- **Development Squad:** Fins, peanut shaped pullbuoy; kickboard finger paddles; drink bottle
- **State Squad:** Fins; pullbuoy; kickboard (optional); plastic cup; drink bottle; finger paddles (available from H²O office)
- **National Target:** As for State Squad + hand paddles + band and theraband supplied by Anita
- **Teen Fit and Adults:** As for Development Squad

TERM 1 2010 TIMETABLE



AM	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Adults; NT; State;	6-7.30am Anita	6-7.30am Adam	6-7.30am Anita		6-7.30am Anita	8.30am- 10.30am Anita	
PM							
ALL Squads	5-6.30pm Adam OR 5-6.30pm Anita	5-6.30pm Kerryn OR 5-6.30pm Leana 6.30- 7.30pm (adults only)	5-6.30pm Anita (Dev/State & NT only – unless by arrangem ent)	5-6.30pm Adam OR 5-6.30pm TBD		4-5pm Fast Track Kerryn AND 4.30-6.00pm Adam Adults welcome to attend.	3-4pm Adrian Fast Track; Teen Fit; Pre Squad

Melbourne High

Prahran

Lauriston

BOOKING FORM ALL SQUADS

Swimmer 1 Name _____

Swimmer 1 Squad Name _____

Swimmer 2 Name _____

Swimmer 2 Squad Name _____

Swimmer 3 Name _____

Swimmer 3 Squad Name _____

Please note: Although technically, all sessions are open to all swimmers, in order for your swimmer to maximise his/her time in our program, it is **PREFERRED** that the higher squads (Development/State and National Target) attend the sessions with Anita/Leana, while the lower squads (Fast Track, Pre Squad and Teen Fit) attend sessions with the other coaches at alternate venues. Note also that we have small numbers on Tuesday morning and swimmers are receiving plenty of individual attention. Please consider this session time as an option.

Please tick which sessions you are booking for based on your squad's requirements.

Swimmer #1

- | | |
|---|--|
| <input type="checkbox"/> Monday Prahra 6am | <input type="checkbox"/> Thursday Prahra 5pm |
| <input type="checkbox"/> Monday SYSC 5pm | <input type="checkbox"/> Thursday SYSC 5pm |
| <input type="checkbox"/> Monday Prahra 5pm | <input type="checkbox"/> Friday Prahra 6am |
| <input type="checkbox"/> Tuesday SYSC 6am | <input type="checkbox"/> Friday Lauriston 4.30pm |
| <input type="checkbox"/> Tuesday SYSC 5pm | <input type="checkbox"/> Saturday Prahra 8.30am |
| <input type="checkbox"/> Tuesday Prahra 5pm | <input type="checkbox"/> Saturday Lauriston 4pm |
| <input type="checkbox"/> Wednesday Prahra 6am | <input type="checkbox"/> Saturday Lauriston 4.30pm |
| <input type="checkbox"/> Wednesday SYSC 5pm | <input type="checkbox"/> Sunday Lauriston 3pm |

Swimmer #2

- | | |
|---|--|
| <input type="checkbox"/> Monday Prahra 6am | <input type="checkbox"/> Thursday Prahra 5pm |
| <input type="checkbox"/> Monday SYSC 5pm | <input type="checkbox"/> Thursday SYSC 5pm |
| <input type="checkbox"/> Monday Prahra 5pm | <input type="checkbox"/> Friday Prahra 6am |
| <input type="checkbox"/> Tuesday SYSC 6am | <input type="checkbox"/> Friday Lauriston 4.30pm |
| <input type="checkbox"/> Tuesday SYSC 5pm | <input type="checkbox"/> Saturday Prahra 8.30am |
| <input type="checkbox"/> Tuesday Prahra 5pm | <input type="checkbox"/> Saturday Lauriston 4pm |
| <input type="checkbox"/> Wednesday Prahra 6am | <input type="checkbox"/> Saturday Lauriston 4.30pm |
| <input type="checkbox"/> Wednesday SYSC 5pm | <input type="checkbox"/> Sunday Lauriston 3pm |

Swimmer #3

- | | |
|---|--|
| <input type="checkbox"/> Monday Prahra 6am | <input type="checkbox"/> Thursday Prahra 5pm |
| <input type="checkbox"/> Monday SYSC 5pm | <input type="checkbox"/> Thursday SYSC 5pm |
| <input type="checkbox"/> Monday Prahra 5pm | <input type="checkbox"/> Friday Prahra 6am |
| <input type="checkbox"/> Tuesday SYSC 6am | <input type="checkbox"/> Friday Lauriston 4.30pm |
| <input type="checkbox"/> Tuesday SYSC 5pm | <input type="checkbox"/> Saturday Prahra 8.30am |
| <input type="checkbox"/> Tuesday Prahra 5pm | <input type="checkbox"/> Saturday Lauriston 4pm |
| <input type="checkbox"/> Wednesday Prahra 6am | <input type="checkbox"/> Saturday Lauriston 4.30pm |
| <input type="checkbox"/> Wednesday SYSC 5pm | <input type="checkbox"/> Sunday Lauriston 3pm |

To ensure we have your correct details please take time to fill this in accurately. **New Enrolments MUST fill in the following details;** **Re-enrolments, please fill in ONLY if any details have changed since last term.**

Parents Name: _____
Mum _____

Dad _____

Address: _____

Postcode: _____ Home Ph: _____

Mobiles' Mum: _____ Dad: _____

Email: best email for mum or dad to receive our regular correspondence: _____

Swimmer's email (State Squad and National Target Squad only) _____

FAST TRACK: Cost 1 x/wk \$180

TEEN FIT: Cost: 1x /wk \$180; 2x/wk \$340; 3x /wk \$ \$360

PRE- SQUAD: Cost: 2x 60 min/week \$28

DEVELOPMENT SQUAD: Cost: 2 x 1.5hrs/week \$300;
3x \$340; 4 x \$380

STATE SQUAD: Cost: 4 x 1.5hrs/week \$410; 5x 480

NATIONAL TARGET SQUAD: Cost: 6x or more/week \$500

Payment and form are due Friday 29th January. \$15 late payment fee applies. Credit Card payments accepted by phone.

Spaces for some sessions are limited and priority for bookings will only be given to those who get their form in and pay by the due date.