

## TERM 2, 2010 SQUAD NEWS



### SWIM TO LIVE – LIVE TO SWIM

#### WELCOME TO H<sup>2</sup>O

Welcome to our Squad Newsletter. At H<sup>2</sup>O, 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, H<sup>2</sup>O Swimming Works run the squad programs for MH<sup>2</sup>O Swimming Club. It is the aim of the H<sup>2</sup>O 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"

#### TRAINING AT SYSC

For the past 12 months H<sup>2</sup>O have been working closely with Stephen Cleary and the Melbourne Emperors Swimming Club. Stephen's company Aquatrain has been delivering the squad based program for the Emperors in much the same way as H<sup>2</sup>O Swimming Works delivered the squad program for H<sup>2</sup>O Swimming Club prior to its merger. Stephen has recently indicated that his other work commitments make it no longer possible for him to continue in his role and have appointed H<sup>2</sup>O to take over the running and management of this program.

Therefore, we are pleased to announce that as of Term 2 2010, this program will be integrated into ours and over time, the 2 groups will be merged into our system. This will enable us to develop SYSC as our home base along with Prahran Aquatic Centre for our better swimmers. Added with our Learn to Swim programme at Lauriston Girls' School we should see the emergence of MH<sup>2</sup>O Swimming Club as the premier club in the Stonnington region.

#### HOLIDAY TRAINING

With the official end of the Summer season, all squads take a break over the Easter School holidays. 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, I urge you to consider this as an option. Please call the office and book with Adam.

Our morning sessions (Mon/Wed/Fri/Sat) will continue throughout the holidays for those in our State, National Target and Masters squads who wish to train through.

#### PUBLIC HOLIDAYS

H<sup>2</sup>O closes on public holidays. In Term 2 2010 there will be no training throughout either the Anzac Day OR the Queen's Birthday weekends.

#### 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.

#### MH<sup>2</sup>O CLUB MEMBERSHIP FEES

Annual fees should now have been paid and the financial year is nearly ended. Those who are new to our squad program, who join now will get 14 months membership for the price of 12. We have a new membership category for those from Teen Fit, Fast Track and learn to Swim called a non-competitive member. Club membership is mandatory for all Squad members except Fast Track and Teen Fit. If you have not already done so, **Club Membership fees must be paid together with squad fees.**

#### BOOKING SYSTEM

Please note: With the new merger, spaces can only be guaranteed at your existing time slots IF we receive payment AND booking form/medical consent form no later than **Wednesday 31<sup>st</sup> March**. Failing to pay by this date will incur a \$15 late payment fee AND your place becomes vacant to other swimmers who wish to change days or increase the number of sessions they are doing.

#### NOTE: We DO NOT issue invoices

EVERY swimmer must fill in and return the **enclosed booking sheet and medical consent form**. 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.

**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.**

## FAST TRACK/Stroke Development

Cost: 1 x 60 min/wk \$180; 2 x \$280

For swimmers who have not come through our 7 step Learn to Swim Program and do not yet have the competencies in place to begin in Squad we offer classes to fast track swimmers into Pre Squad.

## PRE- SQUAD

Cost: 2x 90 min/week \$280

Entry is competency based and Pre Squad is the entry point into the H<sup>2</sup>O squad program. We emphasise fine tuning of skills and strokes while learning training techniques. Racing at school and club competitions is expected along with Encouragement and Novice Meets.

## DEVELOPMENT SQUAD /Junior

### Development and Elite Juniors

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. **Includes Xmas and June/July holiday training**

## 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. **Includes Xmas and June/July holiday training**

## TEEN FIT

Cost: 1x /wk \$180; 2x/wk \$300; 3x /wk \$ 340

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 12.

## ADULT FITNESS SWIMMING

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, H<sup>2</sup>O 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. If you swim at Lauriston, equipment is available to borrow.

Note we prefer the long blade rubber fins, not the short bladed ones. Please ask your coach for guidance if unsure.

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

## LEARN TO SWIM

Our 7 tier Learn to Swim program operates from the Lauriston Girls' School on Saturday afternoon and Sunday.

Please see our website for more details in our Swim News download, or we can email one upon request.

**Payments and booking forms due by Wednesday 31<sup>st</sup> March.**

## BOOKING FORM ALL SQUADS

**One form per swimmer. Please staple multiple forms together**

Swimmer's Name \_\_\_\_\_

Swimmer's Squad Name \_\_\_\_\_

Number of sessions per week: \_\_\_\_\_

**Preferred Session Times. Please include AM or PM and venue.**

Mon \_\_\_\_\_

Tue \_\_\_\_\_

Wed \_\_\_\_\_

Thurs \_\_\_\_\_

Fri \_\_\_\_\_

Sat \_\_\_\_\_

Sun \_\_\_\_\_

### CAR POOLING

Wherever possible we encourage car pooling of families who live close to one another, to off set busy lives.

Please indicate whether you would like to participate in car pooling below and I will endeavour to match swimmers in close proximity and put them in touch with one another to make further arrangements.

Yes I would be interested in car pooling and happy for you to give my contact details to other families who live close by.

No I am not interested in car pooling.

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: \_\_\_\_\_

Work 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; 2 x \$280

**TEEN FIT:** Cost: 1x /wk \$180; 2x/wk \$300; 3x /wk \$ \$340

**PRE- SQUAD:** Cost: 2x 1.5 min/week \$280

**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 Wednesday 31st March. \$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. Current swimmers take priority in rebooking their existing places.**

**State and National Squad Payments include holidays.**

