

Benefits Of Joining

H²O Swimming Works provides learn to swim and squad training within the City of Stonnington, with a tiered progressive system in a sport that can last a lifetime. With the proliferation of triathlons, open water swims, surf swimming, masters competitions (to name a few) along with other aquatic activities and growing awareness of the need to exercise regularly, we aim to foster skills and techniques to enable your child participate for life.

Our squad based program, while continuing to focus on refining swimming technique and increase fitness, ultimately teaches and practises racing skills. While some swimmers are anxious about racing and possibly do not want to race, most children at least, will participate in school based competitions. By joining our program your swimmer will be well equipped to race confidently and with sufficient knowledge to acquit themselves well, irrespective of their desire to race (or not) at higher levels.

Upon moving into our squad program your swimmer will therefore be expected to also join our not-for-profit club, which provides further opportunities for racing experience at a level to suit all interests. These include but are not limited to club, district, state, interstate and national events.

We offer various membership categories and our annual joining fees are significantly less than many other clubs in an effort to keep costs down.

Categories include:

- ◆ Swimmers (discounted for subsequent swimmers) who are eligible to compete at all registered swim meets within Australia
- ◆ Adult swimmers who are also members of a Masters Swim club
- ◆ Recreational Swimmers for those in Teen Fit who only wish to participate within the club, not at external competitions
- ◆ Non-Swimmers for Committee Members and Volunteers and
- ◆ Life Members

The bulk of your fee goes to affiliating with our umbrella organisation, Swimming Victoria who governs the sport of swimming in Victoria. Amongst other things, this covers insurance fees so your swimmer is covered in the event of any accident participating in a club activity.

The balance remains with the club and covers

- ◆ Small coaching stipend for coaches to attend swim meets
- ◆ Subsidised or free club activities that are held from time to time. Special events that have been held in the past include
 - A workshop with Australia's leading Olympic Physiotherapist on growth related injuries, prevention and rehabilitation;
 - Goal setting clinic;
 - Stretching Clinic
 - A charity fundraising swimathon
 - Club Awards Night and
 - Swim Camp
- ◆ Subsidised travel expenses when sending teams interstate (eg to National Championships or Tasmania State Championships)
- ◆ Purchase of equipment and uniforms and
- ◆ Assistance to minimise costs of hosting our Club Championships such as pool hire and purchase of medals/ribbons

Benefits of joining include:

- ◆ Discount coupon booklet from Swimming Victoria at allied shops and businesses
- ◆ 15% discount card from our preferred supplier the Aquashop, for all your swimming equipment.
- ◆ Membership for 12 months
- ◆ A 'one off' \$10 discount off your total term squad fee if you book and pay on time, AND
- ◆ A free club cap when signing up for the first time (Subsequent caps cost \$10).

When joining you can either

1. Join online through the Swimming Victoria Website (Click onto Clubs Online). If you use this option you must notify us of the membership category to receive your discounts and benefits, OR
2. Direct through the office when you pay your squad fees.
3. Pay by cheque and posted or handed to your coach. Cheques to be made payable to MH²O Swimming Club.

For more information on:

MH²O Swimming Club or H²O Swimming Works please log onto
www.h2oswimming.com.au

Swimming Victoria www.swimmingvictoria.org.au

On this website you are able to enter all Swimming Victoria approved swim meets, download hard copy entry forms, and access a National data base that keeps all of your swimmer's official times recorded at Swimming Victoria approved meets.

MH²O SWIMMING CLUB

Information and Application Form

SEASON 2011/2012



Office: 9572 3005
Fax: 95723006
Postal: 38 Grant Street, East Malvern VIC 3145
Website: www.h2oswimming.com.au
Email: h2o@hotkey.net.au

Club Membership Application

PLEASE PRINT CLEARLY.

*****Note: Much of our communication is by email.**

Please ensure your details are up to date and clearly written.

SWIMMERS FULL NAME AND INITIALS ARE REQUIRED

_____/_____/_____
1st Child first name Initial Surname D.O.B

_____/_____/_____
2nd Child first name Initial Surname D.O.B.

_____/_____/_____
3rd Child first name Initial Surname D.O.B

Mum/Dad's first name Surname if different from children

Emergency Contact name Relationship Contact number

Street Address Suburb Postcode

Home Phone Work/Mum Work/Dad

Mobiles Mum Dad

*** Preferred Email:

DECLARATION

1. I Agree to abide by the rules, regulations and policies of Swimming Victoria, Australian Swimming, the relevant District Swimming Association and the relevant club, including Australian Swimming's Anti-Doping, Member protection and Privacy Policies.
2. I authorize Swimming Victoria to use and disclose, to related and relevant bodies any of my personal information that may be necessary to implement the rules, regulations and policies in 1 above. I agree to have my name, photograph and results published in official programs newsletters and websites unless Swimming Victoria is otherwise notified.
3. I give permission for my child's photo to be used at the pool, on our website, or for any promotional purposes.

Signature _____ Date: ____/____/____
Parent/Guardian

Signature _____ Date ____/____/____
Member 18 years or over

