

## Kilmore Swimming Club Inc.

P.O. Box 345, Kilmore, Victoria 3764  
www.kilmoreswimmingclub.org.au  
A0019609H ABN 33 126 679 264



## District Squad

Information correct at May 2012

Please find below training details for the District Squad. All swimmers are required to be financial members for the Kilmore Swimming Club in order to take part in all training and competitions.

Head Coach: Jennifer Lonie  
coaches@kilmoreswimmingclub.org.au

## 2013/2014 Season Dates

### 2013/2014 Pennant Season Preparation

- May 2013 to June 2014

## Pool Locations

Kilmore Leisure Centre (KLC) – White Street Kilmore

## Training Schedule

Day	AM Session	PM Session
Monday	No Training	No Training
Tuesday	No Training	7:00 - 8:30, Pool (KLC)
Wednesday	No Training	No Training
Thursday	No Training	6:30 - 8:00, Pool (KLC)
Friday	No Training	No Training
Saturday	No Training	No Training
Sunday	No Training	No Training

## Attendance

Swimmers must attend a minimum of 1 session per week. It is preferred that all members attend all sessions. If swimmers are unable to attend any of the sessions they are to notify the coach in advance. We ask that swimmers arrive at training with enough time to organise themselves so they can complete the entire training session.

## Equipment

All squad members are required to bring goggles, fins (short), pull buoy water bottle (full with water) and a kick board. Swimmers with long hair must wear a cap; swimmers with short are encouraged to wear a cap although it is not mandatory.

## Squad Charges

The training fee for this squad is \$11 per week and is charged per term.

## Term Fee Conditions

Participation in this squad is considered to be annual, therefore fees will be charged regardless of a swimmers attendance. Exceptions may be made for prolonged absence (more than two weeks) through injury, illness or family commitments.

## **Adjustments to Squad Accounts**

If a swimmer suffers a serious injury or illness as per the above, they may be eligible for a discount on their next month's fees. To be eligible for a discount a Fee Adjustment Form must be filled in and handed in the club treasurer along with a copy of the doctor's certificate (for privacy reasons the illness or injury may be blacked out). This will then be tabled at the following committee meeting for evaluation.

## **Exiting the Squad**

If a swimmer no longer wishes to be part of the squad formal notification in writing must be forwarded to both the Head Coach and Treasurer, email is the preferred medium.

## **Competition**

Swimmers wishing to enter competitions must advise the head coach prior to entering. The coaches will then discuss and either approve or decline the request based on where the swimmers are in the training program. Please note; there will be ample 'Coaches Approved Meets' throughout the year for swimmers to attend.

When swimmers are swimming at club meets (meets the coaches have approved as part of the program) they are representing the club and are required to wear the club uniform that consists of:

- Club swim cap (mandatory)
- Club blue polo shirt (mandatory)
- Club shorts (mandatory for pennants & district championships)
- Club hoodie (optional)