



Kilmore Swimming Club Inc.

P.O. Box 345, Kilmore, Victoria 3764
A0019609 H, ABN 33 126 679 264

State Squad

Information correct at April 2012

Please find below training details for the State 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

0409 546 498

jennifer.lonie@kilmoreswimmingclub.org.au

2012/2013 Season Dates

2012 Short Course Preparation (Country & State):

- Tuesday 8th May 2012 to Thursday 30th August 2012

2010 Long Course Preparation (Country & State):

- Monday 10th September 2012 to Friday 15th February 2013

Maintenance phase

- Monday 25th February 2013 to Friday 15th March 2013

Pool Locations

Kilmore Leisure Centre (KLC) – White Street Kilmore

Training Schedule

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

Attendance

Swimmers must attend a minimum of 4 sessions 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, snorkel, paddles and water bottle (full with water).

Squad Charges

The training fee for this squad is \$105 per month.

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 Squad Discount 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)