

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 April 2015

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 training and competitions.

Coach: Jennifer Lonie
coaches@kilmoreswimmingclub.org.au

2015/2016 Season Dates

2015/2016 Pennant Season Preparation:

- Tuesday 5th May 2015 to Thursday 31st March 2016

Pool Locations

Kilmore Leisure Centre (KLC) – White Street Kilmore

Training Schedule

Day	AM Session	PM Session
Monday	No Training	No Training
Tuesday	No Training	6:45 to 8:30
Wednesday	No Training	No Training
Thursday	No Training	6:15 to 8:00
Friday	No Training	5:30 to 6:30 (land)
Saturday	No Training	No Training
Sunday	No Training	No Training

Attendance

Swimmers must attend a minimum of 1 pool 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. Swimmers who arrive late are not to enter the water until they have spoken to the coach.

Equipment

All squad members are required to bring goggles, fins (short), pull buoy (junior pull buoy for smaller swimmers, regular size for older/bigger swimmers), kick board and a water bottle (filled with water). Snorkels are optional this squad. Swimmers with long hair must wear a cap; swimmers with short hair are encouraged to wear a cap although it is not mandatory.

Squad Charges

The training fee for this squad is \$11.00 per week, charged by the 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 or illness.

Adjustments to Squad Accounts

If a swimmer suffers a serious injury or illness as per the above, may be eligible for a discount on their next term fees. To be eligible for a discount, a letter must be forwarded to the Treasurer along with a copy of the doctor's certificate (for privacy reasons the illness or injury may be blacked out). This will 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 the squad coach, email is the preferred medium. Once the letter of resignation is received it will be tabled at the next committee meeting.

Competition

Swimmers wishing to enter competitions must advise their squad coach prior to entering. When swimmers are competing they are representing the club and are required to wear the club uniform consisting of:

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

Current uniform is the uniform displayed on the Kilmore Swimming Clubs website; older style uniform is no longer considered uniform and may not be worn at competition.