

# NORTH COAST SWIM CLUB

The North Coast Swim Club (NCSC) was formed to meet the needs of local swimmers, many of whom have a connection to St Mary's Anglican Girls' School as either current, past or future students, brothers of current, past or future students or their parents. The club operates out of the excellent training facilities at the Sir Thomas Wardle Swimming Pool Complex within the grounds of St Mary's Anglican Girls' School.

The North Coast Swim Club is currently accepting new members. If you would like to join NCSC, you will need to be assessed by one of our Swim Coaches. To book an assessment, please email [swim@stmarys.wa.edu.au](mailto:swim@stmarys.wa.edu.au). After a successful assessment you will need to complete an enrolment form and an online membership through Swimming WA. <https://wa.swimming.org.au/>

As a Competitive Member, you will enjoy the following privileges.

- **Eligibility to join one of the training squads with either full membership access to our training schedule or on a restricted schedule as a casual member.**
- Eligibility to compete for NCSC at Swimming WA events and competitions – includes Rookie Meets, Qualifying Meets and Open Water Events
- Attendance at club social events
- Swimming WA 'member only' offers
- Intra-club time trial events
- Club Newsletter
- Personal Accident Injury Insurance

As an Open Water (Leisure) Swim Member, the benefits are as above with the exception of being eligible to compete in Swimming WA events.

## Coaches

Our coaching staff are directed by our Head Swim Coach, Mr Ian Mills. His team of dedicated coaches are on hand to help our members achieve their swimming goals.

Please note that our members deserve the full attention of their coaches when they are training. Please do not approach the coaches with any queries during training, as their attention must remain with their squad. Coaches can be approached briefly at the conclusion of training sessions.

We offer the following training squads:

Junior, Intermediate, State, National.

Plus a Masters squad for mature swimmers.

## Training Squads

Monthly Training Squad Fees are variable based on the allocation of the swimmer to a training squad appropriate to them, or their choice to train on a casual basis only.

## Full Access Training Squad Fees

Swimmers looking to maximise their potential should enrol into the Full Access Training Squad of the NCSC. Following an assessment with a coach, swimmers are allocated to one of the four categories of squads within the club - Junior, Intermediate, State and National. Our programme will ensure that a swimmer's stroke technique and endurance will soon have them moving through the water faster for longer.

An extensive training schedule operates allowing swimmers to train on up to six days a week, often with two sessions available per day. For the current training schedule, please refer to our web page. <http://www.stmarys.wa.edu.au/north-coast-swim-club>

The monthly fee for full access training is based upon the squad the swimmer will be assessed as being appropriate for them. The monthly fee will be charged on the 15th of the month using the credit card details provided on this form.

### Monthly Fees

	Members 2019*	Non-Members 2019*
Junior	\$125 per month	\$130 per month
Intermediate	\$145 per month	\$150 per month
State Development	\$155 per month	\$160 per month
National	\$155 per month	\$160 per month

\* For families with siblings training with the club, a discount will be provided. For your second child, a \$10 discount will apply, \$20 for the third, \$30 for the fourth etc.

## Casual Training Squad Fees

Casual Training Squad enrolment into the NCSC is designed for swimmers who cannot train on sufficient occasions during the month to gain value from full access training squads. This class of membership will best suit swimmers who want to participate in a structured swimming programme that will improve fitness and stroke technique.

The fee for participating in each training session on a casual basis is \$15.50. Attendance at each training session is recorded. The fee for your participation (based on the number of attendances during the month) will be charged in arrears using the credit card details provided on the enrolment form.

	2019
Casual	\$15.50 per training session

## Masters Swim Club

The Masters Swim Club offers casual squad training sessions, designed for mature swimmers who wish to maintain and improve both their fitness and stroke technique. A coach will be on hand during training sessions to help you achieve your goals.

The Masters Swim Club is not affiliated with Swimming WA. There is no requirement for Masters Swim Club swimmers to register with Swimming WA. Masters Club Swimmers may choose to join the NCSC and should contact [swim@stmarys.wa.edu.au](mailto:swim@stmarys.wa.edu.au) if that is their wish.

The fee for participating in each training session as a masters member is \$10. Attendance at each training session is recorded. The fee for your participation (based on the number of attendances during the month) will be charged in arrears using the credit card details provided on the enrolment form.



## SQUAD TRAINING FEES (2019)

☐

Full

☐

Casual

☐

Masters Club

(\*compulsory information)

### SWIMMER'S PERSONAL INFORMATION

First Name\* \_\_\_\_\_ Middle Name or Initial \_\_\_\_\_

Last Name\* \_\_\_\_\_ Date of Birth\* \_\_\_\_/\_\_\_\_/\_\_\_\_

Medical conditions: \_\_\_\_\_

(eg. Asthma/Anaphylaxis)

### CONTACT INFORMATION

Address\* \_\_\_\_\_

Suburb\* \_\_\_\_\_ State\* \_\_\_\_\_ Post Code\* \_\_\_\_\_

Home Phone\* \_\_\_\_\_ Mobile\* \_\_\_\_\_

Email\* \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

First Name\* \_\_\_\_\_ Last Name\* \_\_\_\_\_

Relationship\* \_\_\_\_\_

Telephone\* Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

2 Free Trial Swims

1 Date \_\_\_\_\_

2 Date \_\_\_\_\_

#### OFFICE USE ONLY

Full Access Squad Monthly Fees: ☐ Junior \$125 ☐ Intermediate \$145 ☐ State Dev \$155 ☐ Nationals \$155

Casual Squad Fees Per Session: ☐ Casual \$15.50 ☐ Masters \$10

☐ Visa ☐ MasterCard

Card Holder's Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Card Holder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE RETURN THIS FORM TO THE SENIOR SCHOOL RECEPTION