

# NORTH COAST SWIM CLUB

The **North Coast Swim Club (NCSC)** is a dynamic, boutique club that operates from the Sir Thomas Wardle Swimming Pool Complex at St Mary's Anglican Girls' School in Karrinyup.

New members are welcome. Our club was formed to meet the needs of local families, competitive swimmers and the broader St Mary's community. Our membership consists of boys and girls just commencing their swimming journey right through to elite athletes competing at the National Level. Each squad consists of similar ability swimmers allowing our expert coaches to provide a planned and considered program, tailored to the group they are responsible for. We are committed to swimmer wellbeing and building good relationships with swimmers and their families.

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 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

## 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.

## 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 program 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 at the end of the month using the credit card details provided on this form.

## Monthly Fees

	<b>Members 2021</b>
<b>Junior</b>	\$130.00 per month
<b>Intermediate</b>	\$150.00 per month
<b>State Development</b>	\$160.00 per month
<b>National</b>	\$160.00 per month

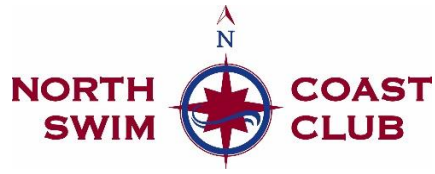
\* For families with siblings training with the club, a discount will be provided. For your second child, a \$10 discount will apply, \$20 for the third, \$30 for the fourth etc.

## 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 program that will improve fitness and stroke technique.

The fee for participating in each training session on a casual basis is \$20.00. 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.

	<b>2021</b>
<b>Casual</b>	\$20.00 per training session



## SQUAD TRAINING FEES (2021)

Fee Category:  Full  Casual

### SWIMMER'S PERSONAL INFORMATION

First Name: _____	Middle Name or Initial: _____
Last Name: _____	Date of Birth: ____/____/____
Medical Conditions: _____ (eg: Asthma/Anaphylaxis)	
<input type="checkbox"/> St Mary's student <input type="checkbox"/> second sibling discount <input type="checkbox"/> third sibling discount <input type="checkbox"/> fourth sibling discount	

### CONTACT INFORMATION

Address: _____		
Suburb: _____	State: _____	Post Code: _____
Home Phone: _____	Mobile: _____	
Email: _____		

### EMERGENCY CONTACT INFORMATION

First Name: _____	Last Name: _____
Relationship: _____	Home Phone: _____
Work Phone: _____	Mobile: _____

2 FREE TRIAL SWIMS 1<sup>ST</sup>: \_\_\_\_/\_\_\_\_/\_\_\_\_ 2<sup>ND</sup>: \_\_\_\_/\_\_\_\_/\_\_\_\_

### OFFICE USE ONLY

Full Access Squad Monthly Fees: <input type="checkbox"/> Junior <input type="checkbox"/> Intermediate <input type="checkbox"/> State <input type="checkbox"/> National
Casual Squad Fees Per Session: <input type="checkbox"/> Casual
Member <input type="checkbox"/> SWA Member # _____ Non Member <input type="checkbox"/>

### CREDIT CARD DETAILS

<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard
Card Holder's Name: _____
Card Number: _____ Expiry Date: ____/____
Card Holder's Signature: _____ Date: ____/____/____

