

## OUR SQUAD RULES

### Attendance

All Squad attendance must be recorded on arrival.

To avoid disruption to the Squad session:

- ✔ students must arrive on time
- ✔ students must be on pool deck before Squad starts in preparation for the session
- ✔ students must pay attention during their Squad session

The coach reserves the right to remove your child from a session if they are disruptive to other participants.

### Absences

Upon request a time freeze may be granted for pre-arranged absences of 1 consecutive week or more. Notification must be given prior to the absence, excluding in the event of medical emergencies (where a medical certificate is presented after the event).

### Respect

To provide a safe and nurturing coaching environment, we ask parents and students to treat all staff and patrons with the utmost respect. Aggression towards staff or patrons will not be tolerated and may result in your removal from the Swim Centre.

### Supervision

Children under the age of 10 years will not be allowed to enter the Swim Centre unless under the supervision of a person 16 years or older.

### Squad feedback

To avoid disruption, Coaches are not to be approached for feedback during the session. Alternatively, please:

- ✔ approach the Coach at the end of the session
- ✔ and/or book an appointment time at reception

### Squad swimwear and equipment

Students are responsible for bringing all required swimming gear.

#### This includes:

- ✔ water bottle
- ✔ goggles
- ✔ fins
- ✔ snorkel
- ✔ pull buoy

#### Squad swimwear includes:

- ✔ tight fitting swimmer for girls
- ✔ speedo style-pants or jammers for boys (if a rash shirt is worn, tight fitting is recommended)

### If your child is sick

If your child has experienced the following symptoms in the last 24 hours, please keep your child at home.

- ✔ diarrhoea
- ✔ fever
- ✔ vomiting

A child with an open wound, bleeding or conjunctivitis **will not** be admitted to the Squad session.

## FOR MORE INFORMATION

 [swim.lakemac.com.au](http://swim.lakemac.com.au)

# SQUAD

QUALITY COACHING TO HELP YOUR CHILD  
ACHIEVE THEIR SWIMMING GOALS



## FEES

Squad coaching	Price
20 visit pass	\$204
50 visit pass	\$408
20 visit pass - Corporate member	\$122
50 visit pass - Corporate member	\$203
Casual session	\$16.30

Corporate members are individuals with a current financial membership with the Corporate Fitness program of Lake Macquarie City Council, Newcastle City Council, or Port Stephens Council. Fitness Passport holders are not eligible.

### Payment

Passes can be purchased via

- ✓ [myswim.lakemac.com.au](http://myswim.lakemac.com.au)
- ✓ over the phone with a credit card
- ✓ in person at reception

### Frequently Asked Questions





No bookings are required for sessions.

Passes are valid for 12 months from the date of purchase. You can track your visits and pass expiry easily via [myswim.lakemac.com.au](http://myswim.lakemac.com.au)

Squad passes are only valid for use by the family members registered to the pass when purchased. Passes that are being shared between children need to be purchased at reception (not online).

A credit will be provided if a session that has started is cancelled by the centre due to unforeseen circumstances, such as weather conditions.

## SQUAD GROUPS

		Suggested frequency guide
 WHITE	<b>FUNDamentals</b> Development of fundamental swimming skills, building on key stroke techniques within a fun and structured environment. Students will also begin to develop general strength and endurance in this low intensity squad.	Once a week
 BRONZE	<b>Training to train</b> Development of the student's fundamental movement skills and overall physical capacity. Students will engage in activities designed to develop speed, swimming-specific skills and aerobic base. Coaches will educate students on swimming etiquette and will introduce swimmers to using the pace clock in training.	Twice a week
 SILVER	<b>Training to compete</b> To optimise fitness preparation, competition-specific skills and performance. Students will learn competition skills under a variety of competitive conditions during training sessions. Coaches will begin to develop individual fitness preparations for students, including how and when to stretch, basic nutrition and appropriate hydration for swimmers.	Three times a week
 GOLD	<b>Training to perform</b> Athletes in Gold Squad are trained to maximise performance and peak for major competitions. Training is high in both intensity and volume, with periodic training sessions developed in conjunction with competition specific activities. Coaches actively plan recovery periods to prevent athletes over training.	Five or more times a week

