



SALE SWIMMING CLUB INC.

Reg no A4484M

INFORMATION BOOKLET 2010/2011



MISSION STATEMENT

Sale Swimming Club Inc. promotes the sport of swimming and provides a safe competitive environment for swimmers of all ages to achieve their full potential as swimmers and members of the community.

The information in this booklet was correct at the time of printing. As a Club, we endeavour to keep you, as the swimmer/parent, up to date with rules etc. If there are any changes made to the information contained herewith, after printing, the monthly Club Newsletter will advise.

**SALE SWIMMING CLUB INC. OFFICIALS**

POSITION	OFFICE BEARER	PHONE	EMAIL
PRESIDENT	CHRIS COLLEY	51445229 0414237763	ccolley@bigpond.net.au
VICE PRESIDENT	ALISON McNAIR	51451020 0411170867	steeninoz@bigpond.com
SECRETARY	KRIS MORRISON	51445158 0425749168	krispaul@iprimus.com.au
TREASURER AND PUBLIC OFFICER	AMANDA CASTLE	51441785 0438441785	acastle@netspace.net.au
ASSISTANT TREASURER	JULIE HUTCHINS	51444562	jhutchins@netspace.net.au
MEMBER REGISTRAR	AMANDA CASTLE	51441785	acastle@netspace.net.au
PUBLICITY OFFICER	JULIE WEDLOCK	51497880	theweddys1@bigpond.com
NEWSLETTER	JOAN KEIL	51456036	keil.joan.j@edumail.vic.gov.au
CHIEF TEAM MANAGER	LINDA POLAND	51447992 0416510869	lgpoland@tpg.com.au
Assistants	DARREN HAYLOCK	51430789	dachri@acsvic.com.au
	TRISHA FOX	51442910	mfox2010@bigpond.net.au
NEW PARENT OFFICER	LINDA WILSON	51430712	mlwilson@netspace.net.au
CATERING OFFICER	VICKI COLLEY	51445229	ccolley@bigpond.net.au
Assistants	JO BENNETT	51442094	jbennett@egtafe.vic.edu.au
	TANYA WHYKES	51447045	ptwhykes@bigpond.com
	MARINA JEFFS	51443024	giftidesigns@bigpond.com
GRIEVANCE & MEMBER PROTECTION OFFICER	KAREN LEE	51432120	leeptec@wideband.net.au
GRANTS OFFICER	KRIS MORRISON	51445158	krispaul@iprimus.com.au
WEBSITE MANAGER	WAYNE MADDEN		salewimmingclub@netspace.net.au
COACHING CO-ORDINATOR	ALISON McNAIR	51451020 0411170867	steeninoz@bigpond.com
RECORDS OFFICER	CAROLYN DE WYS	51445908	mdewys@wideband.net.au
TROPHY REGISTRAR	DAVID WEDLOCK	51497880	theweddys1@bigpond.com
EQUIPMENT OFFICER	PAUL CALLAGHAN	0419864868	paulg.callaghan@yahoo.com.au
CLOTHING OFFICER	JULIE WEDLOCK	51497880	theweddys1@bigpond.com
ALL SCHOOLS' NIGHT MEET SECRETARY	JEAN PHILLIPS	51456365	jeanthepom@iprimus.com.au
COACHES	DES PHILLIPS	51456365	dnphilli@iprimus.com.au
	TRACEY SHEILDS	0448262215	tracey.sheilds@whkarmitagedownie.com
	DEBBIE TAYLOR	0428404856	tonydebbie@bigpond.com
	PAUL MORRISON	0457847776	krispaul@iprimus.com.au
	DONNA ROWAND	0407040594	donna_rowand@hotmail.com
	TRUDI HENDERSON	0400515043	trudi.henderson@wellington.vic.gov.au
	PAUL CALLAGHAN	0419864868	paulg.callaghan@yahoo.com.au
	CHRIS COLLEY	0414237763	ccolley@bigpond.net.au
	NICK BENNETT	0418954888	bennett_3124@hotmail.com
	MEGAN RAINE	0448403458	meegz92@bigpond.com
	PRUE MAY	0433566893	prudencejmay@gmail.com
SALE POOL		51423700	
LIFE MEMBERS	Carol Barker, Andy Barnes, Max Blakiston, Lloyd Buckton, Sarah Crowe, Ashley Delaney, Leah Dent, Marg Dent, Nic Dent, Stan Doak, Cheryl Duffell, Graeme Duffell, Emma Jackson, Daine Johnston, Chelsea Kent, Brad Leggett, Alysia Lowe, Darren Lowe, Trevor Lowe, Wayne Madden, Prue May, Rob Moore, Tom Osborne (deceased), Adam Phillips, Des Phillips, Jean Phillips, Elizabeth Rumpff, Tracey Sheilds, Peter Silby, Val Silby, Bill Stephens (deceased), Jannah Taborsky, Laura Whelan, Simon Whitford.		



WELCOME TO SEASON 2010/2011!

TRAINING

Training sessions are offered within 4 major swimming groups:

Minnows	-	9 (+/-1) years & under
Porpoises	-	10 (+/-1) years
Dolphins	-	11 (+/-1) years
Sharks	-	12+ years.

Swimmers may also apply to become a member of the Target Squad. Target Squad members complete extra training sessions over scheduled weekends with the aim of achieving qualifying times for Short and Long Course Country, State or National Championships. If said qualifying times are attained, it is expected that Target Squad members attend these Championships. Sale Swimming Club Inc. recognises that attendance at such Swim Meets can involve considerable travel and accommodation expenses, and the Club will, therefore, facilitate subsidies to help sponsor Target Squad members.

Training commences for the 2010/2011 Season on Monday 7th June 2010, and will break once swimmers have completed their school swimming competition commitments.

Refer to the 2010/2011 Training Schedule for the training times and the coaches available for each group. This Schedule can be found on the website. The Training Schedule may change once the outdoor pools become available to us after 1st December 2010. If you are unable to attend the specified training sessions, please discuss alternative options with your coach.

You are encouraged to attend as many training sessions as possible. Training runs through all school holidays, but sessions offered will depend on attendance.

Training sessions are subject to change due to public holidays, school holidays and pool closures.

Please ensure that you discuss all your swimming needs and requirements with your coach, and please also direct all training and competition enquiries to your coach.

COMPETITION

Sale Swimming Club Inc. encourages its members to compete at the 14 Gippsland District 21 (GSI) sponsored meets. District 21 incorporates Warragul Water Warriors, Moe Swimming Club, Morwell Swimming Club, Traralgon Swimming Club, South Gippsland Bass, Sale Swimming Club and East Gippsland Water Dragons. We understand that not everyone can compete at every meet. Therefore, our coaches target selected meets, and we ask that you attempt to enter as many of these targeted meets as possible. There are approximately 6 targeted meets each Season, and the targeted meets for this Season will be marked as such on the Sale Swimming Club Inc. versions of the Gippsland Swimming Inc. (GSI) Fixture and Programs for 2010/2011 (available to all swimmers by the end of August).

GSI Meets start in late October and run through until March, culminating with the Gippsland Championships held over the long weekend in March.

Winter Swim Meets (outside the GSI Season Meets) are also run by various Gippsland Swimming Clubs, starting in late June and running through until October.

Swimmers are also encouraged to compete in meets of interest outside District 21, including All Juniors, December Comps, Country Short Course and Long Course Championships, and State Championships.

Sale will host 3 meets during this Season, these being:

Oil City Christopher Hirth Memorial Swim Meet (Winter Swim Meet - Saturday 7th August 2010).

GSI Meets x 2 (The dates of these Swim Meets will appear on the GSI Fixture and Programs for 2010/2011).

In addition Sale will host the 2011 Gippsland Championships which will be held from Sat. 12th until Mon. 14th March.



GSI (GIPPSLAND DISTRICT 21) MEETS

The Gippsland Swimming Inc. Fixture for 2010/2011 will be available to all swimmers by the end of August. This can be found on the Gippsland Swimming Inc. website, and is accompanied by the entire group of Programs for the GSI Swim Meets. However, it should be noted that Sale Swimming Club member entries must be with the Chief Team Manager by the Wednesday prior to the advertised closing date (usually 10 days prior to the Meet date). The Fixture and Programs will also be available in the Club Rooms and on the Sale Swimming Club Inc. website, with the correct closing dates for Sale Swimming Club member entries.

Swim Meet Entries will only be accepted if accompanied by payment. Please use the envelopes available in the Club Rooms to complete the entry details, and seal the accompanying payments inside. GSI Swim Meets are \$10 per Meet, regardless of the number of events entered. Entry costs for Meets outside GSI Swim Meets may be per event amounts, and these entry costs are listed on each Swim Meet's Program.

Points are awarded to swimmers for their club which go towards the presentation of shields at the end of the District Season.

- Open Meets: The first eight swimmers overall in each event receive points – 9, 7, 6, 5, 4, 3, 2, 1.
- Inter Club Meets: The first swimmer from each club in each event receives points. These points are determined by the number of clubs in the competition. For example; 10 clubs – 1st has 10 points, 2nd has 9 points, 3rd has 8 points and so on. In this same example; a Sale Swimming Club swimmer may be placed 7th and yet be awarded 9 points, because the first six swimmers are from the same club and only the 1st swimmer from that club can obtain points for their club.

Results: Will be displayed in a prominent position at the Meet venue.

Disqualifications: If a swimmer is disqualified in a race, an announcement will be made advising the event number, the heat number and the lane number of the disqualified swimmer, and printed on the results sheets. If the swimmer is going to swim that stroke again that day, they may find out what they were disqualified for through the Coach or the Team Manager. Under no circumstances approach the Recorder.

TYPES OF MEET

OPEN MEETS: 1st, 2nd and 3rd places receive ribbons at these Meets. 12 years and under receive ribbons for places from 1st to 6th.

TIME TRIAL MEETS: Seeded on times not age; awards based on age; choice of which stroke.

10 & UNDER NOVICE MEETS: Open to swimmers 10 years and under; swum on a time trial basis.

GSI SPRINT MEETS: Swum as a time trial; seeded on times not age.

GIPPSLAND CHAMPIONSHIPS: Swimmers must have competed in at least THREE GSI (Gippsland District 21) Meets to qualify for these Championships.

RELAY EVENTS: Where relay events are incorporated within a swim meet, the Chief Team Manager, in conjunction with the coaches, selects the teams.

ALL JUNIOR ELIMINATIONS: This Meet consists of 50 metre events. Swimmers 14 years and under who gain 1st, 2nd, 3rd, 4th or 5th place are eligible to swim in the All Junior Country Semi-finals and Finals in Melbourne. Swimmers who have won individual medals at Country or State Championships are ineligible to enter that stroke at All Junior Competition.



GSI (GIPPSLAND DISTRICT 21) CLUB OFFICIALS TO CLUB COMPETITORS RATIO

At GSI (Gippsland District 21) Meets, Sale Swimming Club Inc., along with all other District 21 Clubs, is required to provide the following number of Club Officials (that's you the parent!) to the number of Club Competitors. If we do not meet this ratio, our Club will be fined.

CLUB OFFICIALS	CLUB COMPETITORS
0	1 to 5
1	6
2	7 to 9
3	10 to 14
4	15 to 19
5	20 to 24
6	25 to 29
7	30 to 39
8	40 to 49
9	50 to 59
10	Over 60

Marshals: Call swimmers for their event; instruct on the event to be swum; instruct on lane allocation. Swimmers must report to the marshalling area at least **three** events prior to their event.

Timekeepers: Keep an accurate time of events by starting the stopwatch on the light flash or starting gun, and then stopping the stopwatch when the swimmer TOUCHES the pool wall at the completion of the race. Timekeepers are also required to stop the electronic timing device by depressing the button when the swimmer TOUCHES the pool wall at the completion of the race.

Recorders: Run the Meet from the computers; manage the Meet entries; compile the results of the Meet.

Starter: Instructs swimmers regarding the distance to be swum, the method of recall in the event of a false start, and the rules that apply to breaks and disqualifications.

Referee: Ensures that the rules of swimming are adhered to, and that the Meet runs smoothly and efficiently. **The Referee's decision is final.**

TRAINING/COMPETITION EQUIPMENT AND CLOTHING REQUIREMENTS

- Goggles, swim cap, fins, pull buoy, paddles, training bag, runners, water bottle, (kick boards are available at pool side).
- Sale Swimming Club Inc. swim caps and mesh training bags are available at the Club Rooms.
- Orders for Club shirts and Club long jackets can be placed with our Clothing Officer.
- Club tracksuits are available through Noddy's Menswear.

The colours of Sale Swimming Club Inc. are royal blue and white. All members are encouraged to wear Club colours.



REGISTRATION AND TRAINING FEES SCHEDULE

REGISTRATION FOR SEASON 2010/2011

Registration fees for Season 2010/2011 are:

Swimmer (Competitor):	\$110
Recreational Swimmer (Non-Competitor):	\$65

Register online via the Swimming Victoria Members' Portal and pay by credit card, or register online via the Swimming Victoria Members' Portal and follow up with payment direct to Sale Swimming Club Inc.

Existing and new members are requested to login on the 'Members' Portal'.

For existing members, if you haven't specifically changed your login details, your Username is the first letter of your first name together with your last name, e.g. acastle for Amanda Castle. The Password is: salesc. If you are unsure, click on 'Forgotten Password?' - This will email your details to you.

New members will be issued with a Username and a Password.

Username:	<input type="text"/>
Password:	<input type="password"/>

[Login](#)

New Registration

[Click here to complete an online membership application.](#)

Privacy Statement

[Click here to read about your rights to privacy.](#)

Forgotten Password?

[If you have forgotten your password please click here to retrieve it.](#)

Next click on 'Update Details' where you can update your contact, health details etc.

Finally, click on 'Registration Renewal' where you can choose the appropriate registration/membership type, i.e. Swimmer or Recreational Swimmer etc.

Upon clicking on the acceptance of the 'Conditions of being a Member of Swimming Victoria and Associated Clubs', you are agreeing to abide by the rules and policies of Sale Swimming Club Inc., Swimming Victoria Inc. and Swimming Australia Ltd.

N.B. Coaches, Officials, Committee Members and Office Bearers should all reregister, and Sale Swimming Club Inc. will pay the applicable fee.

Registration must be paid before the second swim training session, and no swimmer is permitted to compete unless registered. Registration is to be paid promptly for insurance purposes. Once registered, you are affiliated with Swimming Victoria and Swimming Australia.

N.B.: Sale Swimming Club Inc. has the right to refuse acceptance of a registration - no explanation for such a refusal will be provided.

Any questions regarding registration can be directed to the Registrar, Amanda Castle, on 51441785, or via email to acastle@netpace.net.au.



MEMBERS' WELFARE POLICY

The Members' Welfare Policy assists in ensuring that everyone involved in our sport of swimming is treated with respect and dignity, and is safe and protected from abuse. The Policy also aims to ensure that all members are aware of their legal and ethical rights, and responsibilities.

Sale Swimming Club Inc. is committed to ensuring that everyone associated with the Club complies with this Policy. Please review the Members' Welfare Policy on the Swimming Victoria website at:

https://www.clubsonline.com.au/customdata/index.cfm?fuseaction=display_main&ItemID=5574&OrgID=2075&cfid=45597075&cftoken=83750097&dts=812200930418

INSURANCE

Registration to Sale Swimming Club Inc. and associated bodies provides Public Liability and Personal Accident coverage through JLT Insurance. All Swimmers, Officials and Non-Swimmers (i.e. Coaches, Committee Members and Office Bearers) must be registered members of the Club to be covered by this Insurance.

For further information about the JLT Insurance, please visit:

<http://www.jltsport.com.au/swimming>

TRAINING FEES FOR SEASON 2010/2011

	Quarter End Dates	SHARKS	DOLPHINS/ PORPOISES	MINNOWS	KILLER SHARKS
1 st Qtr (term 3)	17/09/2010	\$165	\$155	\$125	\$10 per session
2 nd Qtr (term 4)	15/12/2010	\$165	\$155	\$125	\$10 per session
3 rd Qtr (January)	31/01/2011	\$75	\$75	\$55	\$10 per session
4 th Qtr (term 1)	31/03/2011	\$165	\$155	\$125	\$10 per session
Total		\$570	\$540	\$430	
Annual fee less 5% if paid in full by 30 Sep		\$542	\$513	\$409	

*N.B.: Training fees do **NOT** include pool entry.*

Training fees are **NOT** to be paid to the coaches.

All training fees are payable in advance and must be paid promptly. Failure to make training fee payments as arranged could cause swimmer/s to be excluded from training until payment is made.

FAMILY DISCOUNT

When a family has three or more members swim training with Sale Swimming Club Inc., then a family discount on training fees will apply:

The first two family members pay full (100%) training fees.

The third family member receives a discount of 10% and thus pays 90% of the full training fees.

The fourth family member receives a discount of 20% and thus pays 80% of the full training fees.

The fifth family member receives a discount of 30% and thus pays 70% of the full training fees.

Etc... At a rate of an additional 10% discount on top of the % discount of the training fees of the previous family member for each additional family member.



If paying annual training fees in full by 30th September, the 5% discount will apply to the training fees that have already been reduced by the family discount.

TRAINING FEE PAYMENTS

The options available for the payment of training fees are as follows:

Cheque: Payable to Sale Swimming Club Inc. & posted to PO Box 1592, SALE. 3850.

EFT Transfer (using your own bank internet access) to:

Reference: 'Member Name'
Bank: Commonwealth Bank, Sale Branch
Account: Sale Swimming Club Inc
BSB: 063 526
Account No: 0080 0268

In Person: To any Commonwealth Bank quoting the above details. Please tell the teller the Reference first.

There is a preference to limit the amount of large cash handling at the pool. If you wish to pay training fees by cash, please take it to the Commonwealth Bank and deposit it into the account listed above.

SWIM MEET ENTRIES

Every Swim Meet Entry must be with the Chief Team Manager by the Sale Swimming Club closing date (which is usually 10 days prior to the Swim Meet date). Swim Meet Entry money must be submitted *with* the Entry, or you will risk not being entered into the Competition. Andy Barnes will be available at the pool before training sessions to collect these Entries and Entry monies (preferably cash). If you must pay by cheque, it should be made payable to the Club hosting the Event, noting that it will not be presented until after that Event.

Upon your arrival at a Swim Meet, please check in with the Chief Team Manager. Please inform the Chief Team Manager as soon as possible if you are delayed in getting to a Swim Meet, or if you intend to scratch any or all of your entered events. In order to avoid fines, the Team Manager is required to lodge all scratchings with Meet Officials within a specific time frame.

GENERAL CLUB INFORMATION

PARENTS

This is your family's Club, and the swimmers need your support in every way if it is operate successfully.

Help us to help your child enjoy their swimming career:

- Talk to your child's coach if you have any questions or concerns, but do this at a convenient time for the coach – please do not interrupt training sessions.
- If you are not satisfied after talking to your child's coach, please address your concerns in writing to the Coaching Co-ordinator. It is inappropriate to approach Committee Members about coaching issues if these issues have not first been discussed with your child's coach – the Committee will only consider issues of training and competition if a member is unsatisfied with any resolution suggested by the coach.
- Attend Swim Meets to encourage your child and other Club members.
- Assist with timekeeping at Swim Meets – our swimmers cannot achieve their personal best times if we have no timekeepers!
- Assist with catering and other odd jobs at Swim Meets being hosted by Sale Swimming Club Inc.
- The facilities we enjoy as a club are made available to us by Wellington Shire. Consequently, we must, at all times, respect the property and equipment at the Aqua Energy Pool complex.
- Parents will be informed if their child's behaviour is inappropriate. Your child may be asked to leave the Club if inappropriate behaviour continues.
- All swimmers and parents should visit the Club Rooms at least once a week to check for important information.
- Newsletters are emailed monthly. If you do not have email, copies will be available in the Club Rooms.
- Parents are encouraged to attend Committee Meetings, held on the 3rd Tuesday of the month at 7.00pm in the Club Rooms.
- Sale Swimming Club Inc. website: www.saleswimming.org.au – please check regularly.
- Gippsland Swimming Inc. website: www.gippslandswimming.org.au – all results for GSI (Gippsland District 21) Meets are available at this website.
- Swimming Victoria website: www.swimmingvictoria.org.au – for registration, and information regarding out of District Swim Meets.

CLUB NIGHTS

During the season, and particularly before the start of the GSI Swim Meet Season, the Club holds fun training nights. These nights may be Chocky Frog Nights, Pizza Nights etc. Different swimming groups get the opportunity to mix with each other, and have a lot of fun in an informal training environment.

CLINICS

Following on from last season's successful clinics, this season Sale Swimming Club Inc. intends to hold a number of specific clinics run by professionals outside the Club. These events strengthen the abilities of not only our swimmers but also our coaches, and have always been well attended.



CAMP

Sale Swimming Club members have participated in Club Camps held at the beginning of the last two GSI Seasons. These have been highly successful events, and the Club, therefore, intends to hold another overnight camp this Season. This event is designed to strengthen camaraderie within the Club, and does not necessarily concentrate on swimming. The Camp will be open to all competitive swimmers but with places limited to the first to pay their deposit.

SALE SWIMMING CLUB INC. PROFICIENCY AWARDS

Sale Swimming Club Inc. holds a Proficiency Awards Night once a year, and the awards are presented as cloth badges. These awards range from preliminary (which is 50m freestyle and 50m backstroke) to platinum (which covers longer distances and set times).

All awards are swum in conjunction with each other, i.e. if swimming for 3 awards; each swimmer only swims 1 freestyle event, 1 backstroke event, 1 breaststroke event and 1 butterfly event. Times are checked for all distances.

Application forms, with payment, must be handed in one week prior to the Proficiency Awards Night. Failure to achieve an award will result in the refund of event fees.

ANNUAL PRESENTATION NIGHT

The Annual Presentation Night is held in May each year. Major trophies, awards and certificates won during the season are presented at this social event.

Club Age Champion medals are also awarded at the Annual Presentation Night. These medals are determined from the points scored by each swimmer at the Gippsland Championships (there are no Sale Swimming Club Inc. Championships). Thus, in order to be in the running for one of these medals, members must swim at the Gippsland Championships. These Championships should be considered the pinnacle of each member's Swim Season, and it is, therefore, imperative that members attend and compete at this important Swim Meet.

WANT SOMETHING EXPLAINED?

For new swimming families, we understand that being part of Sale Swimming Club can be daunting – rules that everyone else seems to know and you don't. If you have any questions, or just want something explained, please feel free to ask, phone or email the New Parent Officer (Linda Wilson) or any of the other Sale Swimming Club Inc. Officials (as listed at the front of this Information Booklet).



HEALTH CARE DETAILS:

Ambulance Subscription: (circle) YES NO Member Number: _____

Medicare Number: _____ Member Number: _____ Expiry Date: ____/____

Health Care Number: _____

Private Health Insurance: (circle) YES NO Fund: _____

Doctor: _____ Telephone: _____

Address: _____
Number Street/Road

Town/City Postcode

Can doctor be contacted at all times? : (circle) YES NO

Dentist: _____ Telephone: _____

Address: _____
Number Street/Road

Town/City Postcode

Can dentist be contacted at all times? : (circle) YES NO

CURRENT MEDICAL HISTORY:

Current medical problems: _____

Allergies: _____

Sport injuries (Please list any injury which is current/re-occurring): _____

Regular medications including supplements: _____

Most recent tetanus booster: ____/____/_____



PAST MEDICAL HISTORY:

Have you ever had any of the following? : (circle)

Epilepsy	YES	NO
Diabetes	YES	NO
Any heart condition	YES	NO
High blood pressure	YES	NO
Asthma/Bronchitis	YES	NO
Tuberculosis or any lung disease	YES	NO
Chronic muscular or joint issues	YES	NO
Glandular Fever or Chronic Fatigue	YES	NO
Other major illness, injury or operation	YES	NO

If any of the above answers are "YES" please supply details – (attach another sheet if necessary).

EMERGENCY CONSENT:

I/We authorise the Coach/Chief Team Manager in charge to consent, where it is impractical to communicate with me/us, to my/our child receiving such *emergency* medical or surgical treatment, including an anaesthetic, operation or blood transfusion, as may be deemed necessary by a medical practitioner. I/We also agree to pay for all such expenses including any ambulance costs.

Signature: _____
Parent/Guardian if under 18 years of age

Date: ____/____/____

Signature: _____
Parent/Guardian if under 18 years of age

Date: ____/____/____

Name/s (please print): _____



PHOTO DISCLAIMER:

I/We do/do not give permission for my/our child's photo/s to be used in promotional material produced by Sale Swimming Club Inc. – Club Newsletters, Club Information Booklets or Club Web Page, Newspaper Reports or Visual Media Releases.

Signature: _____ Date: ____/____/____
Parent/Guardian if under 18 years of age

Signature: _____ Date: ____/____/____
Parent/Guardian if under 18 years of age

Name/s (please print): _____

ARRIVAL AND DEPARTURE FOR TRAINING SESSIONS:

Please indicate below how your child will arrive at and depart from the Lex Glover Aqua Energy Pool Complex for training sessions: (circle)

Arrival:

Departure:

Car YES NO
Bicycle YES NO
Alone YES NO
Walk YES NO
Alone YES NO

Car YES NO
Bicycle YES NO
Alone YES NO
Walk YES NO
Alone YES NO

If there is any change to the above methods of arrival and/or departure, either permanently or as a one off, please let your coach know.

DECLARATION:

To the best of my/our knowledge, all of the information contained on this form is true and correct.

Signature: _____ Date: ____/____/____
Parent/Guardian if under 18 years of age

Signature: _____ Date: ____/____/____
Parent/Guardian if under 18 years of age

Name/s (please print): _____