

SHELDON SWIMMING ACADEMY

2015 TRAINING PROGRAMS

Sheldon College Student Version



Dear Parent

Please find important information below regarding Sheldon Swimming Academy squad training programs, along with a registration form at the end of this note. (For information regarding Learn to Swim and stroke correction classes, please email our Learn to Swim Co-ordinator at leamtoswim@sheldoncollege.com.)

SQUAD SWIMMING

Session Dates

- Sessions operate on all term-time schooldays, beginning Monday, 2 February
- Sessions are not usually held on public holidays or on student free days
- Information regarding school holiday sessions that may be made available are emailed to all squad members in the lead-up to each holiday period

Current Term Time Squad Schedule (as of Term 4)

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior Squad	3.30 – 4.45pm	3.30 – 4.45pm	3.30 – 4.45pm	3.30 – 4.45pm	3.30 – 4.45pm
Intermediate Squad	6.00 – 7.45am 3.45 – 5.30pm	3.45 – 5.30pm	3.45 – 5.30pm	6.00 – 7.45am 3.45 – 5.30pm	3.45 – 5.30pm
Senior Squad	5.30 – 7.45am 4.10 – 6.30pm	5.30 – 7.45am 4.10 – 6.30pm	No Swim 4.10 – 6.30pm	5.30 – 7.45am 4.10 – 6.30pm	5.30 – 7.45am 4.10 – 6.30pm

Pool Fitness Training Sessions

In addition to the sessions listed above, pool fitness training sessions are offered on Tuesdays and Fridays in Term 4 from 6.45 to 7.45am to 10 session pass holders at any squad level and to junior and intermediate squad members paying term fees and consistently attending at least one regular session per week. Such sessions involve the provision of a pool fitness session with basic guidance to swimmers from the coach and are designed to increase swimming volumes and to consolidate skills and technique.

2015 Squad Fees (per term)

	1 st child	2 nd child	3 rd child	4 th child
Junior Squad	\$247	\$217	\$202	\$187
Intermediate Squad	\$267	\$237	\$222	\$207
Senior Squad	\$288	\$258	\$243	\$228

Or purchase a 10 session squad pass for \$133, to be used within the term of purchase.

GENERAL INFORMATION

Payment

Payment is not required until an invoice is received from the Sheldon College Finance Office. However, swimmers are not permitted to attend training sessions until the attached registration form has been received.

General Expectations

- All persons not directly involved in sessions are to sit quietly in the grandstand and are not to wander around the school grounds or inside the pool enclosure
- All persons must comply with all directions given by staff

Wet Weather

Swimming training will not be cancelled due to wet weather. In the event of an electrical storm or severe weather, alternative training activities will be conducted in a safe environment until the published finishing time.

Gym

Membership of our Senior Squad includes gym sessions on Mondays and Thursdays from 5.30am, included within the training times listed above. Swimmers attending such sessions should wear appropriate attire including enclosed shoes and should bring a towel.

Gear Bags

All squad swimmers are required to bring their kit bag to all sessions. The Head Coach will specify what equipment is required.

Uniform Requirements at Training

Swimmers are able to train in their own choice of Sheldon-appropriate one piece swimming costume. If wearing a swimming cap at training, a Sheldon cap must be worn. (Swimming caps must be worn by girls with long hair.) In addition, students are to get changed immediately after training, and are not to wander the school in their swimwear.

Withdrawal of Registration

To save having to complete forms at the start of each term, it will be assumed that students enrolling in training programs are doing so until the end of the Term 4. Please therefore email swimming@sheldoncollege.com and finance@sheldoncollege.com if you wish to withdraw your child from the program at the end of any given term.

Holiday Training Sessions

Should school holiday training sessions be held, these shall be free of charge for term pass students enrolled during the preceding term, with the exception of Christmas holiday training, which will be available for a fee. Any such holiday training will be advised by email. Session times may vary during the holidays.

Duty of Care

Duty of care for students enrolled in this program is assumed by coaching staff only during published training times. Parents are responsible for arranging for the prompt delivery and collection of their children from all sessions. Unless otherwise arranged with the Head Coach, all swimmers should be collected from the pool grandstand at the conclusion of each afternoon session.

2015-16 Club & Swimming Queensland Membership

Under Swimming Queensland requirements of us as a registered club, all squad participants (other than 10 session pass holders who do not swim competitively) are required to hold membership of our registered swimming club, Sheldon Swimming Academy.

The Sheldon Swimming Academy component of the 2015-16 club membership fee is \$40 per competitive swimmer or \$20 per recreational swimmer (those who train but do not plan on competing within the next year). The rest of the fees go to Swimming Australia, Swimming Queensland and the Brisbane Swimming Association. 7-year-old swimmers have free registration to encourage club membership take-up state-wide, while 8-year-old swimmers are only charged half price.

If you are new to joining our club, please go to www.qld.swimming.org.au, click on the large JOIN NOW button on that webpage, and select Sheldon Swimming Academy as your club when completing the membership process. This process will end with an online credit card payment.

Competition Uniform

When representing the Sheldon Swimming Academy at competitions, swimmers are required to attend wearing a Sheldon Swimming Academy polo shirt, Sheldon College HPE shorts and HPE socks with their own choice of suitable shoes. If it is cold, the Sheldon College tracksuit is to be worn. If a swimming cap is worn, it must be a Sheldon College swimming cap. Either a FINA approved racing suit or Sheldon College swimwear is to be worn in the pool.

What Now?

To register your child for squad training, please complete the attached form and return it prior to your child's attendance at their first training session. Options for how to return this form are noted at the foot of the registration form. If registering your child for the first time, please contact swimming@sheldoncollege.com or call the Sheldon College Sports Office on 3206 5533 to arrange an assessment for your child, in order for him/her to be placed in the appropriate squad. After being placed in a squad, please complete the Swimming Queensland membership process if applicable (see above).

Questions?

Should you have any further questions, please email swimming@sheldoncollege.com or call the Sports Office on 3206 5533.



Sheldon College Sport Swimming Squad Terms & Conditions

In the best interests of all swimmers, officials, spectators and the image of Sheldon College, the following expectations apply to swimmers and their parents representing Sheldon College Sport.

Students representing Sheldon College Sport are required to...

- Attend scheduled carnivals and training sessions except as agreed to in advance with the team coach and/or the Sports Office
- Give their best effort at all times in training and in competition
- Try their best to be positive role models for all other club members
- Act as ambassadors for Sheldon College, following their 4 Cs at all times

Parents of students representing Sheldon College Sport are expected to...

- Keep in mind that children participate in sport for their enjoyment, not for that of the parents
- Focus upon their child's efforts and self esteem rather than upon winning and losing
- Encourage their child to be a positive role model
- Remember that children learn best by example, and hence model the 4 Cs expected of Sheldon College students
- Respect the decisions of officials and coaches and teach their child to do the same
- Support and encourage their child but leave all specific coaching instructions to the appointed team coach
- Allow the coach the space in which to carry out their job
- Be conscious of the fact that they are representing Sheldon College in the public arena
- Support their child's commitment to attending training sessions and carnivals and contact the coach and/or the Sports Office in advance when this may not be possible
- Raise any issues they may have with the coach at an appropriate time and in a respectful manner

SHELDON SWIMMING ACADEMY

2015 REGISTRATION FORM

Sheldon College Student Version



Student details:

Name	Date of Birth	Sex	Squad Level	Cost
			Jnr/ Inter/ Snr	
			Jnr/ Inter/ Snr	
			Jnr/ Inter/ Snr	
			Jnr/ Inter/ Snr	
TOTAL COST				

Parent/ Guardian details:

Name	Email	Mobile Phone

Significant medical issues...

Student Declaration (Junior College students need not sign)

I understand the student Terms and Conditions and agree to abide by them.

Signed: _____ (student)

Parent Declaration

I have carefully read the information note, understand the Sheldon College Sport Terms and Conditions and agree to abide by them. I agree to enrol my child(ren) in Sheldon Swimming Academy squad training and consent to the relevant charges being added to my College account.

Signed: _____ (parent/guardian)

Please return this form to the Sheldon College Finance Office,
email it to finance@sheldoncollege.com or fax it to 3206 5588