



TATESWIM

AUTUMN NEWSLETTER

MARCH 2010 — MAY 2010

E: info@tateswim.com.au W: www.tateswim.com.au M: 0415 125 823 F: (03) 9878 0387

TATESWIM TIME TRIALS

Thank you to the 124 swimmers who participated in our time trial night on February 12.

The results for the Term 1 Timetrials are available on the homepage of the Tateswim website, and on the noticeboard at both the MARC & Mount Scopus.

The next time trial evening will take place on Friday, May 14. Please see the attached flyer for more details.

SCHOOL HOLIDAY TRAINING

Training will continue during the upcoming school holidays. There will be a short break over the Easter weekend from April 2-6. The training schedule will remain the same for most squads, although there will be no training at Mount Scopus. Please check the Autumn Training Calendar for details.



Above: The team of swimmers and coaches on the Senior Camp in Sydney in January.

Right: The view at dusk at the magnificent North Sydney Olympic Pool. With the harbour bridge so close, it's the perfect pool for swimmers to train backstroke!



TRAINING CALENDAR

Training calendars for each squad are available for viewing on-line at tateswim.com.au.

Click on 'Training calendar' on the homepage.

A copy of the calendar is also available on the noticeboard at the MARC (located in the hallway between reception and the indoor pool) and Scopus.

Variations to training times (including school holiday schedules) are noted on the calendar.

SQUAD ALLOCATIONS

Have you checked the squad allocation recently? A list of each swimmer's squad allocation is emailed quarterly by the 20th of February, May, August and November. Swimmers who have been allocated to a new level are highlighted in red.

COMBINED SQUADS TRAINING SESSIONS

Approximately once each month or term, swimmers from selected Tateswim squads will have the opportunity to train with swimmers from the Malvern Academy of Swimming (a training group that is also associated with the M1 Swimming Club).

These combined squads sessions are noted in the training calendar with a 'CS'. Please note the location of the sessions as they may not be held at the MARC or Scopus.

RACE PRACTICE

The following event/events are recommended for swimmers interested in competitive swimming:

- M1 Autumn Gala— Saturday, March 13
- Term 2 Time trials— Friday, May 14

Please see attached flyer/s for further details.

TRAINING TIMES

Please note the following changes as shown in the Autumn Training Calendar.

- **Senior Squad**—Friday night training to finish at 6pm in Terms 2 and 3.
- **State and National Squads**—No training on Tuesday or Thursday mornings. Thursday night training will move to Scopus in Terms 2 and 3. Friday night training finishes at 6pm during Autumn. National squad training will not be held from April 12 to 30.
- **Junior State Squad**—No training on Monday mornings. Wednesday night training to be held in the indoor pool at 7.15-8.30pm in Terms 2 and 3. Friday night training finishes at 6pm during Autumn.
- **Junior 1**—No training at Mount Scopus on Monday nights.

NATIONAL TRIP—SYDNEY

Swimmers in the National Squad have the opportunity to go to Sydney for a team trip from April 4 to 11, 2010. This trip is available to national qualifiers and national squad members. Swimmers attending the trip who have not qualified for Nationals will have the opportunity to experience nationals and staying away with a team, whilst undertaking daily training.

A meeting for all potential participants and qualifiers will be held at 7pm in the meeting room at the MARC on **Wednesday, March 3**. Parents are welcome.

Please refer to the section under 'camp' on the [Tateswim website](#) for the flier and consent form.

QUARTERLY NEWSLETTER AND CALENDAR DATES

Tateswim's quarterly **newsletters** and **training calendars** are available online as per the following schedule:

Autumn: February 20
Winter: May 20
Spring: August 20
Summer: November 20

If you do not have internet access, please contact Tateswim on 0415 125 823 to make arrangements to have your newsletter posted.

DOES TATESWIM HAVE YOUR CURRENT EMAIL ADDRESS AND CONTACT DETAILS?

Email is the major point of contact between Tateswim administration and our clients. Please advise Tateswim if your email address changes, or if you would like to add the email addresses of other family members.

Please also advise Tateswim of any changes to your phone number, postal address, etc.

BANK DETAILS CHANGED?

If you wish to change the account from which your squad fees are debited, or your credit card has a new expiry date, please contact Tateswim as soon as possible.

Note: If you pay your fees using your credit card account, the name "Ezidebit" will appear on your bank statement.

REQUIRE A SQUAD FEE STATEMENT?

A statement of squad fees paid can be emailed or posted to members if required. Please contact if you would like to receive a statement.

ENJOY YOUR SWIMMING!

M1 AUTUMN GALA

Gala 4 of 4 - Season 2009-2010

- Date of Gala:** **SATURDAY, March 13, 2010** (please note that this gala is being held on a Saturday)
- Venue:** Monash Aquatic and Recreation Centre Outdoor 50m pool - Waverly Road, Glen Waverley
- Time:** Warm up: 4.00-4.20pm / First event starts: 4.30pm (approx 6.00-6.15pm finish)
- Note:** **(1)** This swim meet is open to members of the M1 Swimming Club and non-members training with Tateswim and the Malvern Academy of Swimming. **(2)** Only current club members receive Gala awards. **(3)** A 'Gala Athlete List' will be placed on the club's website by midday on the **Wednesday prior to the gala**. If you have entered and are not on the Gala Athlete List, you must email the club (m1swimmingclub@hotmail.com) by **6pm** on this date to bring this to our attention.
- Gala entry fee:** Single swimmer fee: \$15 / Multiple swimmer family fee: \$30
Entry fee includes admission to pool for competitors and spectators.
- How to enter:** Fill out the entry form below, and return with payment (cheque/money order) to: M1 Gala Officer, PO Box 502 Ashburton, 3147
ENTRIES MUST STRICTLY BE POSTED AND NOT HANDED TO COACHES.
- Entries close:** **RECEIVED IN P.O. BOX BY 5pm on Friday, March 5, 2010 (Send early please)**
- Timekeepers:** As the club needs timekeepers at each gala, the name and mobile number of a parent/guardian **must be provided** on the entry form below. If you are required to assist with timekeeping, the club will send you a text message prior to the gala.
- Program** The program will be available from m1swimmingclub.org.au 48 hours prior to the gala. A limited number of copies will be available for sale at the pool for \$2.
- Results:** Results will be available on the M1 website (click on 'competitions', then 'results').
- Award system:** Please refer to the 'M1 Gala Award System' on the club's website.
- Club Uniform:** Club uniform will be available for purchase at the gala (payment by cash or cheque).
- Enquiries:** Email: m1swimmingclub@hotmail.com or talk to your coach

Event program:

Event number	Event	Event number	Event
1	50 Breaststroke	6	200 Breast (Qualifying time: 4.30.00)
2	200 Back (Qualifying time: 4.30.00)	7	50 Freestyle
3	50 Butterfly	8	400 Free (Qualifying time: 7.00.00)
4	100 Freestyle		
5	50 Backstroke		

M1 GALA ENTRY FORM

Please complete and return (by closing date) to: **M1 Gala Officer, PO BOX 502 ASHBURTON 3147.**
Please include payment of **\$15** (if entering single swimmer) **or \$30** (if entering multiple swimmers in family).
Cheques payable to 'M1 Swimming Club'. **Please complete a separate entry form for each swimmer.**

Date of gala: __ / __ / __		Surname:		First name:	
Sex: Male Female		Date of Birth: __ / __ / __		Payment amount: \$	
Event number <small>(refer to program above)</small>	Distance <small>(refer to program above)</small>	Stroke <small>(refer to program above)</small>	Entry time <small>(if unsure, leave blank)</small>	Email address: Assistance with timekeeping It is a requirement of entry that each family is to provide the name of at least one parent/guardian to potentially assist as a timekeeper. If you are required, the club will text message you prior to the gala. Please ensure you provide your mobile number below. Parent/guardian name (required): Mobile (required):	



Proudly presents the:



TERM 2 TIME TRIALS

FRIDAY, MAY 14, 2010
MONASH AQUATIC AND RECREATION CENTRE
INDOOR 25 METRE POOL

REGISTER ON NIGHT BETWEEN 6.30-7.00pm

WARM UP: 7.00-7.15pm

RACE STARTS: 7.30pm (approximately 8.45pm finish)

ENTRY IS FREE!

OPEN TO THE FOLLOWING SWIMMERS:

FROM TATESWIM:

All swimmers in Yellow, Green, Blue, Purple,
Junior 3, Junior 2, Junior 1 & Junior Fitness Squads

FROM THE MARC SWIM SCHOOL:

All swimmers in Barramundi, Seal, Minky & Teen Fit levels

PROGRAM OF EVENTS:

- 1: Beginners 25 metres Freestyle
- 2: 50 metres Freestyle
- 3: Beginners 25 metres Backstroke
- 4: 50 metres Backstroke
- 5: Beginners 25 metres Breastroke
- 6: 50 metres Breastroke
- 7: Beginners 25 metres Butterfly
- 8: 50 metres Butterfly

NOTES:

- Swimmers may choose which events they wish to swim, but can not swim the same stroke twice (e.g. can not do 25m freestyle and 50m freestyle).
- Coaches from Tateswim and the MARC Swim School will be in attendance.
- Swimmers will be shown the starting procedures before the meet starts.

ENQUIRIES: Email: info@tateswim.com.au | Mobile: 0415 125 823

www.tateswim.com.au