



TATESWIM

WINTER NEWSLETTER

JUNE 2009 – AUGUST 2009

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WINTER TRAINING

The 50m outdoor pool at the MARC will be temporarily closing for renovations over the winter period (approximately June/July through to September). Tateswim has therefore made some small changes to the training times of those squads normally training outdoors, as shown below:

Junior Fitness Squad:

	<u>Normal time</u>	<u>Winter Time</u>
Monday	6.30-7.45pm M50	7.15-8.30pm M25
Wednesday	6.30-7.45pm M50	7.15-8.30pm M25

Youth Fitness and Senior Squads:

	<u>Normal time</u>	<u>Winter Time</u>
Monday	6.30-7.45pm M50	7.15-8.30pm M25
Wednesday	6.30-7.45pm M50	6.30-7.45pm Creche

Junior State/State/National Squads:

	<u>Normal time</u>	<u>Winter Time</u>
Monday	5.00-6.30pm M50	5.45-7.15pm Scopus*
Wednesday	5.00-6.30pm M50	7.15-8.30pm M25

*Swimmers unable to attend training at Scopus may train at the MARC with Youth and Senior Squads at 7.15-8.30pm on this night.

All squads training on Friday nights:

On Friday nights during winter, all squads (except Junior 2+) will take part in a dry-land program.

Please refer to the Winter Training Calendar for a full list of the times.

M1 SWIMMING CLUB 2009-2010 MEMBERSHIP

Coaches would like to remind swimmers in our competitive squads, including Junior 1, Junior State, State and National Squads, that you need to join M1 Swimming Club for Season 2009-2010 to compete. If you have not done so yet, please go to www.m1swimmingclub.org.au to join.

Swimmers in Tateswim's other squads wishing to compete are encouraged to join M1.

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 Winter Gala—
Sunday, June 14 at the MARC (indoor pool)

Please see attached flyer for further details.

SCHOOL HOLIDAY TRAINING

Due to demand, Tateswim will now be running training over the full two week period of the upcoming school holidays, rather than having the one week non-training period which some squads were scheduled to take.

Please note that due to this additional training being available, all swimmers will be charged the full monthly fee in June, rather than the reduced fee advertised for some squads in the squad fee payment schedule.

The June fees are displayed below in the updated squad fee payment schedule:

SQUAD	SQUAD FEES PER STUDENT (Includes GST)		
	JUNE 2009	JULY 2009	AUGUST 2009
Junior 3	\$130	\$130	\$130
Junior 2	\$130	\$130	\$130
Junior Fitness	\$132	\$132	\$132
Junior 2 Plus	\$138	\$138	\$138
Junior Fitness Plus	\$140	\$140	\$140
Junior 1	\$140	\$140	\$140
Youth Fitness	\$140	\$140	\$140
Senior	\$144	\$144	\$144
Junior State	\$150	\$150	\$150
State	\$150	\$150	\$150
National	\$172	\$172	\$172

TATESWIM 2009-2010 CAMP SCHEDULE

Tateswim will be conducting the following camps in the upcoming spring/summer season. Further information about the camps will be available over the coming months.

Performance Camp (includes swim meet in Geelong)

Location: Geelong area
Dates: November 21-22, 2009
Squads: National, State and Junior State (aged 12 years+)
Price: Approximately \$220

Junior Summer Camp

Location: Anglesea
Dates: December 11-13, 2009
Squads: Junior 1, Junior 2, Junior 3, Junior Fitness & Junior State
Price: Approximately \$330

Youth Summer Camp

Location: City
Dates: December 19-21, 2009
Squads: Youth Fitness and Seniors aged 16 or under (as at 1/1/10)
Price: Approximately \$260 + spending money

Senior Summer Camp

Location: Sydney
Dates: January 22-27, 2010
Squads: Youth Fitness and Seniors aged 15+ (as at 1/1/10)
Price: Approximately \$550 + flights and spending money

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.

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 Swimming Club

m1swimmingclub.org.au | m1swimmingclub@hotmail.com | PO Box 502 Ashburton VIC 3147

M1 WINTER GALA

Gala 1 of 4 - Season 2009-2010

- Date of Gala:** Sunday, June 14, 2009
- Venue:** Monash Aquatic and Recreation Centre Indoor 25m pool - Waverly Road, Glen Waverley
- Time:** Warm up: 5.00-5.20pm / First event starts: 5.30pm (approx 7.00pm 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 Wednesday, June 10. 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 Monday, June 8, 2009 (Send early please)**
- Timekeepers:** As the club needs 24 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

**NOTE
NEW
ENTRY
FEES**

Event program:

Event number	Event
1	50 Freestyle
2	200 IM (Qualifying time: 4.30.00)
3	50 Backstroke
4	100 Butterfly
5	50 Breastroke

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 <u>one</u> 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):	