



TATESWIM

WINTER NEWSLETTER

JUNE 2010 – AUGUST 2010

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TATESWIM TIME TRIALS

Thank you to all the swimmers who participated in our Term 2 Time Trial Night on May 14. The results are available on the Tateswim website, and on the noticeboard at both the MARC & Mount Scopus.

The next time trials will be held in Term 4.

SCHOOL HOLIDAY TRAINING

Training will continue during the upcoming school holidays, however, there will be a short break from July 1-6. Please check the Winter Training Calendar for details.

TRAINING TIMES

The training schedule for some squads has been modified during winter, as shown on the Winter Training Calendar. These changes include:

- **Youth and Senior Squad**—Monday night training will be held at 7.15-8.30pm in the indoor pool. Training on Wednesday night at 6.30-7.45pm will consist of dry-land training in the crèche.
- **Junior 1 and Junior 2 Plus Squads**—Training on Friday nights at 4.30-6.00pm will be dry-land only (held in the Exercise studios and crèche).
- **Junior Fitness Squad**—Training on Wednesday nights will be 7.30-8.30pm in the indoor pool.

M1 MEMBERSHIP / PARENT INFORMATION SESSION

The competitive swimming season commences in May each year, so it is now time for our competitive swimmers to join/re-join the M1 Swimming Club for the new season.

An information session for parents of swimmers who are interested in **competitive swimming** is being held at 7-8pm at the MARC on Friday, May 21 (in the upstairs meeting room). Parents of prospective and existing M1 members are welcome to attend.

Swimmers can join M1 online at m1swimmingclub.org.au.

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 6

Note: entries are now done online at: m1swimmingclub.org.au

Please see attached flyer/s for further details.

M1 WINTER GALA

Gala 1 of 4 - Season 2010-2011

- Date of Gala:** **Sunday, June 6, 2010**
- 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:** This swim meet is open to current season members of the M1 Swimming Club only. If you are not a member, please join M1 online at www.m1swimmingclub.org.au.

Note: It can take up to 48 hours for your membership to be activated before you can login and enter online, so please allow for this.

Timekeepers: It is a requirement of entry that each family is to provide a timekeeper if called upon by the club to do so. A list of volunteers will be placed on the club's website on the Friday prior to the gala and will also be emailed.

Gala entry fee: \$17 per swimmer (this includes the transaction fee). Entry fee includes admission to pool for competitors and spectators.

How to enter: **Entries are to be done online at www.m1swimmingclub.org.au**

Instructions:

- Click on 'Calendar and Events' in the menu on the M1 website
- Go to the month of the gala
- Select the gala
- Click on the 'Enter Here' button
- Click the Login button (if you can't remember your login details, go to the M1 Membership page and retrieve your login and password details by entering your email address).
- Click on 'Register'
- Confirm 'Terms of entry'
- Check personal details then click next
- Click 'Enter event'
- Select one event and click submit
- Click on the 'enter event' button to enter further events
- Click on 'entry and online payment'
- Complete payment details, then click on 'next'
- Confirm

Note: You check online if your entries have been received at any time by clicking on the 'confirmed entrants' button which is next to the Login button.

Entries close: **Monday, May 31, 2010 at 11.59pm**

Program The program will be available from m1swimmingclub.org.au on the Friday 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 (normally no later than a week after the gala).

Award system: The gala award system will be in place at galas. 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
1	50 Freestyle
2	200 IM (Qualifying time: 4.30.00)
3	50 Backstroke
4	100 Butterfly
5	50 Breastroke