

OUR SQUAD RULES

Attendance

All Squad attendance must be recorded on arrival.

To avoid disruption to the Squad session:

- ✓ students must arrive on time
- ✓ students must be on pool deck before Squad starts in preparation for the session
- ✓ students must pay attention during their Squad session

The coach reserves the right to remove participants from a session if they are disruptive.

Absences

Upon request a time freeze may be granted for pre-arranged absences of 1 consecutive week or more. Notification must be given prior to the absence, excluding in the event of medical emergencies (where a medical certificate is signed by staff after the event).

Respect

To provide a safe and nurturing coaching environment, we ask parents and students to treat all staff and patrons with the utmost respect. Aggression towards staff or patrons will not be tolerated and may result in your removal from the Swim Centre.

Supervision

Children under the age of 10 years will not be allowed to enter the Swim Centre unless under the supervision of a person 16 years or older.

Squad feedback

To avoid disruption, coaches are not to be approached for feedback during the session. Alternatively, please:

- ✓ approach the coach at the end of the session
- ✓ and/or book an appointment time at reception

Squad swimwear and equipment

Students are responsible for bringing all required swimming gear.

This may include:

- ✓ water bottle
- ✓ goggles
- ✓ flippers
- ✓ snorkel
- ✓ kick board
- ✓ pull buoy
- ✓ paddles

Squad swimwear includes:

- ✓ tight fitting swimmer for girls
- ✓ speedo style-pants or jammers for boys (if a rash shirt is worn, tight fitting is recommended)

If your child is sick

If your child has experienced any of the following symptoms in the past 24 hours - diarrhoea, fever, or vomiting - please keep them at home.

Children or Adults with open wounds, bleeding, or conjunctivitis **will not** be admitted to the Squad session.

FOR MORE INFORMATION



swim.lakemac.com.au

SQUAD

QUALITY COACHING TO HELP YOUR CHILD
ACHIEVE THEIR SWIMMING GOALS



FEES

Squad coaching	Price
20 visit pass	\$214
50 visit pass	\$428
20 visit pass - Corporate member	\$128
50 visit pass - Corporate member	\$213
Casual session	\$18

Corporate members are individuals with a current financial membership with the Corporate Fitness program of Lake Macquarie City Council, Newcastle City Council, or Port Stephens Council. Fitness Passport holders are not eligible.

Payment

Passes can be purchased via

- ✓ myswim.lakemac.com.au
- ✓ over the phone with a credit card
- ✓ in person at reception

Frequently Asked Questions





No bookings are required for sessions.

Passes are valid for 12 months from the date of purchase. You can track your visits and pass expiry via myswim.lakemac.com.au

Squad passes are only valid for use by the family members registered to the pass when purchased. Passes that are being shared between children need to be purchased at reception (not online).

A credit will be provided if a session that has started is cancelled by the centre due to unforeseen circumstances, such as weather conditions.

SQUAD GROUPS

		Suggested frequency guide
 WHITE	FUNDamentals This squad aims to develop fundamental skills; improve, maintain and correct technique in all four strokes in a structured fun environment. This squad is perfect for athletes starting out in competition swimming, nippers, water polo, aiming for great results at school carnivals or those looking to maintain swimming fitness. Swimmers are required to bring their own kick board and flippers.	1-2 sessions per week
 BRONZE	Training to Train The aim of this squad is to give swimmers a taste of competitive swimming and training in all four strokes. Athletes will engage in activities designed to build an aerobic base, develop speed, and swim-specific skills, while providing stroke correction and reinforcing swimming fundamentals. Coaches will educate students on swimming etiquette and introduce swimmers to using the pace clock in training. Swimmers are required to bring their own kick board and flippers	3 sessions per week
 SILVER	Training to Compete This squad aims to optimise fitness preparation, competition-specific skills and performance. Athletes will learn competition skills under a variety of competitive conditions throughout training sessions. Coaches will begin to develop individual fitness programs for swimmers, including how and when to stretch, basic nutrition and appropriate hydration. Swimmers are required to bring their own gear bag consisting of a kick board, pull buoy, paddles and flippers.	4 sessions per week
 GOLD	Training to Perform Athletes in Gold Squad are aiming to train for maximum performance and to peak at major competitions. Training is high in both intensity and volume, with periodic training sessions developed in conjunction with competition-specific activities. Coaches actively plan recovery periods to prevent athletes over training. Swimmers are required to bring their own gear bag consisting of a kick board, pull buoy, paddles and flippers.	5-6 sessions per week