

Development Model for Mel Tantrum Coaching Squads (2009/10)

Squad	Primary Coach	Min entry requirement (Guideline)	W/Coast Club Member	Age (Guideline)	Mon	Tues	Wed	Thurs	Fri	Sat	Sessions available	Recommended number of sessions	Fees / month (+GST)	Inc GST
National Age/Open/WAIS	Mel Tantrum	WAIS or Aus Open QT and competing at Open Nationals OR Aus Age QT and/or Aus Open SC QT and competing at Aus Age / Aus SC	Yes	Girls 13+ Boys 13+	6:00am-7:30am 5:00pm-7:00pm	[5:30am-7:00am] 5:00pm-7:00pm	5:00pm-6:30pm	[5:30am-7:00am] 5:00pm-7:00pm	6:00am-7:30am 4:30pm Gym 6:00pm-7:00pm Swim	6:00am - 8:00am Dryland: 8-9am	8 swim (+ extra Tues Thurs am) 1 gym 1 Dryland	6-8 swim 2-3 gym* 1 pilates 1 massage +/- physio 1 Dryland	\$100 +GST	\$110
National Age Development	Francis Williams	State Age QT and JX Program. Aim to qualify Aus Age within 1-2 years	Yes	11-18+ years	5:00pm Dryland 5:15pm-7:00pm	5:30am-7:00am 5:00pm-7:00pm	5:00pm Dryland 5:15pm-7:00pm	5:30am-7:00am 5:00pm-7:00pm	5:00pm-7:00pm	6:00am - 8:00am Dryland: 8-9am	8 swim 3 Dryland	5-8 swim (depending on age and ability) 3 Dryland	\$90 +GST	\$99
Intermediate	Jo Scheer	Swimming WA "AA" Times and JX Program	Yes	9-14+ years	4:00pm-5:15pm	5:30am-7:00am 5:00pm Dryland 5:30pm-7:00pm	4:00pm-5:15pm	5:30am-7:00am 5:00pm Dryland 5:30pm-7:00pm	4:00pm-5:15pm		7 swim 2 Dryland	3-5 swim 2 Dryland	\$80 +GST	\$88
Junior	Glenn Gerber Sarah Mitchell Jo Scheer + Casuals	50m in all 4 strokes	Optional (encouraged)	7-11+ years	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm		5 swim	2-3 swim	\$70 +GST	\$77

PLEASE DISCUSS INDIVIDUAL TRAINING GOALS, TARGETED MEETS AND EVENTS WITH YOUR COACH

For further information about the coaching program, visit www.meltantrum.com.au