



## **GENERAL INFORMATION FOR THE INTERMEDIATE AND INTERMEDIATE ADVANCED SQUADS**

### **HEALTH**

It is the swimmer's responsibility to ensure they arrive prepared and in a fit state to train. Injuries, illnesses, medication and other relevant information should be reported to the coach prior to the start of the session.

### **EQUIPMENT**

Swimmers are required to provide their own training equipment which typically includes a pair of fins, kickboard, pull buoy, paddles, water bottle, and net bag. Please ensure all training equipment is CLEARLY NAMED. Please see the coach for information on what equipment you will need as you progress through the squad levels.

### **PUNCTUALITY**

Starting on time is important as it allows the coach to fully explain the session to the whole group and increases the time the coach can spend providing feedback and stroke correction. Please ensure you are ready for the start of each session and you inform the coach if you are going to be late or absent from a session.

### **COACH CONTACT**

Parents are not to be on pool deck during training sessions as this can be distracting to the coach and swimmers. Parents are welcome and encouraged to watch sessions from the grandstand seating areas. If you would like to discuss individual concerns or issues with your coach, please do so before or after the session. If you need additional information about Mel Tantrum Coaching, a coordinator will be present on Mondays from 4:00pm – 4:30pm.

### **COMPETITIVE SWIMMING – JOINING THE CLUB**

Mel Tantrum Coaching is the coaching business that provides professional coaching services. West Coast Swimming Club is the competitive swimming club affiliated with Mel Tantrum Coaching. At the Intermediate and Intermediate Advanced level, it is required that all swimmers are members of West Coast Swimming Club. The club holds Club Night Races at 5pm on the first Thursday of each month. See your coaches for more information about the club or visit [www.westcoastswimclub.com.au](http://www.westcoastswimclub.com.au) for information about joining West Coast and the various club activities. Coaches will target preferred swim meets and advertise these to swimmers on a regular basis.

### **CLUB UNIFORMS AND SWIM CAPS**

Members of West Coast Swimming Club are encouraged to wear their club uniform and swim caps at training and are required to wear club uniform at all swim meets. A full list of uniform items and prices are available from the Uniform Coordinator Jane Robinson on 0400 023 772. The Uniform Shop is open on Monday afternoons.

### **POOL ENTRY FEES (AQUA CARDS)**

Pool entry fees are not included in your coaching fees. Challenge Stadium has a convenient "Aqua Card" system that offers discounted entry. Further details are available at the Challenge Stadium reception or online at [www.challengestadium.wa.gov.au](http://www.challengestadium.wa.gov.au).

### **PUBLIC HOLIDAYS**

Squad training is offered year round for the Intermediate and Intermediate Advanced squads, including school holidays. However, these squads will not normally operate on Public Holidays (e.g., New Year's Day, Australia Day, Good Friday, Easter Monday, ANZAC Day, Queens Birthday, Christmas Day) unless advised by the Head Coach.

### **CONTACT US**

If you have any enquiries, please visit [www.meltantrum.com.au](http://www.meltantrum.com.au), phone Mel Tantrum on 0401 521 702 or email [m\\_tantrum@hotmail.com](mailto:m_tantrum@hotmail.com).

## RECOMMENDED NUMBER OF SESSIONS

### Intermediate Squad (5 sessions available per week)

– Afternoons: Mon, Wed, Fri 4:00pm – 5:15pm PLUS Tues + Thurs 5:00-7:00pm (Dryland 5:00-5:30pm Tues + Thurs)

- Recommend frequency: 3 – 4 sessions per week
- Aim: Qualify for WA State Champs, achieve JX and AA Times. Develop skills in all four competitive strokes including racing starts, turns, finishes and racing tactics. Develop aerobic endurance and race specific speed.

### Intermediate Advanced Squad (8 sessions available per week)

– Mornings: Tues, Thurs 5:30am – 7:00am PLUS Saturdays 6:00-8:00am (Dryland 8:00-9:00am Sat)

– Afternoons: Mon, Wed, Fri 4:00pm – 5:30pm PLUS Tues + Thurs 5:00-7:00pm (Dryland 5:00-5:30pm Tues + Thurs)

- Recommend frequency: 3 – 6 sessions per week (depending on age and ability)
- Aim: Compete at WA State Champs, achieve JX and AA Times. Develop skills in all four competitive strokes including racing starts, turns, finishes and racing tactics. Develop aerobic endurance and race specific speed. Aim to move to National Age Development Squad within 1-2 years.

## PROGRESSION THROUGH THE SQUADS

The squad coach is responsible for all assessments and recommendations for advancement through the squad structure. All current squad swimmers will be assessed throughout the year, not on any particular day. If you have any enquires about your progress, please see your coach before or after training. Movement from one squad to another is on the coach's recommendation only. The Intermediate and Intermediate Advanced squads are the middle levels of the Mel Tantrum Coaching structure, with more advanced squads including national age development, and national squads.

## COACHING FEES

**Fees are due in advance and can be paid via the following methods:**

**Preferred Method: Direct Deposit into "Mel Tantrum Coaching" Bank Account with NAB:**

**BSB: 086-495**

**Account: 822344558**

**Ensure the swimmer's name (and month paid for) is listed in the reference line**

- Cash in an envelope clearly stating swimmer's name, squad, month(s) paid for, and the total amount enclosed.
- Cheque made payable to "Mel Tantrum Coaching" in an envelope clearly stating the swimmer's name, squad, month(s) paid for, and the total amount enclosed.
- Envelopes can be given directly to your coach or placed in the West Coast letterbox next to the clubroom at the scoreboard end of the indoor pool at Challenge Stadium.

**INTERMEDIATE SQUAD** \$88.00 per month including GST (Monthly direct deposit only)

If not paying by monthly direct deposit, the following payment options are available:

3, 6, or 12 months in advance (discounts apply)

Squad Fees	3 months (in advance) No Discount	6 months (in advance) 5% Discount	12 months (in advance) 10% Discount
Intermediate	\$264.00 (incl. GST)	\$501.60 (incl. GST)	\$950.40 (incl. GST)
		(Saving \$26.40)	(Saving \$105.60)

**INTERMEDIATE ADVANCED SQUAD** \$99.00 per month including GST (Monthly direct deposit only)

If not paying by monthly direct deposit, the following payment options are available:

3, 6, or 12 months in advance (discounts apply)

Squad Fees	3 months (in advance) No Discount	6 months (in advance) 5% Discount	12 months (in advance) 10% Discount
Int Advanced	\$297.00 (incl. GST)	\$564.30 (incl. GST)	\$1,069.20 (incl. GST)
		(Saving \$29.70)	(Saving \$118.80)

**Note: There is a Family Member Discount of \$5.00 per month for any additional children. Casual rate is \$10.00 per session.**