



GENERAL INFORMATION FOR THE JUNIOR SQUAD

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, a kickboard, a water bottle, and a net bag. Please ensure all training equipment is CLEARLY NAMED. Goggles and swim caps are highly recommended. Please see the coach for information on the equipment your child will need for his/her sessions as they 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 correction. Please ensure your child is ready for the start of each 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. If your child wants to compete in club races and inter-club competitions, they will need to become a member of West Coast Swimming Club. The club holds Club Night Races on the first Thursday of each month at 5:00pm. You are welcome to come and try a club night before joining the club. See your coach for more information.

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 Challenge Stadium reception or online at www.challengestadium.wa.gov.au.

PUBLIC HOLIDAYS

Squad training is offered year round for the junior squads, including school holidays. However, these squads will not operate on Public Holidays (e.g., New Year's Day, Australia Day, Good Friday, Easter Monday, ANZAC Day, Queens Birthday, Christmas Day, and Boxing Day etc).

CONTACT US

If you have any enquiries, please visit www.meltantrum.com.au, phone Mel Tantrum on 0401 521 702 or email m_tantrum@hotmail.com.

RECOMMENDED NUMBER OF SESSIONS


Junior Squad – Monday to Friday 4:00pm – 5:00pm (Lanes 5 – 8 Indoor Pool)

- Frequency: 2 – 3 sessions per week is recommended
- Aim: Develop skills in all four competitive strokes including racing starts, turns and finishes. Learn basic training skills. Improve aerobic fitness and develop endurance and speed.

PROGRESSION THROUGH THE SQUADS

The squad coaches are 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 child’s progress, please speak to your coach before or after a training session. Movement from one squad to another is on the coach’s recommendation only.

The junior squads are the first level of the Mel Tantrum Coaching structure:



Squad	Aim:
National Open	High Performance Squad. Aim to gain selection on state/national/international teams, WAIS scholarships.
National Age	Qualify and compete at Australian Age Championships and beyond
National Age Development	Aim to qualify and compete Australian Age Championships within 1-2 years
Intermediate Advanced	Qualify and compete at WA State Championships, gain JX and AA Times
Intermediate	Aim to qualify for WA State Junior Championships, gain JX and AA Times
Junior Squad	Participate in School, Junior and/or Novice Meets. Develop skills in all four competitive strokes including racing starts, turns and finishes. Learn basic training skills. Improve aerobic fitness and develop endurance and speed.

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.

JUNIOR SQUAD \$77.00 per month including GST (Monthly direct deposit)

Other options: 3, 6, or 12 months in advance:

Squad Fees	3 months (in advance) No Discount	6 months (in advance) 5% Discount	12 months (in advance) 10% Discount
Junior	\$231.00 (incl. GST)	\$438.90 (incl. GST)	\$831.60 (incl. GST)
\$77/month		(Saving \$23.10)	(Saving \$92.40)

Note: There is a Family Member Discount of \$5.00 per month for any additional children.

Casual rate is \$10.00 per session (payable on the day). Ensure child’s name, squad, and date of the session is clearly marked on the envelope and placed in WC letterbox or handed to coach.