



GENERAL INFORMATION FOR THE NATIONAL AGE AND OPEN/WAIS 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, snorkel, band, water bottle, and net bag. Please ensure all training equipment is CLEARLY NAMED. The coach will advise you if you require any additional equipment specific to your needs. Heart Rate Monitors, Bungee Cords, Med Balls, Stretching Mats and other equipment will be provided by the coaching program.

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 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.

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. All National Age and Open swimmers must be members of West Coast Swimming Club and are required to swim at club nights, club championships, and targeted meets. See your coach for more information or visit www.westcoastswimclub.com.au.

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.

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 National Age and Open Squads, including school holidays and public holidays. Coaches will advise if training times will be changed on public holidays.

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

National Age/Open Squad (10 sessions available per week)

Please make an appointment with the Head Coach to discuss your specific training needs.

– Mornings: Mondays and Fridays 6:00am – 7:30am, plus Saturdays 6:00am – 8:00am (+ Dryland 8:00 – 9:00am). Tuesdays and Thursdays 5:30am – 7:00am are available as “catch up sessions” if required.

– Afternoons: Mon to Fri 5:00pm – 7:00pm

– Pilates / Gym training will be offered on Friday afternoons (additional fees apply)

- Recommend frequency: 6 – 10 sessions per week plus 3 gym/dry-land training. It is expected that swimmers will arrive 30 minutes prior to the start of the afternoon session to independently stretch and warm-up.
- Aim: Swim competitively at Australian Age / Open Short Course and gain selection on State / Aus Age Teams.
- Aim: Swim competitively at Australian Open and gain selection on WAIS/Australian Open Teams.

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.

NATIONAL AGE SQUAD \$110.00 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
Nat Age	\$330.00 (incl. GST)	\$627.00 (incl. GST)	\$1,188.00 (incl. GST)
		(Saving \$33.00)	(Saving \$132.00)

NATIONAL OPEN/WAIS SQUAD \$132.00 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
Nat Open /	\$396.00 (incl. GST)	\$752.40 (incl. GST)	\$1,425.60 (incl. GST)
WAIS		(Saving \$39.60)	(Saving \$158.40)

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