

Fees

National Squad

MLC Students	\$35.00 per week
Non-MLC Students	\$42.00 per week

State Squad

MLC Students	\$26.00 per week
Non-MLC Students	\$30.00 per week

District Squad

MLC Students	\$26.00 per week
Non-MLC Students	\$30.00 per week

Junior State Squad

MLC Students	\$26.00 per week
Non-MLC Students	\$30.00 per week

Payment Details

All MLC students will be invoiced on their student account. External MLC students will be invoiced every two months retrospectively. Fees can be paid directly to the Swim School Manager or deposited into the payment box located on pool deck.

Swimmers must give four weeks written notification of their intention to withdraw from the program otherwise full term fees will apply.

Account enquiries may be directed to Carol Osborn.

*Fees are subject to change without notice.

Enrolment

For enrolment forms please contact Carol Osborn, Nick Hibbins or the PEC reception.

Further Information

Nick Hibbins

Head Swim Coach
+61 3 9274 6328
0418 551860
hibbinnl@mlc.vic.edu.au

Lauren McLaverty

Assistant Senior Swim Coach
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Carol Osborn

Swim School Manager
+61 3 9274 6328
osborncj@mlc.vic.edu.au

Debbie Bennett

Director of Sport
+61 3 9274 8160

After Hours (after 4.00 p.m.)

PEC Supervisors
+61 3 9274 6329

Competitive Swim Squad Program



May 2010 –
April 2011

MLC Competitive Squad

The squad program offers swimming training and competition opportunities for Junior, Age group and Open swimmers. Sessions are conducted at the MLC Swim Pool, Hawthorn Aquatic and Leisure Centre and Richmond Recreation Centre. Swimmers must become registered members with MLC Aquatic and Swimming Victoria.

There is a competition requirement to join the squad. If this competition requirement is not met in a season (1 May - 30 April) or if the swimmer does not wish to compete, swimmers can move to the Fitness Squad program which is for fitness and fun.

Junior State Squad

Junior State squad is for swimmers who have a strong desire to be involved in competitive swimming and have met all time requirements. Swimmers in this squad can choose from 7 sessions per week and it is recommended that they attend a minimum of 3 per week. Dry land training is also offered as a part of this program. It is expected swimmers enter the recommended competitions as set by the coach.

District Squad

The District squad is for swimmers aged 13 and over who have a strong desire to be involved in competitive swimming but do not have State qualifying times. Swimmers can choose from 7 sessions per week and it is recommended that they attend a minimum of 3 per week. Dry land is also offered as a part of the program. It is expected swimmers enter the recommended competitions as set by the coach.

State Squad

State squad is a competition squad and all members are expected to compete as nominated by the State Coach. It is recommended that squad members do a minimum of four sessions per week but can do up to a maximum of six per week. All sessions are conducted in conjunction with the National squad.

National Squad

National squad is a high performance squad and all members are expected to compete as nominated by the Head Coach. It is recommended that squad

members do a minimum of seven sessions per week but can do up to a maximum of ten per week.

MLC Aquatic

MLC Aquatic Membership is compulsory for all swimmers training within the competitive swim squad program. Members of the Nipper and Junior programs are Junior MLC Aquatic members. MLC Aquatic works in conjunction with the swim program to offer all swimmers additional opportunities and guidance. The club aims to ensure that every member achieves their personal best.

Training Sessions

MLC	MLC Pool
HALC	Hawthorn Aquatic & Leisure Centre
MLCAR	MLC Activities Room Dry Land
RRC	Richmond Recreation Centre

Junior State Squad

Monday	5.00 p.m. - 6.15 p.m. Swim	MLC
Tuesday	4.00 p.m. - 5.30 p.m. Swim	HALC
Wednesday	6.15 a.m. - 7.30 a.m. Swim	MLC
Wednesday	5.00 p.m. - 6.15 p.m. Swim	MLC
Thursday	5.30 p.m. - 6.00 p.m. Dry land	MLCAR
Thursday	6.00 p.m. - 7.15 p.m. Swim	MLC
Friday	5.30 p.m. - 7.00 p.m. Swim	RRC
Saturday	7.15 a.m. - 7.45 a.m. Dry land	MLCAR
Saturday	7.45 a.m. - 9.00 a.m. Swim	MLC

District Squad

Monday	5.00 p.m. - 6.15 p.m. Swim	MLC
Tuesday	4.00 p.m. - 5.30 p.m. Swim	HALC
Wednesday	6.15 a.m. - 7.30 a.m. Swim	MLC
Wednesday	5.00 p.m. - 6.15 p.m. Swim	MLC
Thursday	5.30 p.m. - 6.00 p.m. Dry land	MLCAR
Thursday	6.00 p.m. - 7.15 p.m. Swim	MLC
Friday	5.30 p.m. - 7.00 p.m. Swim	RRC
Saturday	7.15 a.m. - 7.45 a.m. Dry land	MLCAR
Saturday	7.45 a.m. - 9.00 a.m. Swim	MLC

State Squad

Monday	4.00 p.m. - 6.00 p.m. Swim	HALC
Tuesday	5.30 a.m. - 7.30 a.m. Swim	MLC
Tuesday	4.00 p.m. - 5.00 p.m. Dry land	MLCAR
Tuesday	5.00 p.m. - 6.30 p.m. Swim	MLC
Wednesday	4.00 p.m. - 6.00 p.m. Swim	HALC
Thursday	4.00 p.m. - 6.00 p.m. Swim	HALC
Friday	5.30 a.m. - 7.30 a.m. Swim	MLC

Friday	4.00 p.m. - 5.00 p.m. Dry land	MLCAR
Friday	5.00 p.m. - 6.30 p.m. Swim	MLC
Saturday	6.00 a.m. - 7.45 a.m. Swim	MLC

National Age Squad

Monday	5.30 a.m. - 7.30 a.m. Swim	MLC
Monday	4.00 p.m. - 6.00 p.m. Swim	HALC
Tuesday	5.30 a.m. - 7.30 a.m. Swim	MLC
Tuesday	4.00 p.m. - 5.00 p.m. Dry	MLCAR
Tuesday	5.00 p.m. - 6.30 p.m. Swim	MLC
Wednesday	4.00 p.m. - 6.00 p.m. Swim	HALC
Thursday	5.15 a.m. - 6.15 a.m. Dry	MLCAR
Thursday	6.15 a.m. - 7.30 a.m. Swim	MLC
Thursday	4.00 p.m. - 6.00 p.m. Swim	HALC
Friday	5.30 a.m. - 7.30 a.m. Swim	MLC
Friday	4.00 p.m. - 5.00 p.m. Dry	MLCAR
Friday	5.00 p.m. - 6.30 p.m. Swim	MLC
Saturday	6.00 a.m. - 7.45 a.m. Swim	MLC

National Open Squad

(By invitation only from Head Coach)

Can train at same times as National Age Squad Or

Additional sessions

Tuesday	7.00 a.m. - 9.00 a.m. Swim	MLC
Thursday	7.30 a.m. - 8.30 a.m. Dry	MLCAR

MLC Aquatic Achievements

- Club established 1993
- Nick Hibbins - Head coach since 2006
- 25 current swimmers have qualified for Nationals
- 2 current swimmers Open National Semi Finalists
- 7 current swimmers Age National Finalists
- 4 current swimmers Victorian Gold Medallist
- Top 7 last 3 years at Victorian Championships 2010-5th
2009-4th
2008-7th
- 1 current swimmer Age National Gold Medalist.
- 2 current swimmers Age National Silver Medalist.