



MLC

MLC
Aquatic

2010-2011 MLC Competitive Swim Squad Program Handbook

Effective from Monday 3 May 2010

Coaches

Nick Hibbins-Head & National Coach (since 2006)
0418 551 860
hibbinnl@mlc.edu.vic.au

Lauren McLaverty-State Coach
mclavel@mlc.vic.edu.au

Kristal Hammond-Junior State & Fitness Coach
hammonk@mlc.vic.edu.au

Ashlyn Frazer-District & Fitness Coach
fazera@mlc.vic.edu.au

Penny Foster-Junior & Fitness Coach
fosterpk@mlc.vic.edu.au

MLC Aquatic established 1993

MLC Aquatic Current Swimmers' Achievements
2 Australian Championships Semi Finalists
1 Australian Age Championships Gold Medalist
2 Australian Age Championships Silver Medalists
7 Australian Age Championships Finalists
4 Victorian Championships Gold Medalists
21 have qualified for & competed at Nationals
Victorian Championships
2010-5th 2009-4th 2008-7th

MLC Competitive Squads

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

There is a competition requirement to join the squad. If this competition requirement is not met over one swimming season (1st May to 30th April) swimmers will be asked to move to our Fitness Squad program which is for those who are swimming purely for fitness and fun. If you do not wish to compete please let your coach know and they will transfer you to the Fitness squad.

Junior State Squad

This squad is for junior 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 & it is recommended that they attend a minimum 3 sessions per week. Dry land training is also offered as a part of the program. It is expected that they enter the recommended competitions as set by the coach. Swimmers must become registered members with MLC Aquatic and Swimming Victoria.

The time requirements are as follows.

To be below one of the two following time criteria's

50 freestyle & one form stroke times

Or

3 form stroke times

50 freestyle 43.00 seconds

50 backstroke 53.00 seconds

50 breaststroke 59.00 seconds

50 butterfly 52.00 seconds

Minimum Competition requirements

MLC Aquatic 4 Club Nights (1 per term)

MLC Aquatic Meet (November)

12 & 11 under Victorian Championships (December)

Metro East All Juniors Trials (February)

MLC Aquatic Encouragement Meet (February)

All Junior Semis & Finals (March)

Other possible Competition

2 winter qualifying meets

Metro East Interclub

Victorian Short Course Championships

1 summer qualifying meet

Metro East 7-10 Selection Trials

7-10 Encouragement Finals

Victorian Sprint Championships

Tasmanian Age Championships

District Championships

District Squad

The District squad is for swimmers aged 13 & 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 & it is recommended that they attend as a minimum 3 sessions per week. Dry land is also offered as a part of the program. It is expected that they enter the recommended competitions as set by the coach. Swimmers must become registered members with MLC Aquatic and Swimming Victoria.

Minimum Competition requirements

MLC Aquatic 4 Club Nights (1 per term)
MLC Aquatic Meet (November)
Metro East Interclub (Mid year)
District Championships (March)

Other possible Competition

2 winter qualifying meets
Victorian Short Course Championships
1 summer qualifying meet
Metro East All Juniors Trials
Victorian Sprint Championships
Tasmanian Age Championships
All Junior Semis & Finals

State Squad

State squad is a competition squad and all members are expected to compete in pool competitions 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 sessions per week. All sessions are conducted in conjunction with the National squad. Swimmers must become registered members with MLC Aquatic and Swimming Victoria.

State squad has a time criteria which is as follows:

(13 years or under)-at least one 13 year old 100 metre Long Course Victorian qualifying time

(13 years or above)-at least one age appropriate 100 metre Long Course Victorian qualifying time

National Squad

National squad is a high performance squad and all members of are expected to compete in pool competitions 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 sessions per week

Swimmers must become registered members with MLC Aquatic and Swimming Victoria.

National squad has a time criteria which is as follows:

(12 years or above)-least one age appropriate Long Course Australian National qualifying time

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 stands for MLC Pool

HALC stands for Hawthorn Aquatic & Leisure Centre

MLCAR stands for MLC Activities Room

RRC stands for Richmond Recreation Centre

Junior State Squad

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

District Squad

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

State Squad

Monday	4.00-6.00pm Swim	HALC
Tuesday	5.30-7.30am Swim	MLC
Tuesday	4.00-5.00pm Dry land	MLCAR
Tuesday	5.00-6.30pm Swim	MLC
Wednesday	4.00-6.00pm Swim	HALC
Thursday	4.00-6.00pm Swim	HALC
Friday	5.30-7.30am Swim	MLC
Friday	4.00-5.00pm Dry land	MLCAR
Friday	5.00-6.30pm Swim	MLC
Saturday	6.00-7.45am Swim	MLC

National Age Squad

Monday	5.30-7.30am	Swim	MLC
Monday	4.00-6.00pm	Swim	HALC
Tuesday	5.30-7.30am	Swim	MLC
Tuesday	4.00-5.00pm	Dry land	MLCAR
Tuesday	5.00-6.30pm	Swim	MLC
Wednesday	4.00-6.00pm	Swim	HALC
Thursday	5.15-6.15am	Dry land	MLCAR
Thursday	6.15-7.30am	Swim	MLC
Thursday	4.00-6.00pm	Swim	HALC
Friday	5.30-7.30am	Swim	MLC
Friday	4.00-5.00pm	Dry land	MLCAR
Friday	5.00-6.30pm	Swim	MLC
Saturday	6.00-7.45am	Swim	MLC

National Open Squad (By invitation only from Head Coach)

Can train at the same times as National Age Squad

or

Addition sessions

Tuesday	7.00-9.00am	Swim	MLC
Thursday	7.30-8.30am	Dry land	MLCAR

Fees

National Squad

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

State Squad

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

District Squad

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

Junior State Squad

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

*Fees are subject to change without notice.

Account enquiries may be directed to Carol Osborn.

Carol Osborn

Swim School Manager

9274 6328

osborncj@mlc.vic.edu.au



MLC

Enrolment Form

MLC Competitive Squads

How to enroll

1. Make an appointment for an assessment.
2. Bring this enrolment form and the medical form with you to your assessment.

SWIMMERS' DETAILS

Surname _____

First Name _____

Year/Class _____

Address _____

Phone _____

Email _____

Date of Birth ___/___/___

Previous swimming history (i.e. Club, level achieved)

FAMILY DETAILS

Contact Names

Address _____

Phone _____

Email _____

EMERGENCY CONTACT

Contact

Name _____ Phone _____

Parent/Guardian _____ Date ___/___/___
(Signature)

Please complete the following Personal Best time table

Distance & Stroke	Time	Competition	Date	Venue
50m Freestyle				
100m Freestyle				
50m Backstroke				
100m Backstroke				
50m Breaststroke				
100m Breaststroke				
50m Butterfly				
100m Butterfly				

Office Use Only

Squad _____ No. of Sessions _____

Commencement Date ___/___/___

Medical Information

Please provide information for each question or write 'not applicable'.

Existing/previous illnesses, injuries, weakness, disability and treatment (if known)
e.g. diabetes, asthma.

Allergies (e.g. medications, food, insect bites)

My medical practitioner is

Phone _____

Current Ambulance Insurance YES/NO

Please attach a list of any medications that your child will be carrying with her for any reason, even travel sickness pills and state what the medications will be used for.

I consent that my contact details will be given to the appropriate coach in order to contact me regarding swimming sessions. This information will not be used for any other purpose.

Parent/Guardian

(Signature)

Date ___/___/___