

DEVELOPMENT SQUAD

29th & 30th November 2003
Donnybrook Recreation Centre

Nomination Form:

Name _____ Contact Number _____

Age _____ Date of Birth _____

(must be 10 years/over by the 29th November 2003)

Club _____

Number of Training Sessions per Week _____ Coach _____

Clinics Attended in 2002 _____

CURRENT TIMES (within the last 12 months)					
Stroke	Distance	Time	Achieved At	Date	Long/Short Course
Freestyle	50				
Backstroke	50				
Breaststroke	50				
Butterfly	50				
Freestyle	100				
Backstroke	100				
Breaststroke	100				
Butterfly	100				

IMPORTANT NOTICE TO ALL APPLICANTS

Please site the criteria before filling in this form.

It is important for you to realise that you are required to attend

all sessions including dry land

Consult your coach if you are unsure of your ability to maintain the level of fitness that will be required for this Squad.

Applications must be completed and post to the Region Coordinator

Dianne McInerney

17 Balmoral Blvd Australind 6233 by

no later than Friday 31st October 2003.

If necessary, age will be the ultimate screening criteria for selecting swimmers to attend the Development Squad.

DEVELOPMENT SQUAD

Criteria Set by the Region

Minimum Requirements

1. Aged 10years and over on the first day of clinic
2. Training at least 2 training sessions per week
3. Times on nomination form must be current (achieved within a 12 month period of the Clinic)
4. Minimum 50m Freestyle Time (seconds):-
10years-43, 11years-39, 12years-38, 13years-36, 14years-35,
15years-34, 16years-33, 17/18years-32 and Open-30
5. Swimmers should arrive 15mins early and have all training equipment with them. This includes kickboard, pull bouy, flippers, hand paddles and most importantly goggles that do not leak. Needless to say, bathers and towels.

IMPORTANT INFORMATION

1. Times achieved at Club Time Trials may be use providing the Club has followed all WASA's guidelines.
2. Nominations close Friday 31st October 2003.
3. The Region Coordinator will receive all nominations and make the final decision on the swimmer's eligibility to attend the Development Squad.
4. If necessary, age will be the ultimate screening criteria for selecting the swimmers to attend the Development Squad.
5. All swimmers will be notified if they are accepted or not into the Squad within two weeks of nominations closing.
6. The cost of the Development Squad is \$30 per swimmer, which is to be paid with nomination.

ADDITIONAL INFORMATION

Depending on numbers we will endeavor to accommodate

ALL swimmers of ALL abilities.

If necessary we will have extra squads

When all nominations are returned, swimmers will be placed according to times, number of training sessions and which clinics you attended in 2002.

If you have any preferences, either with grouping or day (Encouragement if 2 squads are needed) please let me know as it may make selection a lot easier.

- Group D - 2 x 1.5 hour pool sessions, 1 x physio and 1 x cross training-\$30
ALL SESSIONS MUST BE ATTENDED FOR DEVELOPMENT CLINICS
- Group E – 1 x 1 ½hour pool session-\$15

DAY	TIME	GROUP	AREA	COMMENTS
<i>Saturday</i>	10.00-11.30	D1	Wet Area	Level 2 Coach
	10.00-11.30	D2	Dry Area	Physio
Lunch Break (as with last year, please bring a healthy plate to share)				
	12.00-1.30	D2	Wet Area	
	12.00-1.30	D1	Dry Area	Physio
If D3 is required they will join D1 Dry Area at 12.00, then be in the water by 1.45 after a mini break				
<i>During the weekend we will be holding an Officials Course We will encourage not only the parents of the Development and Encouragement squads attending, but all Members As soon as I have details I will inform all Clubs</i>				
Coach to stay with local family Saturday night-volunteer please				
<i>Sunday</i>	8.30-10.00	D2	Wet Area	
	8.30-10.00	D1	Dry Area	Cross Training
Mini Break				
	10.15-11.45	D1	Wet Area	
	10.15-11.45	D2	Dry Area	Cross Training
Lunch Break (as with last year, please bring a healthy plate to share)				
If D3 is required they will join D2 Dry Area at 10.15 then be in the water by 12.30				
	12.30-2.00	E1	Wet Area	All Club coaches on deck

If E2 is required the second clinic will be held on the Saturday following the Development Clinics

General Information for Clinics

The SunSmart Clinic, even though organized by the Region, is a program introduced by WASA and is purpose built for our top swimmers. The Development and Encouragement Clinics is designed for our next tier of swimmers and gives them a chance to be coached by Level 2 coaches from Perth. These Clinics also give the newly trained coaches poolside time along side these valued coaches

The Development and Encouragement Clinics is part of the Regions fundraising program. Yes, we do receive funds from the Department of Sport and Recreation, however with 12 Member Clubs in Region 1 and well over 500 swimmers, that money cannot spread very far.

We try and keep the individual cost down but aim for greater participation at these Clinics. Without all the Member Clubs being involved in these clinics, the Region will find it difficult to continue to assist Clubs financially. It was decided, due to the introduction of the Club Participation Funding that Clubs that do not support the Region at the Clinics (not including the SunSmart Clinic), would not be eligible to apply for this funding.

The Region wants to support not only the swimmers, but also the parents who are prepared to take on further roles within each Club whether that is on the coaching team or a poolside official.

Costing for the Clinics

A \$10 registration fee applies for ALL Clinics

SunSmart Clinic-requires swimmers to only pay registration fee only	Total \$10.00
Development Clinic-registration fee plus \$20.00	Total \$30.00
Encouragement Clinic-registration fee plus \$5.00	Total \$15.00

The total cost of the Clinics is to be paid on nomination.

If the swimmer is not selected for their nominated Clinic the FULL fee will be reimbursed.

However, the Region will at their discretion decide on the appropriate refund available to a swimmer who nominates but does not participate.