

Geelong Swimming Club Silver & Bronze News – June 2009

Welcome back swimmers and hello to all new squad members.

Just a bit of housekeeping to start:

- Please make sure you are a registered swimmer of the club before commencing training. Check the club website for more information or contact a committee member if you are having trouble finding the information. It is important that all swimmers in the water are registered. Coaches will be checking and we don't want to inconvenience swimmers if they are not registered.
- Any swimmers that have competed in the time we have been off we are keen to know your results so don't forget to email your coach with this information
Carole: juniorstate@yahoo.com.au or Becc: balm@pipeline.com.au
- At short notice we have had to amend the timetable due to coaching support. This may not suit everyone so we are sorry for the inconvenience.

DRAFT 14th June 2009

15th June - 19th June - GSC Winter Training at Geelong Aquatic Centre 2009

			Monday	Tuesday	Wednesday	Thursday	Friday
GEE LONG AQUATIC CENTRE	Silver (starting 15th June)	AM		5.45 - 6.00am - Stretching 6.00 - 7.30am		5.45 - 6.00am - Stretching 6.00 - 7.30am	5.45 - 6.00am - Stretching 6.00 - 7.30am
		PM	5.30 - 6.00pm - Stretching 6.00 - 7.00pm	5.30 - 6.00pm - Stretching 6.00 - 7.00pm	5.30 - 6.00pm - Stretching 6.00 - 7.00pm		
	Bronze (starting 15th June)	AM		5.45 - 6.00am - Stretching 6.00 - 7.30am	5.45 - 6.00am - Stretching 6.00 - 7.30am		5.45 - 6.00am - Stretching 6.00 - 7.30am
		PM	5.30 - 6.00pm - Stretching 6.00 - 7.00pm		5.30 - 6.00pm - Stretching 6.00 - 7.00pm	5.30 - 6.00pm - Stretching 6.00 - 7.00pm	

22nd June to Oct TBC - GSC Winter Training at Geelong Aquatic Centre 2009

			Monday	Tuesday	Wednesday	Thursday	Friday
GAC	Silver / Bronze (starting 22nd June)	AM		5.45 - 6.00am - Stretching 6.00 - 7.30am	5.45 - 6.00am - Stretching 6.00 - 7.30am	5.45 - 6.00am - Stretching 6.00 - 7.30am	5.45 - 6.00am - Stretching 6.00 - 7.30am
		PM	5.30 - 6.00pm - Stretching 6.00 - 7.00pm		5.30 - 6.00pm - Stretching 6.00 - 7.00pm		

NOTE: Please note that during School Holidays (29th June to 10th July) that we will start in the pool at 5.30pm

- Please note that swimmers will be charged a pool entry as well as squad training session on the end of term invoice. Rather than be lumped with a huge bill at the end of term and if it would be more convenient to pay fees in instalments (this may be done using EFT). **Account Name:** Geelong Swimming Club Inc. **BSB:** 633-000 **Account No.:** 101968618 **Reference:** Name of swimmer and Squad. (Please ensure you use the swimmers name as the reference on the payment transfer)
- At GAC we have permission to use the kitchen near the upstairs pool for those swimmers wanting to have breakfast before leaving the pool in the morning. We have also been advised that the showers in the upstairs pool are not in use, toilets and changing facilities are still in use. Swimmers are to use the showers downstairs.
- In the mornings swimmers will enter the centre through the doors in the upstairs car park. In the afternoon swimmers will enter the door in the downstairs car-park. Please let reception know that you are with Geelong Swimming Club, please do not assume they know who you are.
- Swimmers kit bags can be left at the pool at own risk. There are hooks available in the handicap toilet near the top pool.
- **GSC 12/under Intensive Training Day Camp – July 4th**
Venue: Geelong College Pool, **Date:** Saturday 4th July 2009, **Time:** 9.00am - 12noon
Cost: The club will cover the cost of pool entry for swimmers.
Objective: Video analysis of dives, starts & turns.
Coaches: John, Carole & Rebecca. APPLY NOW BY emailing Carole: juniorstate@yahoo.com.au to sign up