

Spring Season Dates

Round	Spring Season
1	18th Sep 2010 (Seeding)
2	16th Oct 2010
3	23rd Oct 2010
4	13th Nov 2010
5	20th Nov 2010
6	11th Dec 2010 (Plate Final and Grand Final)

Information around competition will be provided closer to the time for those who wish to participate.



How to register:

To register or for more information contact Sarah Clarke - Swim School Manager at the Swim School Office or email sarah.clarke@waitakere.govt.nz

Registration requires:

- Confirmation of current swimming ability
- Complete registration/membership application
- Complete Direct Debit Authority form

Swim School Office Hours

School Term Office Hours

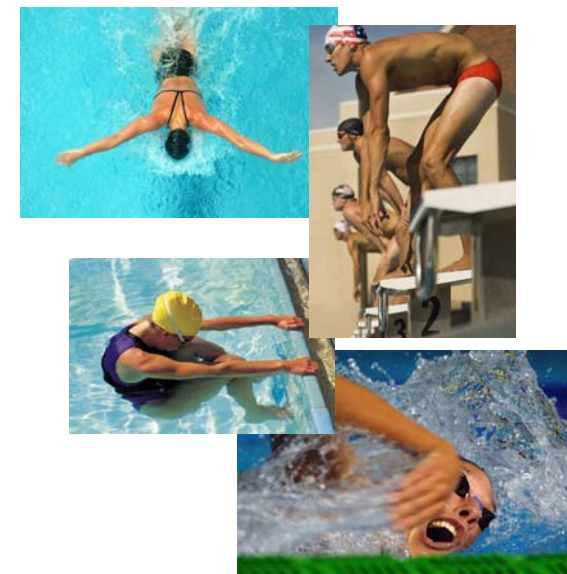
Monday – Friday	8.30am – 7pm
Saturday and Sunday	8.30am – 1pm
Phone (09) 835 0767	

School Holiday Office Hours

Monday – Friday	9am – 5pm
Saturday and Sunday	Closed
Phone (09) 835 0767	



West Wave Junior Swim Squad



Come be part of our team!!

West Wave Swim School
20 Alderman Drive, Henderson
Ph: 8350767- email: Ltsim@waitakere.govt.nz

West Wave Swim School introduces the **Junior Swim Squad**.

West Wave will provide quality coaching for your child to participate in swimming as an organised sport, with particular emphasis on team involvement and an introduction to competitive swimming.

This squad is suitable for swimmers currently at the Shark and Orca level; there will be a limit on registrations to start.

Cost:

Fees for registration are \$25 fortnight, these are to be paid by direct debit, terms and conditions can be found on the registration form.

This fee entitles the registered swimmer to use of the facilities when attending training.

If wanting to swim outside of the maximum of 3 sessions per week the casual swim entry fee will apply.

Training requirements:

Squad training will start Monday 19th July (Term 3)

Swimmers can attend up to 3 training sessions per week. Each swimmer will be given a membership card allowing them entry to which

ever 3 training sessions they wish to attend each week.

Training Days & Times:

Term training sessions

Monday - Friday - 4pm - 5pm

School holidays training sessions

Mon/Wed/Fri 4 - 5pm

There will be no training on Public Holidays

Swimmers need to be ready poolside at least 10 min prior to training starting.

Swim Wear & Equipment:

Correct swim wear and equipment needs to be brought to every training session, it is important that swimmers has the following.

- Goggles
- Swim bag, flippers, pull buoy (kick boards will be provided)
- Girls must wear swim cap
- Togs:
 - girls one piece (no shorts)
 - boys Speedos or knee length Speedos

Competition:

Swimmers will have the chance to participate in the Auckland Junior Swim League and move into higher competition. This is not compulsory but is an overall goal for those in the squad.

It will cost \$20 for each swimmer to register with Swimming New Zealand as a competitive swimmer.

Competitions will be scheduled on Saturdays and will commence late Term 3; there are 6 rounds with each round not being more than 65min.

Team Volunteer Requirements at Meets mean at each round we will need to contribute three volunteers when they compete (two time-keepers and an admin assistant).

Prizes

The winning team will be presented with the prestigious "ASL Junior Champions Trophy". All team members in the top three teams will receive medals.

Dates for the Spring Season are on the back page.