

# District Squad 2019

**District Squad** is the first level of the UNSW competitive squad program. As a member of this squad you are choosing swimming as a competitive sport and your goal is to be a competitive swimmer participating in district level carnivals.

In order to achieve this goal District swimmers are required to:

- swim at least 2 out of the 4 available sessions (see timetable)
- Swim to the best of your ability in each session
- Respect your coach and your fellow swimmers
- Advise your coach if you will be absent from swimming
- Join the UNSW Swim Club
- Swim in the Club's Friday Night Races
- Participate in targeted Carnivals for the UNSW Swim Club – at least 1 per term.

The coaches also make the commitment to support you at Squad training and at Carnivals. If you have any questions or concerns regarding your training or racing please speak to your coach. You can speak to the coach briefly at training but it is advisable to make an appointment to speak to the coach at a suitable time for both you and the coach.

## Junior Competitive Squad Timetable

JUNIOR COMPETITIVE SQUAD PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISTRICT	AM		6.50 - 7.50		6.50 - 7.50*	
	PM			4.00-5.00		4.00-5.00
METRO	AM	6.45 - 8.00		6.45 - 8.00	6.50 - 8.00*	6.45 - 8.00
	PM		3.45 – 5.15			

\*Long course training on Thursday am

## How to Join

For those currently swimming in the program, please fill in an amendment form at the swim school desk to transfer from your current squad to district squad.

For new swimmers you will need to fill out a membership form and select the appropriate payment option either the visit pass or direct debit option.

District Squad fees are \$58 per fortnight on DD (direct debit) or \$125 per month. The preferred method of payment is via direct debit.

## **Access Cards**

All squad swimmers will be issued with a membership card. Members must use their cards to access the pool. If your card is not working please see reception so that we can resolve the problem.

**For further information, please speak to a staff member at reception or call or email the swim school**

**T: 9385 4881    E: [swimschool.unsw@ymcansw.org.au](mailto:swimschool.unsw@ymcansw.org.au)**

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## Transition Criteria for Metro Squad

Transition sessions are the first stage to moving into Metro Squad fulltime. It gives the swimmer and parent an opportunity to see if they are able and willing to make the next level of commitment to swimming

Selection as a transition swimmer in Metro squad is based on a number of factors - your performances at swim meets; qualifying for Metsea Championships; attendance and application at training; and attendance at club night.

The number and days for your transition sessions are selected by the coaches and have been chosen to provide the swimmer with the most suitable mix of both District and Metro Squad sessions.

***Transition swimmers must maintain their training and racing commitments in order to retain their position in the transition program.***

## UNSW Swim Club

District Squad swimmers are part of the UNSW Swim School Competitive program and therefore are required to be part of the UNSW Swim Club. The UNSW Swim Club is supported by the Swim School but run by volunteer parents and older swimmers. Being part of the club allows you to participate at Club Night and compete in inter club, regional and State level Meets. To join the UNSW Swim Club, you will need to go to the club website <http://www.unsw.swimming.org.au/>. On the home page click on the join now button; this will direct you to the centralised registration system for all swim clubs in Australia. Club membership runs from 1<sup>st</sup> October to 30<sup>th</sup> September each season.

The club website and Facebook page are regularly updated and provide you with all the information regarding club activities and up and coming meets.