

Training Times

LEARN TO SWIM - 3.15pm – 4.30pm – Tue, Thurs, Fri
BRONZE SQUAD - 3.30pm – 4.15pm – Mon, Wed, Thurs, Fri
SILVER SQUAD - 3.30pm – 4.30pm – Mon to Fri
GOLD & ELITE - 4.30pm – 6.00pm – Mon, Tues, Weds, Fri,
SQUADS 5.30am to 7.00am Mon, Wed, Fri & Sat*
 (* Saturday training may be cancelled due to carnivals)

SQUAD FEES** (weekly by direct debit)				
Weekly Fees	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4+
Learn to Swim	\$14 per lesson per child			
Bronze Squad	- \$12 per lesson			
Silver Squad	\$25	Add \$22-	Add \$16-	Add \$8-
Gold Squad	\$30	Add \$27-	Add \$20	Add \$10-
Elite Squad	\$35	Add \$31	Add \$23	Add \$15

For all Squad enquiries, please email JAYDEN HADLER at aquatic.coaching@gmail.com or see him *outside training times*

Annual Registration Fees 2016/17

See Club web site or Handbook for details

1st Swimmer	\$135.00	Swimmer 8yrs	\$70.00
2nd Swimmer	\$125.00	Swimmer 7yrs & U	Free
3rd Swimmer	\$100.00	Parent Members	Free
4th Swimmer	\$75.00	Non Swimmer	\$11

Contact Information:

- Club Email: scsaintsswim@gmail.com
- Race Secretary: racesecretary@scsaints.org.au all meet queries
- Squad & Learn to swim queries: aquatic.coaching@gmail.com

Or come down to the pool & speak to one of our Club committee



Southern Cross Swimming Club
is located at
297 Scarborough Rd, Scarborough.

The pool is part of the Southern Cross Catholic College, and as we are situated there, we have a very strong alliance with The College.

- ♦ We cater for Able-body and multi-class swimmers.
- ♦ Our members range from pre-school to adult.
- ♦ We teach all levels, from Learn to Swim through to International Competition.

CLUB COMPETITION

Southern Cross Swimming Club **Competition Nights** are held weekly on Thursday evenings, commencing at 6 pm sharp. The season runs from 6 Oct 2016 to 11 Mar 2017, with a break over the Christmas holiday period and Club Championships on 11th March 2017.

Admission is \$5.00 per family.

SWIMMERS NEED NOT BE EXPERTS!!

Swim distances start at 10 metres (just under quarter the length of the pool). There are no “races” at Club Nights.

The first time a child swims, their time in each event is recorded as their best time, for which no points will be awarded. Points are awarded for every swim – the bigger the improvement of previous best time, the more points. At the end of the season, all the points are aggregated and trophies awarded.

From this it can be seen that the maximum number of points can be gained by swimmers who swim every week, swim in all events offered each night, and regularly improve their times. In this way swimmers are encouraged to develop their own swimming ability and do not have to win ‘races’ to gain Club points.

The following attire is required of all swimmers:

- Girls are required to wear an appropriate one piece swimming costume or 2 piece racing costume.
- Boys are required to wear ‘racers’ and are ***not allowed to wear board shorts.***

***All swimmers must wear a cap while in the pool.
This is a school rule and cannot be varied.***

OR TAKE THE NEXT STEP....

If your child wants to race, we can teach them that too.

Club nights are an opportunity for swimmers to experience what a real swim meet would be like.

The format, regulations and requirements are the same as that of a real swim meet, but in an environment that is low stress with many teaching opportunities.

Swimmers who wish to be competitive are given many opportunities to represent the Southern Cross Swimming Club at competitions. Swimmers also have the opportunity to compete at Regional Championships, Swimming Queensland and Swimming Australia approved events, throughout the season.

Meet advices are emailed out to members, with flyers, entry list and results uploaded onto the Meets page on the Club website.

www.scsaints.org.au

Club swimmers wishing to nominate for outside swim meets need to lodge an online nomination. To get your Club Lane logon or reset your password, send an email to the Race Secretary: racesecretary@scsaints.org.au or ask a club official for more information on club nights.

For more information on Competitive swimming with Southern Cross Swimming Club, download the “**Competitive Swimmer Information Sheet**” on the Meets page of the Club web site or have a chat to some of our senior swimmers and their parents. Or email the club Race Secretary as above.

All families who take part in Club nights or Meets are expected to assist with time-keeping duties or similar.