



KNOX GRAMMAR SCHOOL AQUATIC CENTRE

GOLD SQUAD INFORMATION

GOLD SQUAD

It is a requirement for swimmers in the Gold Squad to be Knox Pymble Swim club members, and must commit to training a minimum of six sessions per week. In our Gold Squad program, your child is able to swim in any of the designated classes available for their squad. They do not have to commit to any particular day and time.

Gold Squad swimmers will be provided with individualised screening, and a gym program devised by one of our strength and conditioning coaches. They will have access to physiotherapy, nutrition, sport science and long and short course training year-round.

The swimmer's goals are to compete successfully at both State and Australian National Championships.

PAYMENT

The fee for squad swimming is charged on a monthly basis. We have three categories of charges: Knox students (\$78 per month), Knox Community (\$84 per month), and non-Knox (\$120 per month). Customers pay by direct debit each month. The direct debit run will take place on the 2nd day of each month.

Once children are registered for squads, it is a perpetual booking. Any booking cancellations need to be made 7 days prior to the beginning of the following month. So that fees can be adjusted any suspensions for a period over 2 weeks needs to be provided before the month starts.

TRAINING REQUIREMENTS

- Swimmers must bring a water bottle to training and their own fins. The short Vorgee fins are generally recommended (Rebel Sport/Knox reception). If in doubt talk to your coach.
- Swimmers are encouraged to arrive 10 minutes early for training to stretch and prepare before the session commences. Flexibility is very important in achieving good technique.
- Swimmers must report all injuries, illnesses and all medication they are taking to their coach.
- Swimmers should not train when sick.
- Swimmers who need to leave the session early need to inform the coach directly prior to the start of the session and be verified by the parent. This is a duty of care requirement.
- Swimmers that arrive late disrupt the flow of the session. Please inform the coach if arriving late is an unavoidable regular occurrence.

THE KNOX PYMBLE SWIM CLUB

The Knox Pymble Swimming Club competes at club, Inter club, District, State and National level. The age group program is one of the most successful in the State. Swimmers in squads are strongly encouraged to join the Knox Pymble Swim Club. They are then able to compete in our weekly Friday night races during Term 1, and Term 4, as well as all other carnivals throughout the year. Competing for the club allows the coaches to view your child's competitive performances and therefore coach the swimmers more effectively. Please visit the website www.knoxpymbleswimclub.com to find out more information concerning the club, and for registration details.

COMMUNICATION AND PARENTS

It is important that coaches don't speak to parents during a session. Parents are asked to drop off children, or sit on the pool side seating provided. Coaches prefer that swimmers concentrate on the session and focus on the skills that the squad is working on. The presence of parents close to the pool can be distracting and disruptive to the squad program, please resist becoming involved in the session. If parents wish to speak to the coach they must make an appointment at the front office, coaches are always happy to discuss any issues.

GYM AND NUTRITION

Swimmers are expected participate in a gym session prior to each swim session. Early in the season the focus is on injury prevention, building body core endurance and maintaining posture. The swimmers have individualised plans and stretches, to help them establish the platform to attack the next stage of the season. During the mid-season the focus shifts to strength and speed. Later in the season we look to develop power.

Eating immediately after a training session is crucial for recovery. Please supply your child with a healthy and nutritious post swim snack containing a serve of protein and carbohydrates.

SESSION TIMETABLE

A term and holiday program time table is emailed out to parents and is available at reception. The timetable changes during the holidays and may alter slightly each term.

