

Townsville Swimming Academy

TSA



TOWNSVILLE SWIMMING ACADEMY

Enrolment Package 2019

Note: Please complete enrolment prior to participation in any TSA sessions



TOWNSVILLE SWIMMING ACADEMY

ABN: 37 318 499 443

Email: townsvilleswimmingacaemy@gmail.com Website: <http://townsvilleswimmingacademy.com.au>

Phone number: 0408196454 or 0419171091

Locations: The Cathedral School Pool, 154 Ross River Road & Northern Beaches Leisure Centre 7-31 Erskine Place, Burdell

Welcome to 2019

Hello and Welcome to Townsville Swimming Academy. Take a moment to carefully read through the terms and conditions. From there, select your squad session from the 2019 timetable. Then fill out the enrolment, disclaimer and medical forms. Finally sign and email pages back to us to confirm your place. Our main form of communication to all families enrolled in our program is via email and our Facebook page. Text messages, emails and phone calls are also welcome if you require further clarification.









Note: There is a different fee schedule for each pool we are working at due to the agreement with the different lessees. To maintain correct fees please read the Terms & Conditions carefully to ensure there are no misunderstandings.

Expectations – To ensure that you gain the most out of your swimming training program please make sure that you:

Keep in close contact with Emma and Matt to stay informed. Read through the terms and conditions stated on your enrolment forms. Set your standard of expectation for your own achievement high.

Arrive at your training session on time and prepared with your equipment:

Standard equipment:

-  *drink bottle*
-  *goggles*
-  *kickboard*
-  *fins (Flippers - preferable soft silicone, required for Black Tips and Wobbegongs squads ONLY)*
-  *pull buoy (Wobbegongs & Black Tips ONLY)*
-  *swimmer snorkel (Black Tips ONLY)*
-  *cap (Black Tips ONLY) - TSA Caps are available for purchase \$10 each*
-  *finger paddles (Black Tips ONLY)*

Once Enrolled

Once you have officially enrolled into your Swimming classes for 2019 by handing in or emailing back your signed document you will receive an email confirming your enrolment and the sessions you wish to book in for.

At TSA we pride ourselves on are providing excellent value for money. We have low fees with high quality coaching!



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Why Train with Matt Talbot

Matt has been a part of the Townsville and District swimming community for thirty years. He swam competitively in Queensland Swimming and Masters Swimming Queensland. Matt has coached in various swim schools in mini squads through to Masters and worked with many experienced coaches in order to gain more knowledge and insight into this complex sport. Matt has taken teams to State Championship events and many regional meets where swimmers have exceeded their own expectations.

Matt has also worked as a primary school teacher in various schools over the past 20 years which has informed his knowledge of children and how to work productively with parents. Matt enjoys forming relationships with parents and encouraging a family atmosphere.

Matt has always placed the physical and emotional needs of the swimmer at the centre of his programs. Matt is an approachable and adaptable coach and will modify sessions according to individual goals. These goals are taken very seriously and every effort will be made to make them a reality.

Matt's programs are highly technical in nature. One of the goals of every swimmer should be to achieve technical excellence. Matt has very high expectations of himself as a coach but is also able to ensure that swimmers are relaxed and having fun while learning new skills.

Matt's qualifications include:

Bachelor of Education - Early Childhood Teaching

AUSTSWIM Teacher or Swimming and Water Safety

Swimming Australia Teacher of Competitive Strokes

ASCTA Bronze License

Masters Level 1 Club Coach

CPR and Senior First Aid

Blue Card holder



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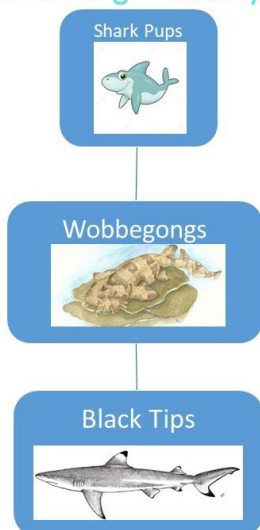
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Townsville Swimming Academy Pathway



Townsville Tiger Sharks Swimming Club (new season Starts 1st July - updates coming soon)

Matt is the head coach for the newest swimming club in Townsville, formed in July 2017. For those swimmers who wish to compete at a club level, we suggest you look into joining the Townsville Tiger Sharks Swimming Club. For more information check out the website or Facebook page.

Club website: www.townsvilletigersharks.swimming.org.au

Facebook: <https://www.facebook.com/townsvilleswimming/>



See membership costs and benefits below:

Membership Category	Eligibility	Eligible to participate as a swimmer in Club Nights	Eligible to participate as a swimmer in Inter-Club, State and National meets	Complementary t-shirt upon first registration as a member	Complementary cap upon first registration as a member	Voting Rights	Fee
Recreational Swimmer 9 years +	Any person 9 years and over at time of registration	√	X	x available to purchase for \$30	X available to purchase for \$12	Only if 18 years of age or older	\$70.00
Competitive Swimmer 9 years +	Any person 9 years and over at time of registration	√	√	√	√	Only if 18 years of age or older	\$135
Junior Dolphin 8 years old	Any person 8 years old at time of registration	√	√	√	√	No	\$80
Junior Dolphin (7 Years & Under only) *Free*	Any person 7 years and younger at time of registration	√	√	X available to purchase for \$30	x available to purchase for \$12	No	Free
Parent	Parent or Legal guardian of another member	As Volunteer only	n/a	X available to purchase for \$30	X	Only if 18 years of age or older	Free
Non-Swimmer	Any non-swimming member	As Volunteer only	n/a	X available to purchase for \$30	X	Only if 18 years of age or older	\$13.50



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Squad Descriptions and Entry Requirements

Shark Pups



Our Shark Pups group is perfect for ages 5 to 8 and will help your child build confidence in the water and refine technical skills over four competitive strokes.

We work in small groups of no more than six children. Unlike your average swim school our Shark Pup lessons are 45 minutes in length to ensure each child receives appropriate one-on-one attention so that they will improve in leaps and bounds over the term.

We're passionate about providing personal attention and helping to develop a lifelong love of swimming!

Shark Pups squad entry requirements

Swimmers can enter the Shark Pups group after an initial free assessment where the following skills are already in place. The swimmer must be able to:

- Float comfortably on front and back
- Swim dog paddle 10 metres
- Swim freestyle 10 metres.

This is not a learn to swim class. Swimmers must be prepared to listen, and to behave sensibly and safely at all times.

Wobbegongs



Our Wobbegongs squad group is ideal for ages 6 - 10 and will help your child build confidence and speed in the water. Swimmers learn tumble turns and race starts and are introduced to a range of drills to help reinforce technical skills and build endurance.

This group is capped at 12 children to enable ample one-on-one attention while also providing social benefits for the kids. Unlike your average swim school our lessons start with dry land warm ups featuring exercises designed to improve core strength and dynamic balance, and to complement what we do in the pool.

Wobbegongs squad entry requirements

Swimmers can enter the Wobbegongs group after an initial free assessment where the following skills are already in place. The swimmer must be able to:

- Swim freestyle 25 metres
- Swim breaststroke kick correctly for 15 metres
- Swim backstroke for 15 metres
- Perform streamlined push-offs and correct dives

Swimmers must bring their own fins(flippers)—preferably those made of soft silicone material, available at Long Tan Pool or online.



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Black Tips



The Blacktips squad is perfect for competitive swimmers, adults looking for fitness and triathletes. Coach Matt is passionate about swimming fast and getting the best results out of his swimmers at every opportunity.

Ages for this group range from nine years to adults. Swimmers at this level are independent and want to work hard. Self-discipline and high standards of conduct are expected! Disruptive behaviour will not be tolerated. We range in distance from 2.5 to 4 kilometres per session with a focus on race endurance and technical excellence across all of the strokes.

Swimmers will be exposed to drills of increasing complexity while mastering their starts and competitive race turns. Triathletes and open water swimmers will learn about rhythm and pacing in the pool and will be provided with opportunities to swim in the open water in small groups where we will learn about sighting and negotiating different conditions.

Our blacktips sessions include a 10 minute dry land warm up featuring exercises designed to complement what we do in the pool. Exercises are aimed at improving:

- Core and general strength
- Dynamic balance
- Muscular power
- Flexibility

Blacktips squad entry requirements

- Swimmers can enter the Blacktips group after an initial free assessment when they are able to:
 - Swim freestyle 500 metres continuously with correct tumble turns
 - Swim 10 x 50m freestyle on the 1:30 time base
 - Swim at least 50 metres of each of the four competition strokes with correct dives and breakouts

Swimmers must bring their own fins (flippers), preferably those made of soft silicone material.

Squad Requirements for *adult swimmers*:

Must be able to do 200m freestyle and 50m of at least one other stroke.



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Timetables

Below is a timetable for sessions held at each pool. **Please note the requirements for each squad** and the number of sessions offered for each level. Squad requirements are a little more flexible at The Cathedral School Pool squads due to the extra lane space.

The Cathedral School Pool:

TSA 2019 The Cathedral School Pool Term 1 2019

	Monday	Tuesday	Wednesday	Thursday	Saturday
5:00 - 6:30am	Black Tips			Black Tips	
7:30 – 9:00am					Black Tips
9:00 – 9:45am					Shark Pups
10:00 – 11:00am					Wobbegongs
4:00 - 4:45pm		Shark Pups		Shark Pups	
4:00 - 5:00pm		Wobbegongs		Wobbegongs	
5:15 – 6:45pm		Black Tips	Black Tips		

*** Note SOME Saturdays in Term 1 there will be No Training due to carnivals being on. If you book in for a Saturday squad we will only invoice you on the weeks squad is on. In term 2 there are no carnivals disrupting the timetable.**

Northern Beaches Leisure Centre Pool:

Townsville Swimming Academy 2019 Term 1 NBLC Timetable

	Monday	Wednesday	Thursday	Friday
5:00 - 6:30am		Black Tips		
4:00 – 5:30pm	Black Tips			4:30 – 6:00pm Black Tips
5:30 – 7:00pm	Black Tips		Black Tips <i>*club nights training will be 5:30 – 6:15pm</i>	



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Price schedule for all TSA squads

Squad	Payment Options	Training Venue
Shark Pups	Term fees \$11 per lesson (most squads run for 10 weeks) \$110 per term for 10 week term. Students enrolled at Cathedral have a discounted price of \$9 per lesson. \$90 per term for 10 week term.	The Cathedral School Pool 154 Ross River Road, Mundingburra
Wobbegongs	Term fees \$11 per lesson (most squads run for 10 weeks) \$110 per term for 10 week term. Students enrolled at Cathedral have a discounted price of \$9 per lesson. \$90 per term for 10 week term.	The Cathedral School Pool 154 Ross River Road, Mundingburra
Black Tips	If enrolling for 1 squad session per week swimmers must pay term fees \$11 a lesson. \$110 per term for 10 week term. Students enrolled at Cathedral have a discounted price of \$9 a lesson. \$90 per term for 10 week term. If enrolling in multiple squads per week you have the option to purchase a multi pass 5 pass is \$55 and 10 pass is \$110. When it runs out we invoice you for a new one. Cathedral staff and students have the discounted rate of multi pass option is \$45 for 5 session and \$90 per 10 session.	The Cathedral School Pool 154 Ross River Road, Mundingburra
Black Tips	NBLC sessions are \$8 per session. 5 pass is \$40 and 10 pass is \$80 <i>NBLC is cheaper to account for the additional cost of pool entry, to be paid at the gate when training at this location).</i>	Northern Beaches Liesure Centre 7-31 Erskine Place, Burdell
Black Tips	<i>SPECIAL MULTI PASS \$180 - 20 pass card to use across both pools*</i>	Training across both venues

Invoices for whole term to be paid by second week after commencing lessons.



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Payment Details

Term fees can be paid by *cash* or *internet transfer*.

Bank Details:

BSB: 084-502 Acct No: 94-234-7235

Account Name – Matthew Talbot Bank: NAB

Reference – Use Swimmer's Full Name and Invoice Number

Make Up Lessons Policy

Please note if you miss a session after paying whole term fees it is up to you to organise with Matt or Emma when you can fit in a makeup lesson. Make up lessons need to be completed in the term you have paid for (or school holidays following current term enrolled).

Private Lessons are also available upon request.



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Please read through the following Terms and Conditions Carefully.

Term payments will be based on the length of a state school term, with succeeding school holidays may available for additional or make up sessions if possible and organised with Matt in advance. Make up lessons are offered as a courtesy if we have an available space in a squad and if you inform us of your absence. All multi passes have no expiry date. All term fees and multi pass purchases are non-refundable, any make up lessons must completed before the next term starts. Make up lessons can only be completed in consultation with Matt to ensure there is space in the relevant squad.

TSA fees are not currently subject to GST but any GST incurred for services rendered at a later time will be in addition to the fees referred to in this document.

TSA has the right to refuse a swimmer participation in any class if fees fall behind the expected payment time by more than 7 days (at which point a reminder notice will be sent out via email). Please speak to Matt in person if you are experiencing financial difficulty.

Throughout the year your child's enrolment will be **automatically continued from term to term**. If you wish to cease TSA a written withdrawal must be received before the commencement of the new term to avoid being invoiced.

All parents and swimmers are encouraged to support the goal of promoting our new club Townsville Tiger Sharks Swimming Club and offer their services wherever practical. The club has been formed as of July 2017, and all help from new parents is appreciated.

To ensure a smooth running and professional business and to prioritise the health and well-being of all swimmers, all questions, grievances and/or matters of any kind are to be given directly to Matt or Emma Talbot in private (if possible).

Parents are not to create any group on social media pertaining to TSA in any way. A Facebook page is already in place for this purpose and your contributions and support of that page with the intention of promoting the program are welcome.

Respectful, Safe and Courteous behaviour is to be adopted at all times by parents and swimmers. Good sportsmanship is valued and expected. This includes posts and comments made regarding any part of TSA and its swimmers on social media. Negative and damaging social media comments, bullying, failure to adhere to the grievance process outlined here may result in your child's enrolment being cancelled at the absolute discretion of TSA. There will be a zero tolerance approach to bullying.

Find and LIKE TSA Facebook page to ensure you stay fully informed.

All formal correspondence is via email communication. If you do not receive emails it is your responsibility to inform the owner Matt Talbot at your earliest convenience.



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Enrolment Form

I _____ (Parent/Caregiver/Enrolling adult) agree to the Terms and Conditions stated above.

Swimmer/s Enrolling _____

Please indicate the squads you want to attend for 2019. HIGHLIGHT/CIRCLE squad of your choice.

TSA 2019 Timetable Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 6:30am	Black Tips Cathedral		Black Tips NBLC	Black Tips Cathedral		
7:30 – 9:00am						Black Tips Cathedral
9:00 – 9:45am						Shark Pups Cathedral
10:00 – 11:00am						Wobbegongs Cathedral
4:00 - 4:45pm		Shark Pups Cathedral		Shark Pups Cathedral		
4:00 - 5:00pm	4:00 – 5:30pm Black Tips NBLC	Wobbegongs Cathedral		Wobbegongs Cathedral	4:30 – 6:00pm Black Tips NBLC	
5:15 – 6:45pm	5:30 – 7pm Black Tips NBLC	5:15 – 6:45pm Black Tips Cathedral	5:15 – 6:45pm Black Tips Cathedral	5:30 – 7PM Black Tips NBLC <i>*club nights training will be 5:30 – 6:15pm</i>		

Postal Address _____

Post Code _____ DOB _____

Phone Number _____

Mobile Number _____ Email Address _____

Signed _____ (Parent/Caregiver/Adult Swimmer) Date _____



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Disclaimer and Consent Form

Please sign this Disclaimer and Consent Form and return to Townsville Swimming Academy as part of the terms and conditions of enrolment.

I _____ (parent/caregiver) hereby understand and accept that on enrolling _____ (Student) in Townsville Swimming Academy, his/ her photo may be taken and/or video footage may be taken for teaching purposes, publicity and advertising purposes. I do / do not (please circle) hereby consent to this taking place without being specifically asked at the relevant time.

I _____ (parent/caregiver) acknowledge and accept that Townsville Swimming Academy and Matt Talbot or his Agents shall not be liable in any way whatsoever for any personal injury and consequential loss occasioned to any enrolees of Townsville Swimming Academy or for the loss or damage occasioned to the personal property of enrolees. Although Townsville Swimming Academy and Matt Talbot and his Agents will take all reasonable care to ensure the safety of enrolees during instruction, training and competition, they shall not be so liable in the event of injury, death or loss of property. I consent to the enrolment of my child/children on this basis.

In the event of my child/children falling ill while in the care of Townsville Swimming Academy, I will be available on the numbers given or contactable in accordance with the information provided and I acknowledge that all responsibility for the care of my child/children shall remain with me as the Parent/Guardian.

Dated the day of 2019.

(Parent/Caregiver)



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Townsville Swimming Academy MEDICAL INFORMATION

I have included **ALL MEDICAL INFORMATION** about my child's medical and physical details

Name of Student: _____ Date of Birth: _____

CONDITION	PLEASE CIRCLE	FULL DETAILS
Heart problems	Yes / No	
Respiratory problems	Yes / No	
Asthma	Yes / No	
Allergies	Yes / No	
Anaphylaxis	Yes / No	
Diabetes	Yes / No	
Blood Pressure	Yes / No	
Operations (surgery)	Yes / No	
Epilepsy	Yes / No	
Recent illness	Yes / No	
Medication required	Yes / No	
Drugs reactions (e.g. penicillin allergy)	Yes / No	
Phobias	Yes / No	
Other	Yes / No	
<input type="checkbox"/> Please add any additional medical information here	Yes / No	



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