

CUBS & CUB DEVELOPMENT

These two squads are for our members starting out - often coming from a swim school to club swimming.

Coach

Tamlyn Leal

Training sessions per week

- Cubs: 2 x 30 minute sessions
- Cub Development: 2 x 45 minute sessions

Goals

- Learning the fundamentals, and good technique
- Learning to swim and train in the 'big' pool
- Focus on 3 strokes: Freestyle, Breaststroke, and Backstroke
- Introduction to Butterfly
- Introduction to dives and turns
- Competition options: Club meets/nights and or Level 3 meets

Equipment Needed

Short fins, kick board, mesh bag, drink bottle

Term Fee

- Cubs \$350.00
- Cub Development \$390.00

Other Fees:

- \$25 Meet Levy per term – if attending swim meets
- \$210 Full Year Annual Membership – invoiced quarterly at \$55 per term
- ASA/SNZ Annual Membership fee paid to ASA/SNZ directly
 - Club Swimmer – recommended - \$72.50 Jul – Jun (2023/24)



NIPPER & NIPPER DEVELOPMENT

The nipper and nipper development squads are for our members who have grasped the basics for all strokes and want to progress their swimming by getting more into the competitive side.

Coach

Samantha Gunther and Angus Waugh

Training sessions per week

- Nipper: 2-3
- Nipper Development: 3-4

Goals

- Learn how to train with aerobic/endurance and speed sessions
- Further development of the 4 strokes
- Good technique
- Good turns and starts
- Knowing and following the swimming rules for competition
- Consistent routine and sessions per week
- Level 3 meet attendance

Equipment Needed

Drink bottle, short fins, pull buoy, kick board, mesh bag, snorkel (Nipper Development)

Term Fee

- Nipper: \$530.00
- Nipper Development = \$570.00

Other Fees:

- \$25 Meet Levy per term
- \$210 Full Year Annual Membership – invoiced quarterly at \$55 per term
- ASA/SNZ Annual Membership fee paid to ASA/SNZ directly
 - Club Swimmer – recommended - \$72.50 Jul – Jun (2023/24)



JUNIOR & JUNIOR DEVELOPMENT

These squads are for our junior competitive swimmers who compete at Level 3 and level 2 swim meets and are working towards the next level; with the inclusion of Auckland Championship & National Age Group swim meets.

Coach

Sam Gunther, Max Polianski, and Angus Waughb

Training sessions per week

- Junior: 4-5
- Junior Development: 5-7
- 2 dryland sessions offered

Goals

- Gaining Level 2 or Level 1 qualifying times
- Work towards ASA & NZ Junior qualifying times
- Consistent commitment to training sessions - expected
- Swimming competition attendance - expected
- Holiday programme and camp attendance - expected
- Build up endurance and speed
- Applying yourself in all training by giving 100%
- Be role models and leaders for our club and younger swimmers

Equipment Needed

Drink bottle, short fins, pull buoy, small paddles, snorkel and kick board, mesh bag. Junior Development swimmers will also need to talk to their coach about resistance bands.

Term Fee

- Junior: \$630.00
- Junior Development = \$700.00

Other Fees:

- \$25 Meet Levy per term
- \$210 Full Year Annual Membership – invoiced quarterly at \$55 per term
- ASA/SNZ Annual Membership fee paid to ASA/SNZ directly
 - Club Swimmer – recommended to start with - \$72.50 Jul – Jun (2023/24)
 - Competitive Swimmer - \$132.50 Jul – Jun (2023/24)



SENIOR

This squad is for our serious competitive swimmers who compete at Age and possibly Open national level. Led and trained by our dedicated Head Coach with clear goals of succeeding in the sport of swimming.

Coach

Max Polianski

Training sessions per week

- Minimum of 6 sessions per week
- 7 sessions offered
- 3x dryland sessions offered

Goals

- Full attendance in training and targeted meets (Level, Regional & National) required and expected
- Focus on improving as a squad with an emphasis on team spirit and motivation in training to go the extra mile and achieve individual goals
- Level 1, Regional and National Age Group Championship qualifying times and results – long and short course
- Applying yourself in all training by giving 100%
- Be role models and leaders for our club and younger swimmers
- Camp and holiday programme attendance - expected

Equipment Needed

Drink bottle, short fins, pull buoy, paddles, snorkel, kick board, mesh bag, in water band, stretch cords, resistance band for dry land

Term Fee

- \$825.00

Other Fees:

- \$25 Meet Levy per term
- \$210 Full Year Annual Membership – invoiced quarterly at \$55 per term
- ASA/SNZ Annual Membership fee paid to ASA/SNZ directly
 - Competitive Swimmer - \$132.50 Jul – Jun (2023/24)



FITNESS

This squad is for our non-competitive swimmers who are using this training for other sports like waterpolo and triathlon, or just want to swim without competing

Coach

Max Polianski

Training sessions per week

- 1-3 sessions

Goals

- Maintain and advance fitness levels
- Competition attendance - optional

Equipment Needed

Drink bottle, short fins, pull buoy, kickboard, paddles, snorkel, and mesh bag.

Term Fee

- 1/week \$290.00
- 2/week \$450.00
- 3/week – \$627.00

Other Fees:

- \$25 Meet Levy per term – only if entering meets
- \$210 Full Year Annual Membership – invoiced quarterly at \$55 per term
- ASA/SNZ Annual Membership fee – only if entering meets paid to ASA/SNZ directly
 - Club Swimmer – recommended - \$72.50 Jul – Jun (2023/24)

