



COMPETITIVE SQUADS

Welcome to competitive swimming. Tawa Swimming Club has 5 competitive squads that train at different times during the week. Training also takes place throughout the school holidays.

The Head Coach is Mathew Woofe who can be contacted on 027 316 2218.

The Squad Coordinator is Greg McCarthy who can be contacted on 232-9739

FEES

Squad fees are in addition to the club subscription fee. If not already a club member, a membership form must be filled out when you join a squad and the appropriate membership and squad fees paid.

Pool entry is in addition to any fees charged by Tawa Swimming Club. If swimming more than 3 times a week a monthly membership card is the best option.

The current fees as at 1 September 2009 are:

Squad 1a	\$270.00 per quarter
Squad 1b	\$220.00 per quarter
Squad 2	\$240.00 per quarter
Squad 3	\$150.00 per quarter
Squad 4	\$90.00 per quarter

These fees are inclusive of GST.

TIME TRIALS

Squad swimmers are **expected** to attend and swim at time trials in order to be eligible for club subsidies.

SQUAD TIMES

Squad 1a trains mornings from 6.00am - 7.30am, (Monday to Saturday) and afternoons from 5pm – 7pm, Monday, Tuesday, Thursday, Friday..

Squad 1b trains mornings from 6.00am – 7.30am , Monday, Tuesday, Thursday and Friday, and afternoons from 5pm – 7pm, Tuesday and Friday

Squad 2 trains mornings from 6.00am - 7.30am and afternoons from 6.00pm – 7.00pm.

Squad 3 trains afternoons from 3.45pm – 5.00pm.

Squad 4 trains on Monday and Thursday from 7.00pm - 8.00pm and on Wednesdays from 3.45pm - 5.00pm.

SQUAD MOVEMENT

Movement in to Squad 4 is by invitation of the coach. Movement in to Squad 3 is by invitation of the coach. Movement in to Squad 2 – must be attending 4 sessions per week in squad 3, qualification for NZ Juniors, coach invitation is possible.

Movement in to Squad 1 – must be attending 6 sessions per week in Squad 2, 475 Fina points for girls, 425 Fina points for boys, coach invitation is possible.

CLUB UNIFORM

TSC official colours are blue, red and gold. Tracksuits are available, priced from \$75. T-shirts and gear-bags can also be purchased. Squad swimmers travelling to national events will be provided with special printed shirts.

Dress code. When travelling to and from National Meets you will be required to dress according to our current dress code – black shorts/trousers, Tawa representative National t-shirt, tracksuit jacket. The club has a supply of jackets which can be borrowed for National Meets.

CLUB SUBSIDIES

Subsidies for National Meets, camps etc are at the discretion of the committee. To be eligible for consideration you have to have been a financial member of Tawa Swimming Club for at least 12 months. The amount of subsidy payable may vary from year to year.

SWIM MEETS

Flyers and entry forms for swim meets are placed on the club noticeboard. Payment is expected at the time of entering a meet.

COMMUNICATIONS

Newsletters are produced regularly and sent by e-mail. Please ensure we have your current contact details. Please check the club noticeboard for up-to-date information on events. Any correspondence to the club, payments, application forms or race entries can be dropped into the mailbox next to our noticeboard at Tawa pool.

FUNDRAISING

TSC runs swim meets each year in order to raise funds. Parental assistance is required. Other fundraising takes place from time to time. Funds raised is distributed amongst those who assist with the fundraiser and can only be used for swim camp and National Meets.

PARENTAL ASSISTANCE

Competitive swimming requires a lot of officials, and these officials are the parents. If your child is entered into a swim meet you **WILL** be expected to help – marshalling, time keeping, inspector of turns, etc. Occasionally you may also be asked to assist at a meet even if your child is not competing. We expect all parents at the minimum to become a timekeeper and we strongly encourage you to also consider learning to be an Inspector of Turns (IOT).

GLOSSARY

TSC	Tawa Swimming Club
Flyer	Swim meet information poster
BK	Backstroke
BRST	Breaststroke
FLY	Butterfly
FREE	Freestyle
IM	Individual Medley
PB	Personal best time
PB Chart	Spreadsheet showing swimmers best times
Club Champs	Open to all club members
Competitive Time	A predetermined time for any given stroke over a set distance which enables the swimmer to compete at a higher level
Race Secretary	Person responsible for placing entries, keeping updated records and checking for qualifying times
DQ	A disqualification for doing something incorrect when competing in a race
Long Course	Swim meet held in a 50m pool
Short Course	Swim meet held in a 25m pool
National meet	Swimming NZ run the following: Junior Nationals, Division 2, National Age Groups, Youth and Opens
WCC	Wellington City Council. Tawa pool is owned and operated by WCC
Swimming Wgtn	Wellington Swimming Association
SNZ	Swimming New Zealand

TSC is affiliated to both Swimming Wellington and Swimming New Zealand

TAWA SWIMMING CLUB COMMITTEE

Club Patron	Veronica Gould
President	Greg McCarthy
Secretary	Rachel Allan
Treasurer	Ngarie Huggins
Race Secretary	Mike Gillum
Club Captain	Dave Morgan
Squad Coordinator	Greg McCarthy
Officials Coordinator	Catherine Barnes
Committee	Kathryn Gillum Penny Sinclair Kim Radovanovich Mary Crampton

The committee meets once a month, on the first Tuesday of the month in the club rooms. Please advise of any issues in writing - either by email or placing in the box next to the noticeboard.

For information regarding TSC please contact:

Rachel Allan	232-7910
Greg McCarthy	232-9739

Enquiries on Gold Coast meets please contact:

Maxine Gordon	232-9195
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For information regarding swim meets other than Gold Coast meets contact:

Mike Gillum	232-6320
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Our Time Trial Coordinator is:

Catherine Barnes	232-6216
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The club President can be contacted for any other matters. Greg McCarthy 232-9739



"TO PROMOTE, FOSTER AND ENCOURAGE SWIMMING..."

Tawa Swimming Club has been teaching children to swim and coaching competitive swimmers since 1972.

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Our new website is coming soon