

Pinjarra Swimming Club

Information Leaflet



CLUB TRAINING

Club training is held at the
Murray Leisure Centre.

Ph: 08 9531 2000.

Murray Leisure Centre



Play it, love it, love it!

- Times may vary according to school holidays, public holidays, and emergency closing of the pool by Murray Leisure Centre.
- Swimmers must come prepared with flippers, goggles, towel and water bottle to every training session.
- When children leave school early and go directly to the pool, they are not under the control of the coach until the designated start time. They should be under the control of parents as per the Leisure Centre Management Rules. On completion of club activities, a parent must come in to collect the swimmer.

TRAINING TIMES

Juniors	Seniors
Monday to Thursday	Monday to Thursday
4.00pm to 5.30pm.	5.30pm to 7.30pm
Seniors and Juniors (Mixed Group)	
Friday	
4.00pm to 6.00pm.	

MEMBERSHIP

- Membership is for two separate seasons. summer (mid October – mid April) and winter (mid April – mid October).
- Fees are due and payable after you have attended two training sessions.
- Swimming Western Australia insurance must be completed prior to training with the club, renewal is due October of each year.

CLUB COLOURS

- The club colours are black and yellow.
- Bathing, jackets, caps, t-shirts, and accessories can be purchased from the Pinjarra Swim Club.
- When representing the club, you are required to wear the club uniform. This includes going to and from training, attending fundraising events, and all club meets.



TIME TRIALS / CLUB CHAMPS

- Time Trials are held once a month, and Club Championships are once a year at the end of March. Dates and times for these events are communicated through the club email and the club calendar. Time trials are an opportunity for swimmers to track their own personal progress. Times are recorded and sent to the swimmers each month.
- The club requires all swimmers to participate in time trial events, and for parents to assist with time keeping.



Note:

Swimmers are eligible to compete for club championships, at the end of March, once they have attended three time trials or a major meet.

FUNDRAISING

- The club fundraises monies needed to finance the club expenditures i.e. bus transport to club swim meets, coaching equipment etc.
- If you can be involved with ANY form of assistance, please speak to the fundraising coordinator or any committee member. Remember, many hands make light work.



CODE OF CONDUCT

- Arrive to training on time to avoid disruption.
- Have all your equipment ready.
- Report to coach on your arrival and departure.
- Exercise respectful conduct with coaches and other club members.
- Uphold the principles of fairness, respect, responsibility, and safety (please see Swimming Australia for elaborations).
- Have fun!



CLUB MEETS

- The club will email all targeted meets at the beginning of each season. All swimmers are encouraged to participate in these events.
- Entries are submitted through my swim results and entry fees payable by the swimmer. Please ask the coach or any committee member if you require further information.

HEALTHY CLUB POLICY

Our club likes to promote a healthy, balanced diet.

Please remember to:

- Drink lots of water.
- Eat lots of fruit and vegetables.
- Keep active, even during off-season times.

