

YOUR TRAINING SESSIONS.

Please find below a list of the Training sessions that are available. What ANTHONY and I need from you is a definite commitment as to which sessions you are going to do to give yourself the best chance to fulfil your swimming goals. This may alter slightly as time goes on due to studies, work commitments, etc. but will for the majority of the time be very consistent. It also allows for us to plan out attendance and ongoing costs.

I have included a rundown of the SQUADS that outline the number of sessions and which ones you should be doing to give yourself the best chance to achieve your goals.

FEES FOR THE SESSIONS :

The cost for the GRAMMAR and COLLEGE SESSIONS will remain as normal (\$7).

In terms of the BALLARAT AQUATIC CENTRE sessions, it will be \$8 per session.

Please put your FEES in a CLEARLY LABELLED ENVELOPE WITH YOUR CHILD'S NAME AND THE DATE OF THAT SESSION THEY ARE ATTENDING. ENVELOPES WILL BE AVAILABLE FROM THE FEES CONTAINER WHICH WILL BE ON POOLDECK if you do not have one. You can pay for each session as you come or for multiple sessions. Please ensure though that you use the ENVELOPE SYSTEM.

Please ensure that you use the ENVELOPE SYSTEM and place your envelope in the container provided. Those people who pay by cheque that is still fine. Please make cheques out to the "STAHL FAMILY TRUST."

TRAINING SESSIONS NOTIFICATION :

CAN YOU PLEASE TEXT (0417534890) OR EMAIL MARK (mstahl@sfxballarat.catholic.edu.au) BY NO LATER THAN FRIDAY MAY 22 WHAT SESSIONS YOU ARE COMMITTED TO DOING THROUGHOUT THE WEEK (AT GRAMMAR, COLLEGE AND THE AQUATIC CENTRE) SO WE CAN SORT OUT THE LOGISTICS PLEASE. ANY QUESTIONS FEEL FREE TO TALK TO ANTHONY OR MARK.

The KEY to the SQUADS is :

PERFORMANCE LEVEL -PL

COUNTRY LEVEL PERFORMANCE - CLP

STATE LEVEL PERFORMANCE - SLP

NATIONAL LEVEL PERFORMANCE - NLP

SESSIONS THAT ARE AVAILABLE ARE -

➤ MONDAY –

- GRAMMAR 5.15-7.20AM (SLP, NLP)
- GRAMMAR 5.45-7.20AM (CLP)
- BALLARAT AQUATIC CENTRE 50M – 5.30-7PM (PL, CLP, SLP, NLP)

➤ TUESDAY –

- COLLEGE 5.45-7.20AM (CLP, SLP, NLP)
- GRAMMAR 5-6PM PREJUNIOR SQUAD (PL, CLP),
- GRAMMAR 6-7.15PM JUNIOR SQUAD (PL, CLP),
- GRAMMAR 7.15-8.30PM ADULT SQUAD (PL, CLP)

➤ WEDNESDAY –

- GRAMMAR 5.15-7.20AM (SLP, NLP)
- GRAMMAR 5.45-7.20AM (CLP)
- BALLARAT AQUATIC CENTRE 50M - 6.30-8PM (PL, CLP, SLP, NLP)

➤ THURSDAY –

- COLLEGE 6.00-7.20AM (CLP, SLP, NLP)
- GRAMMAR 5-6PM PREJUNIOR SQUAD (PL, CLP),
- GRAMMAR 6-7.15PM JUNIOR SQUAD (PL, CLP),
- GRAMMAR 7.15-8.30PM ADULT SQUAD (PL, CLP)

➤ FRIDAY –

- GRAMMAR 5.15-7.20AM (SLP, NLP)
- GRAMMAR 5.45-7.20AM (CLP)
- COLLEGE 4.30-6.30PM (PL, CLP, SLP, NLP)

➤ SATURDAY –

- BALLARAT AQUATIC CENTRE 50M 7-9AM (PL, CLP, SLP, NLP)

NATIONAL LEVEL PERFORMANCE (NLP)

AIM : TO SWIM AT AGE AND/OR OPEN NATIONALS

PREREQUISITE : MUST BE A BALLARAT GOLD S.C. MEMBER.

AGE GROUP : 11 UPWARDS

- SWIMMERS DO AT LEAST 6 SWIM SESSIONS PER WEEK
- 3 LAND SESSIONS (PILATES/CORE)
- 1 CARDIO SESSION - IN CONSULTATION WITH EITHER MARK OR ANTHONY (COACHES).

STATE LEVEL PERFORMANCE (SLP)

AIM : TO SWIM AT AGE AND/OR OPEN STATES

PREREQUISITE : MUST BE A BALLARAT GOLD S.C. MEMBER.

AGE GROUP : 10 UPWARDS

- SWIMMERS DO AT LEAST 4 SWIM SESSIONS PER WEEK
- 2 LAND SESSIONS (PILATES/CORE)
- 1 CARDIO SESSION - IN CONSULTATION WITH EITHER MARK OR ANTHONY (COACHES).

COUNTRY LEVEL PERFORMANCE (CLP)

POTENTIAL SWIMMERS FOR THIS LEVEL COULD COME FROM THE HIGHER END OF THE MARK STAHL SWIM SCHOOL, OUR PREJUNIOR AND JUNIOR SQUADS OF A NIGHTTIME (TUESDAY and THURSDAY) AND OUR MORNING SQUADS.

AIM : TO SWIM AT COUNTRY SHORT COURSE AND/OR LONG COURSE CHAMPIONSHIPS

PREREQUISITE : MUST BE A BALLARAT GOLD S.C. MEMBER.

AGE GROUP : 8 UPWARDS

- SWIMMERS TRAIN AT LEAST 3 SESSIONS PER WEEK
- THESE SWIMMERS CAN DO ANY OF THE ABOVE SESSIONS IN CONSULTATION WITH EITHER MARK OR ANTHONY (COACHES) AS WELL AS TUESDAY AND THURSDAY NIGHTS – PREJUNIOR 5-6PM AND JUNIOR 6-7.15PM DEPENDING ON WHERE THEY ARE AT.
- 1-2 LAND SESSION (PILATES/CORE)
- 1 CARDIO SESSION (OPTIONAL)

PERFORMANCE LEVEL (PL)

POTENTIAL SWIMMERS FOR THIS LEVEL COULD COME FROM THE HIGHER END OF THE MARK STAHL SWIM SCHOOL, OUR PREJUNIOR AND JUNIOR SQUADS OF A NIGHTTIME (TUESDAY and THURSDAY).

AIM : TO SWIM FOR FUN, FITNESS AND ENJOYMENT.

PREREQUISITE : YOU DO NOT HAVE TO BE A MEMBER OF BALLARAT GOLD S.C. UNLESS YOU WISH TO COMPETE.

AGE GROUP : 7 UPWARDS

- SWIMMERS TRAIN AT LEAST 1-2 SESSIONS PER WEEK ON A TUESDAY AND/OR THURSDAY NIGHT – PREJUNIOR 5-6pm and JUNIOR 6-7.15pm, DEPENDING ON WHAT LEVEL THE SWIMMER IS AT.
- THESE SWIMMERS CAN DO MORE SESSIONS IF THEY WISH IN CONSULTATION WITH EITHER MARK OR ANTHONY (COACHES).
- 1 LAND/CORE SESSION – THIS IS STRONGLY ENCOURAGED NOT ONLY FOR THE SWIMMERS DEVELOPMENT BUT FOR THEIR OVERALL POSTURE AND GROWTH.