



KINROSS WOLAROI  
SCHOOL

JUNIOR SQUAD REGISTRATION FORM 2019

Child/Children's Names & DOB

1. \_\_\_\_\_ DOB \_\_\_\_\_
2. \_\_\_\_\_ DOB \_\_\_\_\_
3. \_\_\_\_\_ DOB \_\_\_\_\_

Emergency Contact

Parent/Guardian \_\_\_\_\_

Email Address \_\_\_\_\_

Mobile Phone \_\_\_\_\_

Junior Squads operate on the following days - please circle the days you are intending to swim, there is no obligation to attend but we would like an idea of numbers for staffing purposes.

Monday 3.45pm	Tuesday 3.45pm	Wednesday 3.45pm	Thursday 3.45pm
	Tuesday 6am (by invitation only)		Thursday 6am (by invitation only)

**Please note the following terms and conditions:**

- All instructions given by coaching staff must be followed at all times
- Swim caps and goggles must be worn at all times
- Rudeness to staff and other squad members will not be tolerated and will result in you being 'sat out' of the session
- You must sign in to the pool on your arrival and sign out when leaving (sign in book will be located in the entrance)
- If you arrive at the pool and cannot swim due to illness or lack of swimwear your parent or guardian will be contacted to collect you at their earliest convenience while you wait in the office
- All junior squad swimmers must be collected from the pool area by 5.15pm
- All squad members should join KWS swimming on Team App so that you are aware of any cancellations or changes to training sessions
- Members of the invitational morning squad are required to join the KWS Swim Club and attend at least 2 local carnivals per season <https://kws.swimming.org.au/>
- Parents are not to approach coaches on pool deck with issues or concerns, appointments should be made with the head coach, please email [ktaylor@kws.nsw.edu.au](mailto:ktaylor@kws.nsw.edu.au) to arrange a meeting
- Any rudeness or inappropriate language used towards coaches will result in you being asked to leave the pool area – this applies to students and parents
- Squad members are expected to respect pool equipment and equipment owned by other students
- Squad members must provide and be responsible for their own equipment (see equipment lists below)
- Squad members are expected to respect the change room and toilet facilities, misbehaviour in this area will not be tolerated
- Squad members will be assessed twice a term, parents will be advised when their child is ready to advance to the next level squad (see criteria below)
- General squad enquiries should be directed to the LTS office [jkeown@kws.nsw.edu.au](mailto:jkeown@kws.nsw.edu.au)

All new and existing members of the junior squads are required to complete this form before the start of Term 1 2019. The form can be dropped in to the LTS office or emailed to [jkeown@kws.nsw.edu.au](mailto:jkeown@kws.nsw.edu.au) .

This form must be signed by both squad member and parent to enable your child to swim in the KWS Junior Squad program.

**We the undersigned have read the terms and conditions and agree to abide by them.**

Parent/Guardian

Squad Member

Name\_\_\_\_\_

Name\_\_\_\_\_

Signature\_\_\_\_\_

Signature\_\_\_\_\_

# JUNIOR SQUADS

## Transition

- Attendance – 1-2 sessions per week is recommended
- Equipment Required – Swim cap, goggles, kick board, flippers
- 2x50 Freestyle with good technique
- 1x50 Backstroke with good technique
- 25 metres Breastroke with correct kick
- Attempt 25 metres of Butterfly
- Perform standing dive

## Mini

- Attendance – 2 sessions per week is recommended
- Equipment Required – Swim cap, goggles, kick board, flippers
- Demonstrate good technique in all four strokes
- Demonstrate correct turns in all four strokes
- Perform standing dive
- 2x100 metres freestyle @2.30
- 1x100IM with correct turns @3.00

## Pathways - Afternoon

- Attendance – 2 sessions per week is recommended
- Equipment Required – Swim cap, goggles, kick board, flippers, pool buoy
- Demonstrate good technique in all four strokes
- Demonstrate correct turns in all four strokes
- Perform standing dive off the blocks
- 6x50 Freestyle @1.20
- 2x100IM @2.45
- 2x100 Freestyle @2.15

## Pathways – Morning Invitational. This squad is for swimmers who wish to swim in the competitive stream

- Attendance – 3-4 sessions per week is recommended (2 must be morning sessions)
- Must be a member of the KWS swim club
- Must attend 2 local swim carnivals per season
- Equipment Required – Swim cap, goggles, kick board, flippers, pool buoy, finger paddles
- Demonstrate good technique in all four strokes
- Demonstrate correct turns in all four strokes
- Perform standing dive off the blocks
- 4x100IM @2.15
- 4x100 Freestyle @2.00

## Progression to the Challenge group is at coaches discretion and includes the following (but not limited to) criteria

- Attendance 4-6 sessions per week
- Must be a member of the KWS swim club
- Attendance at targeted meets is mandatory
- 4x200IM @14.00 (The 4 IM's are swum consecutively)
- Ability to read the pace clock
- Ability to understand the written program
- Understand squad etiquette