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Aquazone Swimming is a separate body of any swimming club, the council, the pool or any other organisation.

However Aquazone Swimming is a supportive partner of Swimming Clubs in the district and on occasions may be invited to have input into local decisions on club direction.

From time to time Aquazone Swimming will provide services to any person/s, club or organisation on a contacted basis. Aquazone Swimming undertakes that these contracts will have little or no impact on the quality or quantity of services to Aquazone Squad members.

Aquazone Swimming will provide meet support at varying levels as part of the squad fees. This will only be available to Aquazone squad members to ensure consistency and the swimmers best competitive interests are maintained.

Aquazone Swimming's Goals....

- 1 To provide the highest quality meet support to athletes ensuring competitive success.
- 2 To provide a clear pathway and support for our swimmers from the day they join our Orca Squad to the day they represent themselves at the highest level.
- 3 To provide a safe and enjoyable environment to train and participate.
- 4 To provide up to date information for families.
- 5 To encourage all families to become fully involved and supportive
- 6 To encourage and support an active squad fundraising group.

Please contact David Prattley on 03 2088414 to assess and discuss your training options. Upon assessment and completion of Aquazone Swimming documentation you will be offered a place in the squad.



Squad Structure 2012

Orca & Penguin Pre Squad – Entry Level, Skills, Technique, Kick
Rising Star – Technique, Race Skills, IM based endurance
Junior – Age group program, technique refinement, IM based endurance
Senior – Age Group program, technique refinement, Distance & IM based
Age Group – Elite Age Group, full commitment, speed endurance
Youth – Elite Youth, full commitment, speed endurance
Triathlon – Age Group triathlon

Squad Timetable 2012

Penguin & Orca – 2 sessions per week
Rising Star – 3 sessions per week
Junior – 4 sessions per week
Senior – 5 sessions per week
Age Group 7 sessions per week
Youth – 9 sessions per week
Triathlon – as arranged

Monday	5.45am-6.00am 6am-8am 4pm-5pm 5pm-6.30pm 5pm-7pm	Dryland Youth, Age Group, Senior Rising Star Junior Youth
Tuesday	5.45am-6.30am 6am-8am 6.30am-8am 3.30pm-4.15pm 4.15pm-5pm 5pm-7pm	Dryland Youth Age Group & Senior Orca Penguin Youth & Age Group
Wednesday	4pm-5pm 5pm-6.30pm 5pm-7pm	Rising Star Junior Youth, Age Group & Senior
Thursday	5.45am-6.00am 6am-8am 3.30pm-4.15pm 4.15pm-5pm 5pm-7pm	Dryland Youth, Age Group, Senior & Junior Orca Penguin Youth
Friday	5.45am-6.00am 6am-8am 4pm-5pm 5pm-6.30pm	Dryland Youth, Age Group, Senior Rising Star Junior
Saturday	8.45am-9.00am 9am-11am	Dryland Youth, Age Group

**Please note that these time will change during school holiday periods.
A holiday timetable will be forward by email out to all swimmers**



Squad Fee Schedule 2012

	Per Quarter	Per Term
Penguin & Orca – 2 sessions per week		\$77.40
Rising Star – 3 sessions per week		\$148.35
Junior – 4 sessions per week	\$193.50	
Senior – 5 sessions per week	\$225.75	
Age Group 7 sessions per week	\$258.00	
Youth – 9 sessions per week	\$290.25	
Triathlon – as arranged	\$148.35	
Dryland Trainer (Senior & Age Group)	\$75.00	

***Fees invoiced quarterly in advance and due prompt
Fortnightly and monthly automatic payment options available
These fees do not include pool entry, gym fees or swimming club
membership fees.***



Workout information?

I structure the days and weeks programs based on swimmers being at all available sessions.

The week's sessions all work in with each other, not as separate entities.

I am trying to create a workout program that will create the maximum benefit for the swimmers involved in each group.

Please communicate constantly with the coach to ensure what is trying to be accomplished is fully understood.



What meets do I swim in?

I frequently get asked what meets I expect swimmers to swim in.

Swimming Southland has a comprehensive calendar of events and other swimming clubs run their own meets providing for all levels of competition.

As a general rule I expect all of my swimmers to compete in "age and ability" appropriate meets.

The Orca and Penguin squad swimmers if they choose to do so participate in Hokonui Aquatics Club Racing Nights, Development meets, Hokonui Sprints, Winton Ribbon Meet, Fiordland Ribbon Meet, Ribbon Day Champs, Southland Junior School Champs and any other appropriate competitions.

The Rising Stars squad swimmers should swim in Hokonui Aquatics Club Racing Nights, Swimming Southland Winter league (incl Winters), Orca Labour weekend meet, Hokonui Sprints, Murihiku Anniversary meet, Winton Ribbon Meet, Swimming Southland Championships, Fiordland Ribbon Meet, Southland Age Group Open, Ribbon Day Champs and the Southland Junior School Championships along with any other appropriate club competitions. Some of them will also swim in South Island Country and Town competition.

The Junior squad swimmers should swim in Hokonui Aquatics Club Racing Nights, Neptune meet, Swimming Southland Winter league (incl Winters), Orca Labour weekend meet, Murihiku Anniversary meet, Swimming Southland Championships, Fiordland Ribbon, Otago Championships, Southland Age Group Open and Southland Junior School Championships along with any other appropriate and coach approved club competitions. They should also participate in all the South Island and National meets they qualify for.

The Senior, Age Group and Youth squad swimmers should swim in Swimming Southland Winter league (incl Winters), Orca Labour weekend meet, Murihiku Anniversary meet, Swimming Southland Championships, Otago Championships, Southland Age Group Open Meet along with any other appropriate and coach approved club competitions. They should also participate in all the South Island and National meets they qualify for.

The above is a statement of general intention. However I realise that there are situations where swimmers can't meet expectations. This may include but not be limited to holidays, exams, study, sickness, and other sporting and family commitments.

If a swimmer in the Rising Stars group or above is not going to a meet I appreciate this may be necessary, however I would appreciate you discussing this with me as I believe that this is just courtesy given that I have put a lot of time into preparing them to compete. I will not normally insist that you compete unless there are exceptional circumstances such as a major meet pending and I believe that the racing is an important part of your preparation.



Squad Placements and Move-ups

I have set criteria that serve as the general parameters by which swimmers move from one squad to another. Please understand these are not a set of rules in concrete as there are other factors why some swimmers stay and others move up.

Training and improvement is the primary basis for why swimmers start in one squad and then move to another. As the swimmer moves along other factors come into play such as meet performance, age, peer or social grouping and finally coach discretion.

Coach discretion may be what I see in terms of potential, what I see in their strength in the water and what I may see they have in their heart. Sometimes I will not always be right and will make mistakes. I also use what I see on a daily basis in the workouts.

Are they doing what is asked of them and trying to make themselves better?

Are they committed to the program and themselves?

Do they understand the workouts?

Will they benefit more from being a chaser rather than a leader?

Does their maturity and strength level have them ready for the next level and the pressure that may come from it?

Do they need more time to make that jump?

I try and take all these things into consideration when moving swimmers. It is not done out of favoritism for one swimmer over another or as a deterrent to their development or potential.

Remember above all else that swimming is a ***long haul*** sport and we need to give our swimmers the time to develop and the opportunity to experience swimming in a fun environment. They should not be retiring when they are 14!!

A final point is if you as parents have questions concerning your child, please ask, do not assume and do not place you child in comparison to what may be happening with another child. Each is different and special.



Policy: Complaints

Aquazone Swimming is committed to focusing on the needs of its members.

The coach relies on feedback to measure his performance.

Expressions of concern or complaints provide an opportunity for improvement.

Wherever possible complaints will be resolved between the parties involved but where this is not possible the complaint will be referred in the first instance to the Hokonui Aquatics Chairperson who will investigate and act as a mediator between the parties.

All complaints will be dealt with seriously, promptly and in a manner that is fair to all respecting the confidentiality of all those involved.

Policy: Code of Conduct

Aquazone Swimming is committed to providing a safe and enjoyable environment to train and participate.

In order to ensure a formal process of personal grievance is followed a swimmer code of conduct and procedure has been developed.

All swimmers and parents must commit to and sign the code of conduct before entry to the squad is allowed.



Enrolment Form

Name

Address

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Phone

Childs Cell

Parents Cell/s

Email

Date of Birth

Parents Names

Details of any current medical conditions that I should be aware of.

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Doctors name & contact details

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BEHAVIOURAL CODE OF CONDUCT.

We agree to treat our fellow team members in a manner in which we expect to be treated ourselves. We will not tolerate any of the following behavior from any members of our team.

1. Offensive Name calling. (Offensive being to the subject member or to any other member)
2. Verbal torment i.e. personal comments directed at individuals.
3. Physical abuse.
4. Offensive Verbal comments relating to any relation friend or partner.
5. Tampering with or inappropriate handling of ones personal belongings.

We understand that if we behave in any of the above manners then the following course of action will be taken.

1. On first offence a verbal warning will be given placing the swimmer on notice that their behavior is unacceptable
2. On second offence the offender will be given a 5-session stand down period. Effective from the next scheduled training session.
3. On third offence the offender will be stood down and will be called to a meeting with Coach and Family members. This meeting will take place within 5 working days of offence. Offender shall remain on stand down until meeting has been held.
4. On any subsequent offence the offender will be withdrawn from the focus meet of the season for that individual, e.g. Youth Opens, and may be withdrawn from the squad.

Evidence and proof of any offending, between team members that takes place away from the team environment may also be acted upon.

The coach is the sole judge of whether any action be deemed necessary.

Depending on the seriousness of any offence, other parties may become involved, e.g. Swimming Club, Swim Southland, Police and the sequence of action may be altered, at the sole discretion of the coach, if the seriousness of the offence warrants.

Once swimmer and parent have signed this document, concerned parties will be bound by it for the duration of their time under the direction Aquazone Swimming. This document must be signed before swimmer can start training.

Signed

Parent

Date

Swimmer

Date