



VENUES WEST
Arena Joondalup

FAMOUS FOR SWIMMING

Dear Parents,

As many of you are aware, Venueswest have scheduled a pool closure for an expected 8 to 10 weeks whilst urgent maintenance work is carried out within the Aquatic Centre. The start date for pool closure is the 7th July 2012, last training sessions will be Friday PM 6th July. Expected re-opening is due 4th September 2012, this is subject to change.

Originally, Venueswest suggested that we break during this period, however, the coaching staff invested a number of voluntary hours to create a program which will benefit all competitive swimmers. We believe that this program will enable athletes to continue to train as normal and the only compromise being the change in location, not the training program.

We understand that training out of different venues may put extra pressure on families, as such, the coaching staff are willing to assist where possible.

The program is as follows:

National Performance Team. Coach: Michael Shaw (michael.shaw@venueswest.wa.gov.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Aquamotion 5.30-7.30am	Aquamotion 5.30-7.30am	Aquamotion 5.30-7.30am	Aquamotion 5.30-7.30am	Arena 5.30- 6.30am	Challenge Stadium 5.30-7.30am
PM	Challenge Stadium 5-7pm	Arena Gym 5.30-6.30pm	Challenge Stadium 5-7pm	Arena Spin 6.30-7.30pm	Challenge Stadium 5-7pm	

Junior National/NDT Teams. Coach: Carey Martin (carey.martin@venueswest.wa.gov.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Ballajura 6.00-7.30am		Ballajura 6.00-7.30am		Ballajura 6.00-7.30am	Challenge Stadium 5.30-7.30am
PM	Arena (Land Work) 5.30- 6.30pm	Challenge Stadium 5-7pm	Arena (Land Work) 4.30- 5.30pm	Challenge Stadium 5-7pm	Arena (Spin) 5.30-6.30pm Core 6.30- 7.00pm	

All teams will have an optional session available to them at Aqua Motion on Sundays from 8-10am.



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Development Team. Coach: Warren Paynter (warren.paynter@venueswest.wa.gov.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	Challenge Stadium 5.30-7.30am
PM	Arena (Land Work) 4.30-5.30pm		Arena (Land Work) 4.30-5.30pm		Arena (Land Work) 5.30-6.30pm	

Intermediate Team. Coach: Tiffany Wall (tiffany.wall@venueswest.wa.gov.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	State Swim Joondalup 6-7.30am	Challenge Stadium 5.30-7.30am
PM	Arena (Land Work) 4.30-5.30pm		Arena (Land Work) 4.30-5.30pm			

Saturday mornings are an all in session with all teams being combined. There have been suggestions for a Saturday breakfast after training, this will require parent volunteers to assist the committee. Please contact the Vice President (Louise Claxton) for further information and assistance regarding this. Saturday mornings may finish at 7am should there be a swimming competition on that day as the pool is required for warm-ups and set-up.

There are some significant costs in running these teams, including lane hire and pool entry etc. The coaching team has been able to get VenuesWest to agree to cover these costs and suffer a loss for the period, and we would like to thank Chris Andrich for his support on this. As there is a full complement of sessions on offer, the training fees will remain the same in line with the 2012/13 fee structure.

As always training is subject to change with swim meets and public holidays. Please check the website and talk with the coaches if you have any questions about training times. The coaches are confident that the program put in place will fulfill the needs of each swimmer throughout the break and we look forward to re-commencing training in the new and improved training facility.

If you have any questions regarding the pool closure please don't hesitate to contact us.

Kind Regards,
Arena Swim Squad Coaching Staff