



Arena Swim Club Inc

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ABN 14922935968

Arena Swim Club Members
Sunday May 10th 2015

Dear Members

RE: FINAL TRAINING SCHEDULE, SQUAD MOVEMENTS, TOKYO OLYMPICS AND MORE

I would like to take this opportunity to thank everyone, committee members and parents, for all the hard work that is being done on behalf of the ASC and most importantly for our kids. From Nicola Manning who has given up her time to promote the ASC at the Dive n Try Final on Saturday at Chisholm College to Cameron Blaine who has come onto the Committee and will be focusing on securing sponsorship for the Club, many hands make light work so thank you everyone. The new Committee has had to deal with a lot of issues in the last two weeks and whilst that is frustrating we can all see the "light at the end of the tunnel"!!

Carey, Warren and the coaches, with support from our Committee Coach Liaison and past Head Coach, Rod Bonsack, have finalised the weekly training schedule for the club. I have attached the updated and final schedule to this email and it will be uploaded onto the Clubs web page. There have been some small changes so please read through the attached as the new schedule will commence as of this Monday May 11th 2015 and remain in place until the State Short Course Championships in September.

Carey and her team have been busy in preparing updated information documents that explain what is expected from the swimmers within each individual squad. These documents will be uploaded on to the web page in the coming week along with the training plan/training focus "microcycles" for scheduled sessions each week for all squads. This information is currently posted on the Club Room window and will also be placed this week into the ASC glass cabinet underneath the grandstand.

With your I Phone or Android smart phones you will be able to download a free "QR Reader" App with which you will be able to scan the barcode on the updated ASC information documents to access our website and Facebook page to get information electronically immediately.

This time of the year the coaches determine which swimmers are ready to move to the next level. Carey and her team make these decisions based on agreed criteria as well as the coaches experience. The coaches will be informing the individual swimmers, and parents, and the Club will

also be communicating directly to the parents as there are some documents that need to be completed as part of the "moving up" process. Having gone through this process as a parent I can absolutely understand if people may get confused why their child has / has not progressed to the next level. I strongly encourage any parent to arrange a time to meet with Carey and discuss one on one. The decision to move swimmers from one level to another is a coach responsibility and Carey as Head Coach has the absolute authority in this area.

Carey will be available between 3.30 and 4pm every afternoon and through to 5pm on Monday, Wednesday and Friday. You can also email her on carey.martin.arenaswimclub@hotmail.com to arrange another suitable time to meet. Please refrain from going on pool deck during other times to discuss your queries with Carey as we want our coaches 100% committed to the swimmers in the water. The changes to the make-up of the squads will formally commence as of Monday May 25th 2015.

The short course winter Almanac is now available and can be ordered online direct by parents from Swimming WA by clicking on the following link:

<http://www.myswimresults.com.au/Shop.aspx?Code=SWAALMANAC>. The cost is \$16 pickup, \$20 delivered.

The ASC is extremely fortunate to have the High Performance Training Centre, delivered by WAIS with their high profile international swim coach in Bud McAllister, being incorporated into our weekly training schedule. Over the coming weeks I will be providing more information on the HPTC and have listed below the names of our swimmers who have already been invited by Bud to participate. These elite swimmers return to the pool this week after a three week break and I look forward to working with Bud and WAIS in doing all we can to support our swimmers as they embark on a 5 year swim campaign targeting the 2020 Olympics in Tokyo.

Arena Swim Club members already in the team are: Paras Nain, William Rollo, Justin Martin, Nic De Bomford and James Claxton. The following swimmers have now also been invited to train with the WAIS team on Monday and Saturday afternoons: Danae Okulicz, Tristan De Villiers, Brittany Beesley and Ben Roberts. These swimmers, along with the entire National team, also train with the WAIS squad on Tuesday and Thursday afternoons.

Once again thank you for everyone's support. I will continue to update all members weekly as we re-position the Arena Swim Club to once again be a major force in swimming in WA.

Kind regards

A handwritten signature in blue ink, appearing to read 'Dean Solly', enclosed within a simple blue rectangular outline.

Dean Solly
President
Arena Swim Club