All new Squad swimmers are required to attend an interview and swimming assessment with a coach prior to participating in a squad session. This enables swimmers to be placed in a squad that is appropriate to their swimming ability.

(NOTE: To attend an assessment the swimmer must be able to swim unaided along the length of a 50m pool)

Swimmers booked for an assessment must sign-in at the front desk before proceeding to pool deck.

Assessment times:
Mon/Fri 3.30pm

Bookings are essential and must be made through Sarah Dry.

Please contact:
Sarah Dry
Ph: 5595 5045
Mob: 0439 345 285
Email: sdry@bond.edu.au
The Bond Swimming Club is a rising star in the competitive world of swimming. Many of our swimmers represent Bond at State, National and even International events. The Club aims to soar even higher to become Australia’s number one ranking club, and we need your help!

By becoming Bond Swimming Squad Members you are prepared to join us in our endeavour to achieve this goal. Club Memberships are compulsory for all our Squad swimmers. Club fees are paid yearly and include the following:

- Registration with Gold Coast Swimming Association
- Registration with Swimming Queensland
- Registration with Swimming Australia
- Comprehensive insurance under Swimming Queensland
- Club Calendar of Events
- Club T-shirt

All payments to the Club can be made in cash or through direct deposit. For deposit details please contact Sarah Dry.

Club Days are held through the year on Saturday mornings, swapping out squad training sessions. Club Day provides a competition platform for swimmers with races against fellow Club Members. It provides a base for which swimmers can attain qualifying times for swimming meets against other Clubs. The activities on Club Day are fun and teach the swimmers about competitive swimming. We encourage all Junior and State Development swimmers to participate on Club Day. Swimmers looking to progress to higher Squad training levels should focus on these Club Days as a means to show improved swimming performance.

To ensure the swimmers get the best out of Club Days, all parents are expected to show their support and get involved, helping with Club Day activities which include timing, cash handling and BBQ duties.

### Club Membership Prices and Payment

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>1st &amp; 2nd swimmers</th>
<th>3rd swimmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitive Swimmer 8 years old</td>
<td>$ 55.00</td>
<td>$ 44.00</td>
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<tr>
<td>Competitive Swimmer 9 years +</td>
<td>$ 110.00</td>
<td>$ 88.00</td>
</tr>
<tr>
<td>Junior Dolphin 7 years &amp; under</td>
<td>Free</td>
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</tbody>
</table>
Keep Up-to-Date on Club Activities

Keep up-to-date with the very latest on Squad training, Swimming Meets, Club Days, Race results, and much more. Download Team App to your phone and/or desktop:
https://www.teamapp.com/

- Search for “Bond Swimming”
- Request a membership
- Mark your swimming group
- The reason for joining: “swimmers’ name”

“Bond Swimming Club Inc”
Post your swimming experiences and photos to our facebook page and keep an eye out for our next social gathering here!
**SQUAD MEMBERSHIP & ATTENDANCE**

All new members are required to fill out a Bond Swimming Membership application card, a Swimming Queensland Membership form and a Medical Questionnaire on their initial visit. These forms will be made available to swimmers at Reception.

A sign-in sheet will be located on the front counter at Reception, and Squad members are required to sign in for each Squad session they attend. Coaches will also be taking note of attendance. Squad members will be issued with a Membership Card. Please be sure to show this to reception staff on every visit.

The sign-in sheet will be highlighted in RED on the day that the squad membership expires. All Squad fees are due the 1st day of every month and must be paid at the Sports Centre Reception. If you cannot make it to reception, payment can be made via credit card over the phone.

Monthly Direct Debit payments can be made from Credit Cards. To approve Direct Debit payments please complete the Credit Card Payment Authorisation form. Any changes to payments must be requested in writing.

**DISCOUNT FOR FAMILIES**

A discount of 20% will be given to the 3rd swimmer within a family.

**SQUAD LEVELS**

**JUNIOR SQUAD**

The focus of the junior squad is to provide competitive or recreational swimmers with further development of squad training skills and technique with an increase in physical conditioning. An introduction to racing skills is also an element of this squad.

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<thead>
<tr>
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<th>MON</th>
<th>TUES</th>
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<th>THURS</th>
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<tr>
<td><strong>PM</strong></td>
<td>3.30–4.30</td>
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**EQUIPMENT:** Flippers, pool buoy, kickboard, mesh bag

$110 per month

Minimum of 2 sessions per week
Competitive Club Members
Includes unlimited pool access outside of Squad Training times
**STATE DEVELOPMENT SQUAD**

The training objective for the state development squad includes skill development, race specific training preparation for competition. Swimmers in this squad are required to compete on a regular basis for the Bond University Swimming Club and aim to reach State level.

<table>
<thead>
<tr>
<th>MON AM</th>
<th>TUES AM</th>
<th>WED AM</th>
<th>THURS AM</th>
<th>FRI AM</th>
<th>SAT AM</th>
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<tbody>
<tr>
<td>5.15 - 7.00</td>
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<td>7.15 - 9.15</td>
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<tr>
<td>4.15 - 6.00</td>
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<td>3.45 - 6.00</td>
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* Sessions begin with land-based warm-up

**EQUIPMENT:** Flippers, pool buoy, kickboard, mesh bag

$135 per month

Minimum of 4 sessions per week

Competitive Club Members
Includes unlimited pool access outside of Squad Training times

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**NATIONAL AGE GROUP SQUAD**

The training objective for the national age group squad includes skill development, race specific training preparation for competition. Swimmers in this squad are required to compete on a regular basis for the Bond University Swimming Club and aim to reach State and National Age level.

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<th>MON AM</th>
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**EQUIPMENT:** Flippers, pool buoy, kickboard, mesh bag (extras determined by coach)

$155 per month

Minimum of 6 sessions per week

Maximum of 9 sessions per week (Coach to determine training frequency for each individual swimmer)

Competitive Club Members
Includes unlimited pool access outside of Squad Training times

Includes gym access under supervision of Coaches
**NATIONAL OPEN SQUAD**

The national open squad is aimed at swimmers who have the desire to pursue swimming competitively and have achieved a high level of competence. Swimmers are trained according to their specific needs and a more personalised program is developed for each individual to achieve their goals. *The Head Coach must approve entry into this squad.*

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**EQUIPMENT:** Flippers, pool buoy, kickboard, mesh bag *(extras determined by coach)*

$175 per month

Entry to this Squad determined by application to Head Coach
Coach to determine training frequency for each individual swimmer
Competitive Club Members
Includes unlimited gym and pool access outside of Squad Training times

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**SURF SQUAD**

This squad provides conditioning and race specific training for surf lifesaving.

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**EQUIPMENT:** Flippers, pool buoy, kickboard, mesh bag *(extras determined by coach)*

$150 per month

Entry to this Squad determined by application to Head Coach
Exempt from Club Membership
Includes unlimited gym and pool access outside of Squad Training times