

SWIMMING WITH THE GLAMOURHEAD SHARKS



Where & when you can train with us: Training sessions are on Tuesdays and Thursdays (in the water from 6.30-8.00pm) at the Wesley College indoor pool. We are now training on Saturdays [9-10am] at Prahran [Essex Street, Prahran], and on Sundays at MSAC (in the water from 10 – 11 am). Come for a Warm-up and chat quarter to half an hour earlier. Please check the web site for updates.

Wesley College is on the corner of High Street and Punt Road in Prahran and you can enter and park via the large cast iron gates situated on Punt Road. Prahran Pool is on Essex Street, off Commercial Road.

MSAC is at 375 Albert Road in Albert Park. You will have to pay for your own parking for these sessions. We are usually placed in the outside pool (which is undercover) but just ask at the desk for the Glamourhead Sharks squad training and they'll let you in and point you in the right direction.

When you arrive: At every session there will either be the treasurer or a committee member taking attendance. Please come and talk to whoever is taking attendance and let them know that you're a new swimmer. We'll write down your name, introduce you to the coach and direct you to the change rooms etc.

What to wear and bring: Please wear bathers and goggles suitable for lap swimming and if you have any, or all of; fins, pull buoy, snorkel, and/or kickboard, please bring these with you. We use these items for many of our training drills. If you decide to become a member of our club these will be required items for you but for your first session you can manage without them.

PLEASE read Page 3 about Membership and Joining The Glams Shiver,

🏊 **What to expect:** The session coach will most likely have a quick chat to you to ascertain your swimming experience and then place you in an appropriate lane. It is expected that you will be able to swim at least 300m consecutively (but don't worry you won't have to dive in and do this! It is just that we expect a certain level of ability).

Once the training session starts just swim with those in your lane as best you can. Feel free to ask any of us if you don't understand any of the instructions. Do what you can and the coach will give you some feedback as you go along. You may be asked to move lanes depending on how you're going. We all shift around a bit so don't get worried if you're asked to move into a different lane.

The idea is not to exhaust yourself – just swim to your ability and try to enjoy your time in the water.

🏊 **So who are these Glamourous Sharks?:** As you'll soon learn we are a varied group; we come in all shapes and sizes, ages and levels of ability. We all love our club and really enjoy welcoming new members and respect anyone who is willing to come and have a go.

However, the club is a swimming squad and not a 'learn to swim' group. We have to be up front with this, and our coaches are not able to offer a basic learn to swim service. So if our coach suggests you might need some further lessons please take this as constructive advice only. We have had quite a few swimmers go away and have lessons and then return to us and go on to be long-term 'Glams'. We're so proud of them!

🏊 **What's next?:** Well, you get your first three swims free (within one month) so dive in and have a swim with us and see what you think.

We'd also recommend that you go to our website at:

www.glamourheads.org

Here's where you'll find everything else you need to know (eg: FAQs, membership and training payment options, and basically just what the Glamourhead Sharks are all about). There are some photos of us on the website as well as on our Facebook page if you want to have a look at us!

The next thing is for you to get into those bathers and come training with us. We'd love to meet you.

And don't worry – we may be sharks but we never bite!

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Joining the Shiver

This is a **TWO** step process – you need to do **BOTH** to swim with The Glams.

Step ONE – Join the Club, and Masters Swimming.

As a new swimmer you are entitled to 3 free swims with the Glamourheads.

After that you are required to join the club and pay a joining fee. This covers insurance and administration costs and is done through the Masters Swimming Victoria (MSV) website. Membership is to be renewed annually from January 1st each year.

www.mastersswimmingvic.org.au/

Currently [as of September 2017], the MSV / Glams annual membership fee for Sept 2017 – Dec 2018 is \$154.50 – with a \$25 discount for those 18-24 years old. The 4 month membership to Dec 2017 is \$62.50

Step TWO – Pay for Coaching / Swim Session Fees.

The cost for swim sessions is as follows:

- Pay by session (please have correct change if by cash): \$15.00
- Pay monthly, on the 1st of the month: \$80.00 (equivalent to \$3.50 if you take up all the sessions in a month) [\$50 Concession]
- Pay by the 5 Session card: \$70 (equivalent to \$14 per session) [\$40 concession]
- Pay by the 10 Session card: \$130.00 (equivalent to \$13 per session) [\$85 Concession]

Please note the monthly fees are for a calendar month (ie: 1st to month end)

Concession rates are available to full time students, pensioners and the unemployed. Please see the club Treasurer for details regarding application for concession.

Direct electronic banking transfer is our preferred method of payment.

Account Name: Glamourhead Sharks Swimming Club

BSB: 013-017

Account Number: 1984-79-239

Please complete the following details [legibly] & return this page to the Glam on door duty:

Name:

Date of first swim:

Phone number: Mobile:

Other:

Email address: [Please write legibly]

Emergency Contact Name:

Relationship:

Emergency Contact Phone:

Safety in Activity

The Glamourhead Sharks and associated bodies are concerned for your health and well-being. It is strongly recommended that you have a medical examination and discuss with your doctor your intention of undertaking an activity program.

