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Ovens and Murray Swimming Association

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Visit our website: [www.omdsa.org.au](http://www.omdsa.org.au)

# O&M 9/Under & 10/Over Squads Information Booklet 2018/2019 Season

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Interested swimmers should fill out the Rego and Payment Forms (page 4 & 5 of this booklet) and bring them back on the first session.

For more information on this program, please contact Tap-Ky on:

Mobile: 0414 729 228

Email: [gtaquatics1@yahoo.com.au](mailto:gtaquatics1@yahoo.com.au)

## *7-9 Development Squad*

### **Aim**

To provide swimmers with an opportunity to sustain skills acquired during the summer season. This program intends to support the development of club swimmers and provide swimmers with the opportunity to train with other O&M swimmers under the guidance of qualified O&M coaches.

### **Criteria**

- Swimmers aged 7 – 9 years as at 1/11/18
- Swimmers must be a member of a Club affiliated with O&M

<b>Venue</b>	GT Aquatics, 345 Wagga Rd Lavington NSW 2641
<b>Dates</b>	19/5, 2/6, 16/6, 30/6, 14/7, 28/7, 11/8, 25/8, 8/9, 22/9
<b>Session Times</b>	2:00pm – 3:30pm
<b>Head Coach</b>	Tap-Ky Duong
<b>Cost</b>	\$70

## *10/O Development Squad*

### **Aim**

To provide swimmers with an opportunity to sustain skills acquired during the summer season. This program intends to support the development of club swimmers and provide swimmers with the opportunity to train with other O&M swimmers under the guidance of qualified O&M coaches.

### **Criteria**

- Swimmers aged 10/O years as at 11/11/17
- Swimmers must be a member of a Club affiliated with O&M

<b>Venue</b>	GT Aquatics, 345 Wagga Rd Lavington NSW 2641
<b>Dates</b>	19/5, 2/6, 16/6, 30/6, 14/7, 28/7, 11/8, 25/8, 8/9, 22/9
<b>Session Times</b>	2:00pm – 3:30pm
<b>Head Coach</b>	Tap-Ky Duong
<b>Cost</b>	\$70

# *Time Trials & Swim Meets*

There will be an O&M Development Squad Time Trial at WAVES on Sunday 30/9/18. Information flier will be posted on the website. Swimmers in the Development Squad are free. Swimmers not in the Development Squad will be charged \$5. Please see the flier for more information.

This is an opportunity to get a time to nominate for the 7 – 10 Rep Team on Saturday 10/11/18 (Date TBC) to Melbourne.

Swimmers in the 7 – 10 Rep Team are also encouraged to enter the Albury Swim Meet. This will give swimmers a chance to practice racing in a 50M pool before going to MSAC. Information on the Albury Swim Meet and Central Division Pennant will be available on the website over winter.

There will be a Team Meeting in late October. Swimmers will be able to meet the Head Coach and Team Managers, receive their uniforms and fill out the required Rep Team Rego forms.

# *O&LM Registration Form*

Name: \_\_\_\_\_

Swimming Club: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone (BH): \_\_\_\_\_ Phone (AH): \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

If Yes, please provide details of medication and treatment:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical Conditions: \_\_\_\_\_

If Yes, please provide details of any restriction on activities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# O&M Payment Form

Name: \_\_\_\_\_

Swimming Club: \_\_\_\_\_

I am booking in the following Clinics:

Particulars	\$ Amount
7 – 9 Squad (\$70)	
10/O Squad (\$70)	
Total	

Payment Method:      EFT       Cheque

EFT Payments:

Account Name: Ovens & Murray District Swimming Association

BSB: 640 000

Account No: 355361510

Reference: Swimmer and Club Name

Please email rego and payment forms to: [gtaquatics1@yahoo.com.au](mailto:gtaquatics1@yahoo.com.au)

Cheque Payments:

Cheques made payable to "Ovens & Murray District Swimming Association"

Please bring rego and payment forms and cheque to the first training session.



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## Ovens and Murray Swimming Association

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### *Rep Team Selection Form*

7 – 10 Encouragement Meet 10/11/18 (Date TBC) in Melbourne

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Nominations Close: 30/9/18 (4:00pm)

Personal best Times:

	50M
Freestyle	
Backstroke	
Breaststroke	
Butterfly	

PB's can be from any Qualifying Meet, O&M Swim Meet or Development Squad Time Trial.

Preference will be given to swimmers in the 2018/2019 O&M Development Squads (O&M 7 – 9 and 10/Over Development Squads.) Swimmers not in the Development Squads will only be considered if there are vacancies.

The team will be announced on Wednesday 10/10/18 and will be posted on the website. All successful swimmers will receive a letter confirming their selection.

Please send your form to:  
O&M 7-10 Rep Team Selector  
PO Box 1078  
Lavington NSW 2641  
Email: [gtaquatics1@yahoo.com.au](mailto:gtaquatics1@yahoo.com.au)

Note: Withdrawals must be made by 15/10/18 to allow an alternate swimmer to be selected. Withdrawals after this date will not be accepted unless for medical reasons.

Parents and swimmers are required to make their own way to Melbourne.