GMAS Swimming Club is a school swimming club, affiliated with Swimming WA, aimed at providing quality coaching for swimmers in a friendly, positive environment. Swimmers are encouraged and supported to achieve their objectives and goals in the sport of competitive swimming. We have a team of experienced coaches and a dedicated management committee supported by a group of enthusiastic parents creating a fun, family-oriented club.

Competitions

Our club regularly attends swim meets in our region and in Perth. We also try to attend one meet per year in another regional centre. In 2010 we will attend the Mandurah Club Challenge on the 4th June and then the Peel Aquatic Centre on the 29th August for Short Course events.

GMAS Swimming Club

Georgiana Molloy Anglican School
PO Box 920
Busselton WA 6280
Phone (08) 9752 5252
Fax (08) 9752 5299
Email enquiries@gmas.wa.edu.au

President Mr Bruce Rixon
Vice President Mr Tony Tunstill
Secretary Ms Nikki de Morton
Registrar Mrs Emma Neill
Coaches Mr Trevor Worrall, Mr Zac Nielsen
Staff Rep Mr Cameron Johnston
Training Sessions

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7.00am to 7.50am</td>
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<tr>
<td>Wednesday</td>
<td>7.00am to 7.50am</td>
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<tr>
<td>Friday</td>
<td>7.00am to 7.50am 3.30pm to 5.00pm</td>
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<td>Saturday</td>
<td>8.00am to 9.30am</td>
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Venue
Geographe Leisure Centre
Recreation Drive, Busselton

Equipment
Goggles, fins and water bottles are required at every session

Coaches will advise which sessions are most appropriate for your child’s level of swimming. Fees cover up to five sessions per week.

Fees

GMAS Swimming Club operates over two seasons: Summer (Terms 4 and 1) and Winter (Terms 2 & 3). Coaching is generally conducted over the school holidays however sessions offered may vary in the holidays according to coach availability and demand.

Fees are $150 per swimmer per season and are charged to your school account. There is a sliding scale for families with more than one child in the club.

- 1st Child $150
- 2nd Child $140
- 3rd Child $130
- 4th Child $120

It is a requirement of our Swimming Club that all members are registered with Swimming WA for both competition and insurance purposes. The cost for this is $80 per financial year.

* Please note that club fees do not cover entry into Geographe Leisure Centre.

Uniforms

Club bathers and swimming caps are available for purchase through the School uniform shop and new 2010 Swim Club clothing is also being designed. There is a minimum six week turn around on bather orders so please keep this in mind when ordering.

To purchase club shirts please contact Nikki De Morton on 9752 1916. Shirts currently cost $30 and orders are placed approximately once a term.

Coaching

Trevor Worrall has been a prolific swimmer since Primary School involved in Open Water swims, water polo, and swim meets. He had great success as a junior swimmer and trained with many Olympic and Commonwealth games swimmers, some of who even won gold. Trevor is a Phys-Ed teacher, has been a swimming teacher and has also had an association with swimmers with disabilities. Trevor has reached his Bronze Level coaching accreditation. A Bronze Coach has the skills to prepare swimmers over a wide range of ages for Club, District and State (or higher) competitions.

Zachary Nielsen is a state swimmer and a Junior Squad swimming coach. He is currently employed by Geographe Leisure Centre to coach swimming squads. While a student at G.M.A.S., Zac represented the swim club very successfully at many meets. Zac’s coaching accreditation qualifies him to deliver training that develops the swimming technique of novice and junior swimmers.

While Trevor and Zac are very approachable and willing to discuss your child’s swimming progress, they are often very busy preparing for the session before training and off to work after. They are more than happy to arrange a suitable time for any parent contact.

Our swimmers have many opportunities to take part in regional coaching clinics in Bunbury with visiting specialist coaches. Our coaches are very approachable and willing to discuss your child’s progress and any concerns that may arise.

Trevor Worrall
0407 044 938
trevorworrall999@hotmail.com