

## CHISHOLM SWIM ACADEMY

### PROGRAM OVERVIEW

In 2019 Chisholm College explored a number of options to make the best use of the state of the art 25M heated indoor swimming pool located on their Bedford campus. As a result, Chisholm College teamed up with Perth College and is now positioned to offer a full junior and development swimming program (up to 18 years of age). This includes, a learn to swim and a squad program specifically tailored for competitive and non-competitive swimmers alike. Members progressing through the Junior and development squads then have a direct pathway to the senior program offered by the Perth College Swim Academy

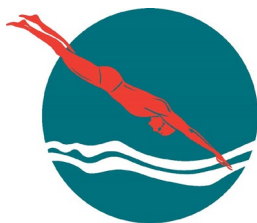
The program is split into two distinct Pathways. The competitive pathway and the fitness pathway.

The pathway includes a highly regarded learn to swim program, a junior and development squad program consisting of 3 incremental squads. From there members can choose to follow either the competitive pathway or continue swimming for fitness.

The competitive pathway is specifically tailored to those swimmers that want to pursue goals in a competitive environment in both the pool and open water. There are staged squads that provide a distinct pathway from junior competitors all the way through to the elite competitor.

Information about the squad program including squad descriptions, schedules and fees is contained in this document. Once having read this document if you would like any further information or clarification please contact The Aquatics Business Manager [john.fielding@pc.wa.edu.au](mailto:john.fielding@pc.wa.edu.au) Mob 0417 187 579.





## WHERE DO I FIT

Chisholm Swim Academy aims to ensure an open and clear pathway for all levels. The pathway depicted below is a ready reference to identify where individuals fit and where they are headed.

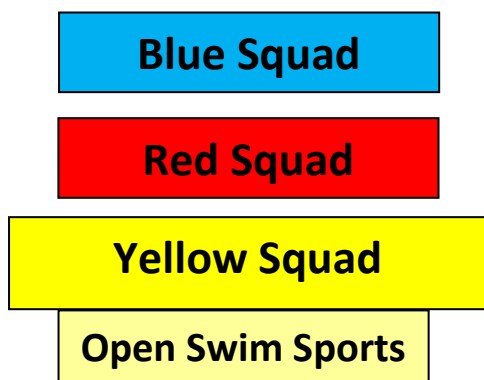
### Athlete Pathway to success

The pathway has been streamlined to cater for all personal goals of the swimmers.

### Development Pathway



### Competitive Pathway



### Fitness Pathway



Competitive pathway	Fitness pathway
For the athlete that has a desire to pursue the sport of swimming as their chosen sport	For the swimmer that wants to maintain a general fitness in the sport of swimming, has other aquatic interests where swimming is required (e.g. water polo, surf) , uses swimming
Development of advanced technique and swimming skills	To compliment other sporting interests (fitness, injury prevention) or loves the water
Specific squad based training program	Development of technique
Membership to Perth City is expected	Membership to Perth City is optional but encouraged

**\*\* Note the Blue, Red Open and Adult Fit Squads are managed by the Perth College Swim Academy and the training venue for these squads are primarily at Perth College and Beatty Park Leisure Centre**



**2020 LEARN TO SWIM & SQUAD SCHEDULE**

Learn to Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Learn to Swim
	4.00 – 6.00 PM			Thursday & Sunday Options also available at Perth College	4.00 – 6.00 PM	8.30 - 11.30 AM	
Jets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Jets
		4.00 – 5.00 PM		4.00 – 5.00 PM		8.15 - 9.15 AM	
Comets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Comets
		4.00 – 5.15 PM		4.00 – 5.15 PM		8.15 - 9.30 AM	
Chisholm Development	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Chisholm Development
		4.00 – 5.30 PM		4.00 – 5.30 PM		8.00 - 9.30 AM	
BLUE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	BLUE
	AS Per Perth College Swim Academy Schedule						
RED	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	RED
	AS Per Perth College Swim Academy Schedule						
OPEN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	OPEN
	AS Per Perth College Swim Academy Schedule						
AdultFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	AdultFIT
	AS Per Perth College Swim Academy Schedule						

\*\* Please note the Chisholm Swim Academy offers a full Junior and Development program in the indoor 25M heated pool based at Chisholm College in Bedford.

\*\* The program is open to the community and non – Chisholm College students are welcome and encouraged to join the program.

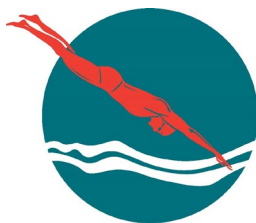
Swimmers reaching the age of around 13 that wish to pursue a competitive swimming pathway (i.e. Blue, Red, Open) will be encouraged to join the squad program based at Perth College/Beatty Park. Swimmers who wish to pursue the fitness pathway with their goal being to participate in school swimming can remain with the Chisholm Development Squad until the end of year 12.

**Development Pathway: (Jets, Comets, Development) Strength and Conditioning**

To compliment their swimming, athletes in the development squads are encouraged to engage in warm up muscle activation exercises prior to each swimming session. In addition, they are encouraged to partake in other forms of physical activity and age appropriate sports that involve running, jumping and coordination skills. (EG: netball, footy, hockey, gymnastics etc.). Diversity is encouraged and commitment to other sports is supported.

**Learn to Swim**

For more information about our Learn to Swim Program please see separate information sheet or e-mail the Learn to swim coordinator at [learntoswim@pc.wa.edu.au](mailto:learntoswim@pc.wa.edu.au)



## Squad Structure

**(All Junior and Development Squads will operate out of the Chisholm Pool)**

Squad	Description	Criteria
<b>JETS</b>	<p>An introduction to squad training. An emphasis on stroke technique – learning drills and skills within a friendly and encouraging environment. Equivalent to Stage 5/6</p> <p>Aimed at Junior Athletes that have progressed from Learn to swim and are interested in swimming in a squad environment with a view to improve swimming skills, fitness and to have fun.</p>	<ul style="list-style-type: none"> <li>• Able to demonstrate freestyle, breaststroke and backstroke.</li> <li>• Have confidence in deep water.</li> <li>• Able to swim a minimum of 25m in freestyle.</li> <li>• Target Age 8 -10</li> <li>• Club Membership welcomed but not a requirement</li> <li>• Sessions expected to attend 1 to 3 (depending on personal goals)</li> <li>• Session Duration. - 1 Hr</li> <li>• Sessions Offered p/week: 3</li> </ul>
<b>COMETS</b>	<p>An opportunity for swimmers to enhance technique, improve cardiovascular fitness and become familiar with competitive swimming. For swimmers who enjoy swimming as a sport. This group aims to develop sound technique.</p> <p>Aimed at Junior Athletes that are interested in swimming with a view to further improve swimming skills, fitness and to have fun.</p>	<ul style="list-style-type: none"> <li>• Perform all four strokes with sound technique</li> <li>• Understand sets in swimming</li> <li>• Encouraged to have own swim bag – fins and kick board.</li> <li>• Target Age 9 -12</li> <li>• Club Membership welcomed but not a requirement</li> <li>• Sessions expected to attend 1 to 3 (depending on personal goals)</li> <li>• Session Duration. - 1.25 Hrs</li> <li>• Sessions Offered p/week: 3</li> </ul>
<b>CHISHOLM DEVELOPMENT</b>	<p>For swimmers who have selected swimming as one of their sports. This group caters for a range of individual goals – which includes competitive swimming, fitness, triathlons, water polo or surf.</p> <p>Swimmers in this Squad that are considering competitive swimming, will be encouraged to join the club.</p> <p>This squad is ideal for athletes that enjoy the squad environment and swimming as their fitness option with their goal being to swim for the school team.</p>	<ul style="list-style-type: none"> <li>• Perform all four strokes with sound technique</li> <li>• Complete 8 x 50m working on a designated time</li> <li>• Have their own swim bag – fins and kick board y</li> <li>• Target Age 12 - 18</li> <li>• Club Membership encouraged</li> <li>• Sessions expected to attend - 1 to 3 (depending on personal goals)</li> <li>• Session Duration. - 1.5 Hrs</li> <li>• Sessions Offered p/week: 3</li> </ul>

## Fitness Pathway Squads (Offered by the Perth College Swim Academy)

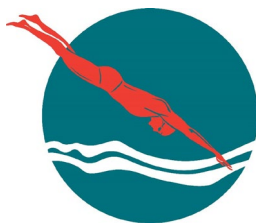
<b>AdultFIT</b>	<p>This squad provides opportunities for swimmers who may be either competitive or non-competitive. The competitive athletes are engaged at either a State, National or International level in a variety of aquatic disciplines and formats. The training program is designed around key groups and the ability of athletes in this group can be quite high! with the capacity to support athletes of varying standards and ability. Swimmers in this group often have personal swimming goals to achieve (i.e. Rottneest swim, compete in triathlons etc.</p>	<ul style="list-style-type: none"> <li>• Able to demonstrate freestyle, breaststroke and backstroke</li> <li>• Have confidence in deep water</li> <li>• Target Age 18 +</li> <li>• Club Membership welcomed but not a requirement</li> <li>• Sessions expected to attend 1 to 3 (depending on personal goals)</li> <li>• Session Duration. – 1.5</li> <li>• Sessions Offered p/week: 5</li> </ul>
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**Competitive Pathway Squads (Offered by the Perth College Swim Academy)**

<b>BLUE</b>	<p>This squad is focused on swimmers who have chosen the competitive pathway who wish to continue their learning of advanced stroke technique.</p> <p>Athletes in this squad are focused on achieving State Qualifying times and representing the Club at State Pool Champs and the local Open Water Series</p> <p>This squad will be made up of committed juniors (11-12yrs) and Age Group (13-17yrs) swimmers who</p> <ul style="list-style-type: none"> <li>• are aiming to transition into Red squad, or</li> <li>• have a passion for swimming and competing at the State Pool Championships and the Local Open Water series events</li> </ul>	<ul style="list-style-type: none"> <li>• Adhere to an athlete commitment code</li> <li>• Able to read the clock for sets</li> <li>• Complete set and sessions up to and including 6km in 2 hours</li> <li>• Required to have swim bag – fins, kick board, pull buoy, paddles, snorkel and band</li> <li>• Target Age 11 to 17</li> <li>• Club Membership is expected</li> <li>• Sessions expected 3 to 6 (depending on personal goals)</li> <li>• Session Duration. 1.5 to 2 Hours</li> </ul> <p>Sessions Offered p/week: 6</p>
<b>RED</b>	<p>For athletes who are currently at State Age Championship level. Athletes in this squad may range in their overall ability however, all are aiming (and committing) to compete at a national age level in their chosen aquatic discipline. Athletes who compete in aquatic-based sports at a national age level may also be part of this group. There are many opportunities targeted at both the individual and the group. Occasionally, athletes from regional, inter-state or overseas may join this group for periods at a time.</p>	<ul style="list-style-type: none"> <li>• Adhere to an athlete commitment code</li> <li>• Required to have swim bag – fins, kick board, pull buoy, paddles, snorkel and band</li> <li>• Target Age 13-17</li> <li>• Club Membership is expected</li> <li>• Sessions expected 6 to 8 p/week (as determined by individual plan)</li> <li>• Session Duration. 2 Hours</li> </ul> <p>Sessions Offered p/week: 8</p>
<b>Open Swim Sports</b>	<p>This squad is for athletes who currently compete at a National or International level in their chosen aquatic associated sport (e.g. Triathletes, Surf Swimmers, Water polo) and wish to train alongside like-minded high-performance swimmers. The available schedule for these athletes is Monday-Saturday (AM only) and a relative standard of ability is required.</p>	<ul style="list-style-type: none"> <li>• Target Age 18 +</li> <li>• Club Membership welcomed but not a requirement</li> <li>• Sessions as per individual plan (AM Sessions Only)</li> <li>• Session Duration. 2 Hours</li> </ul> <p>Sessions Offered p/week: 6</p>
<b>Yellow</b>	<p>This squad is for athletes who currently compete at a National level with a view of competing at an International level within a given period. Athletes in this squad will range in ability however a minimum standard of trainability should be expected. This group is individually focussed more than any other and not all opportunities will be available to all members. This group will often spend time apart while individuals and the coach fulfil international obligations. Occasionally, visiting athletes or teams of an international standard may join this group for periods at a time.</p>	<ul style="list-style-type: none"> <li>• Adhere to an athlete commitment code</li> <li>• Required to have swim bag – fins, kick board, pull buoy, paddles (hand and finger), snorkel and band</li> <li>• Target Age 18 + (Age group swimmers 15+ will only be considered if they have the ability and/or aptitude to make Open National Qualifying Times and it is deemed in the best interest of the athlete to participate in this squad)</li> <li>• Club Membership is expected</li> <li>• Sessions expected 7 to 9 sessions p/week (as determined by individual plan)</li> <li>• Session Duration. 2 to 2.5 Hours</li> </ul> <p>Sessions Offered p/week: 9</p>





## Squad Coaches

The Chisholm Swim Academy is committed to providing quality swimming instruction and a pathway from learn to swim to the elite level athlete. The program boasts a number of quality coaches. They all work under a structured program to ensure that squad members get the quality start they need to cultivate the skills required for a lifelong involvement in the sport of swimming.

## Fee Schedule

### \*\*\* Special Offer for Chisholm Students.

*The Chisholm Swim Academy is currently offering Chisholm College Students currently enrolled in in year 7 to 12 a special offer with up to 50% of the standard rate.*

*12 months = \$600*

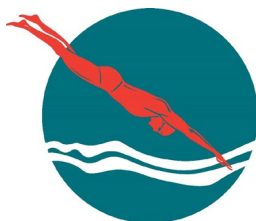
*6 months = \$350*

*3 Months = \$200*

*Siblings of Chisholm College Students who will be attending the school in future years are offered a discount of 10% off the listed rate*

Squad	Annual 10% Discount April to March or Oct to Sept	Bi Annual 5% Discount Apr to Sep and Oct to May	Quarterly Jan/Feb/Mar Apr/May/Jun Jul/Aug/Sep Oct/Nov/Dec
<b>JETS</b>	<b>\$1,000</b> <i>Chis Student \$600</i>	<b>\$530</b> <i>Chis Student \$350</i>	<b>\$280</b> <i>Chis Student \$200</i>
<b>COMETS</b>	<b>\$1060</b> <i>Chis Student \$600</i>	<b>\$560</b> <i>Chis Student \$350</i>	<b>\$295</b> <i>Chis Student \$200</i>
<b>CHISHOLM DEVELOPMENT</b>	<b>\$1,210</b> <i>Chis Student \$600</i>	<b>\$640</b> <i>Chis Student \$350</i>	<b>\$320</b> <i>Chis Student \$200</i>
<b>BLUE</b>	<b>\$1,525</b>	<b>\$805</b>	<b>\$425</b>
<b>RED</b>	<b>\$1,855</b>	<b>\$980</b>	<b>\$515</b>
<b>OPEN</b>	<b>\$2,125</b>	<b>\$1,120</b>	<b>\$590</b>
<b>AdultFIT</b>	<b>\$1,000</b>	<b>\$530</b>	<b>\$280</b>

**Note.** A Casual or once per week rate is no longer offered. Participants wishing to swim just once per week can enrol in the Mini Squad as part of the Learn to Swim Program. Please see separate information sheet or e-mail the Learn to Swim Coordinator at [learntoswim@pc.wa.edu.au](mailto:learntoswim@pc.wa.edu.au)



<b>Squad Fee Information</b>	
<b>Annual Conditions</b>	<ul style="list-style-type: none"> <li>▪ April 1<sup>st</sup> 20XX to March 31<sup>st</sup> 20XX</li> <li>▪ October 1<sup>st</sup> 20XX to September 30<sup>th</sup> 20XX</li> <li>▪ A discount of 10% will be applied to this option</li> </ul>
<b>Biannual Conditions</b>	<ul style="list-style-type: none"> <li>▪ April 1<sup>st</sup> 20XX to September 30<sup>th</sup> 20XX</li> <li>▪ October 1<sup>st</sup> 20XX to March 31<sup>st</sup> 20XX</li> <li>▪ This option is only available for the period commencing October 1<sup>st</sup> 20XX and April 1<sup>st</sup> 20XX.</li> <li>▪ A discount of 5% will be applied to this option</li> </ul>
<b>Quarterly Conditions</b>	<ul style="list-style-type: none"> <li>▪ January 1<sup>st</sup> 20XX to March 31<sup>st</sup> 20XX</li> <li>▪ April 1<sup>st</sup> 20XX to June 30<sup>th</sup> 20XX</li> <li>▪ July 1<sup>st</sup> 20XX to September 30<sup>th</sup> 20XX</li> <li>▪ October 1<sup>st</sup> 20XX to December 31<sup>st</sup> 20XX</li> <li>▪ This is deemed the standard rate and used for calculating pro rate payments for new members</li> </ul>
<b>Monthly Conditions</b>	<ul style="list-style-type: none"> <li>▪ The option to pay monthly is only available to the Adult FIT Squad)</li> </ul>
<b>Large Family Discount</b>	<ul style="list-style-type: none"> <li>▪ A further 5% discount will be offered to the 3<sup>rd</sup> and subsequent members of the same family from whatever option they choose. (i.e. the first two family members attracting the higher squad fee will be charged at the standard rate and the third and subsequent members will have the 5% discount applied to their fees)</li> </ul>
<b>Development Squads</b>	<ul style="list-style-type: none"> <li>▪ All development squads have a maximum number of members assigned to it.</li> <li>▪ Should a squad become full, new prospective members will be placed on a wait list.</li> <li>▪ If a development squad is deemed to be full and an existing squads member elect to postpone their membership for a period of time a spot back in the squad cannot be guaranteed as it may be filled by another person.</li> </ul>
<b>Competitive Squads</b>	<ul style="list-style-type: none"> <li>▪ Swimmers that hold a position in the Green, Blue, Red and Open squads are required to continually pay fees (12 months of the year) to maintain their spot in the squad.</li> <li>▪ Should a competitive squad swimmer elect to take a break and cease on-going payments then their spot in the squad may be forfeited.</li> <li>▪ Any breaks need to be negotiated with the respective Coach.</li> </ul>
<b>Payments</b>	<ul style="list-style-type: none"> <li>▪ Payments are to be made in advance and are due on the 1st day of the payment option elected.</li> <li>▪ The payment made will secure your position in the squad for the period of time you have elected.</li> <li>▪ Most squads will have an end of season break and a break over Christmas or another holiday period (Approximately 4 weeks per year). These breaks have been factored into the fee schedule and no discount applies when these periods are taken.</li> <li>▪ Should a member elect to take additional time off such as for holidays, study or work then this needs to be negotiated with the squad coach. However please note there will be no reduction in the squad fee as you position in the squad will be held open for you during your absence.</li> <li>▪ Credits for periods of absence due to serious illness/injury (More than two weeks) will be considered upon production of a medical certificate.</li> <li>▪ Credits for missed weeks due to serious illness/injury need to be made in writing to the Aquatics business Manager Perth College and if approved will be deducted from the next account due. No refunds will be made</li> <li>▪ Please select your payment option carefully. If you elect to transfer to another Squad program or retire during a period that has been prepaid no refunds will be made.</li> </ul>

**Chisholm Swim Academy**  
**Swim Squad Program**  
 (Updated October 2020)



**Chisholm**  
 CATHOLIC COLLEGE

<p><b>Calculating Fees</b></p>	<ul style="list-style-type: none"> <li>▪ The squad that the member is allocated to on the first day of the payment period is what is used to calculate the fee.</li> <li>▪ Should a member move squads during a period for which they have already paid no additional fee or reduction will be applied until the next payment is due.</li> </ul>
<p><b>New members</b></p>	<p>To calculate part of a quarterly payment, divide quarterly payment by 12 (estimated at 12 weeks per quarter) and multiply by the number of weeks remaining in the quarter.</p>
<p><b>Credit card Payment Option</b></p>	<p>Credit card details need to be submitted on the enrolment form.        Please update details as required.</p>
<p><b>Electronic Funds Transfer (EFT) Direct Deposit Payment Option</b></p>	<p>Payments can be made directly into the Chisholm Swimming Academy payment account.        Perth College Swim        BSB: 306-089        Acct: 2874328        Ref: [swimmer name] [ payment details]</p>
<p><b>Cash/Cheque Payment Option</b></p>	<p>If paying by cash or cheque please place in an envelope and mark with Swimmer's name and payment details.        The envelope can be posted in the letter box at Perth College Swim office or mailed to:        Perth College Swim Academy        PO Box 25, Mount Lawley 6929</p>



# Chisholm Swim Academy Swim Squad Program (Updated October 2020)



**Chisholm**  
CATHOLIC COLLEGE

Swimmer's Name:					
Address:					
				P/C:	
Swimmers Phone		Home :		Mobile	
Swimmers Date of Birth		/ /			
Contact name: (Parent or Emergency)				Contact phone number: (Parent or Emergency)	
Swimmers Email:					
Parent/Emergency Contact Email Accounts will be sent to this one					
Are you a Chisholm College student?		Yes	No	Would you like to receive some information regarding Chisholm College?	
				Yes	No
Medical conditions: ( If no medical conditions please write NIL)					
Payment option: (please circle)		Annual - Biannual – Quarterly- Casual - (Monthly – <i>AdultFit only Option</i> )			
Squad					

Payment method (please tick):

- Electronic Funds Transfer(EFT) - Direct Debit** (You transfer funds to swimming account)  
Perth College Swim  
BSB: 306-089  
Acct Number: 2874328
- Cheque**  
Please make cheques payable to:  
**Perth College Swim**  
PO Box 25, Mt Lawley 6929
- Credit card** - Please complete the credit card payment form

TYPE OF CARD (please circle):		VISA	MASTERCARD
NUMBER on CARD:			
NAME on CARD:			
EXPIRY DATE:		Security No. on Back of Card	
AMOUNT:			
SIGNATURE OF CARDHOLDER:			

### Enrolment Declaration

I understand that no refunds will be made unless special circumstances prevail and that a 20% administration cost will be levied on any refund.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_