

Hello Everyone!

Welcome to the Summer Season! Firstly, some great news! Swimming WA held their annual awards night, last night and Geraldton was named the Regional Club of the Year! A huge thank you to the Swimmers, Parents, Coaches and Committee for making it the club that it is.

There have been a few changes, we have had to say Goodbye to Coaches Michael and Heidi as they move on with their careers. This summer, as most of you would already know, the outside pool will not be opening. Instead, we will continue training in the inside pool, but sharing it with all the other summer sports making lane space a bit tricky.

The pool has been able to give us limited lanes in both the morning and afternoon and requests we DO NOT use other lanes as the public only have a few lanes for their use. It will be a tight squeeze while all user groups and public adjust to having a summer inside, but we got through Covid restrictions - we can definitely cope with limited lanes.

ALL members of the swim club need to be members of Swimming WA. If you need help signing up - please let me know. We are affiliated with Swimming WA, and our insurance goes through Swimming WA and everyone MUST be a member or you will not be able to swim with us.

We, the committee look forward to seeing you on pool deck. Thank you for making our club such a great club to be a part of!

EVERYONE will need to reregister to continue swimming with the club. Please click on this link and complete the registration form. ALL FORMS MUST be submitted by Friday 15th October or there is a chance you won't be able to swim this summer due to limited lane space.

[REGISTER NOW](#)

Summer Training Days

Dry land Training

Dry land training with Sam will be held on Monday afternoons at Medallies Beach.
(Near AJ's Café)

Please bring a water bottle, cap/hat and comfortable clothing and shoes to run and stretch in.

Pool training

Please ensure you arrive at least 15minutes before your session starts so you have time to get your equipment ready and stretch ready to start your training session promptly.

Morning session during the week start at 6am. The pool opens at 6am. We expect the swimmers to be ready to start training at 6.05. Tardiness may cause exclusion from the session as it stops the others from getting their full training session.

Tip: Do some stretches while waiting to enter the pool. ☺

Green Squad

Max. 2 sessions per week

Monday

Swimming: 4.00pm - 4.50pm

Tuesday

No training

Wednesday

Swimming: 4.00pm - 4.50pm

Thursday & Friday

No Training

Saturday

Swimming: 8.00am - 9.00am

Blue Squad

Max. 3 sessions per week

Monday

Dry Land Training with Sam
Swimming: 5pm - 6pm

Tuesday

No Training

Wednesday

Swimming: 5pm - 6pm

Thursday

Swimming: 6.00 - 7.00am

Friday

No Training

Saturday

Swimming: 8am - 9am

Bronze Squad

Max. 4 sessions per week

Monday

Dry Land Training with Sam
Swimming: No Training today

Tuesday

Swimming: 4.00 - 5.00pm

Wednesday

Swimming: 6.00 - 7.00am or

Thursday

Swimming: 4.00 - 5.00pm

Friday

Swimming: 6.00 - 7.00am

Saturday

Swimming 9.00 - 10.00am

Silver Squad

Max. 5 sessions per week

Monday

Swimming: 6-7am
Dry Land Training with Sam

Tuesday

Swimming: 6.00 - 7.00am

Wednesday

No Training

Thursday

Swimming: 6.00 - 7.00am
Or
5.00 - 6.30pm

Friday

Swimming : 6.00 - 7.00am

Saturday

Swimming: 8.30 - 10.00am

Gold Squad

Max. 6 sessions per week

Monday

Swimming: 6.00 - 7.00am
Dry Land Training with Sam

Tuesday

Swimming: 6.00 - 7.00am
OR
Swimming: 5.00 -6.30pm

Wednesday

Swimming: 6.00 - 7.00am
OR
Swimming: 5.00 -6.30pm

Thursday

Swimming: 6.00 - 7.00am
OR
Swimming: 5.00 -6.30pm

Friday

Swimming: 6.00 - 7.00am

Saturday

Swimming: 8.00 - 10.00am

Swimming WA

GASC is affiliated with Swimming WA and like all other sports, all members of GASC need to be members of Swimming WA.

In the 21/22 season Swimming WA is offering more options as not all swimmers wish to compete.

The different categories can be found here:

<https://wa.swimming.org.au/membership-0/202021-membership-categories>

To sign up to Swimming WA, you will need to go through the website:

www.myswimresults.com.au

If you need any help, just let Marijke know.

Equipment Needed:

Goggles

Swimming Cap

Bathers

Water Bottle

Flippers

Front facing snorkel

Hand Paddles (Gold and Silver Squad only)

Optional: kickboard and pull bouy.

Where to buy:

SportsFirst (now located in the old Commonwealth bank)

SportsPower

Online:

www.swimmer.com.au

www.proswimwear.com.au

www.aquashop.com.au

Uniform:

Club uniforms can be purchased via the Team App. Please see Mel if you need any help 😊