



# Harlee Elite Information Pack

[www.harleeelite.com](http://www.harleeelite.com)

E: harleeelite@gmail.com

0402 493 289

# OUR TEAM



**Alex Clarke**

## HEAD COACH



**Brendan Kirkpatrick**  
Revesby



**William Cooney**  
Canterbury, Peakhurst



**Tony Sobkowski**  
Birrong

## LEAD COACHES



**Jacob**



**Hayden**

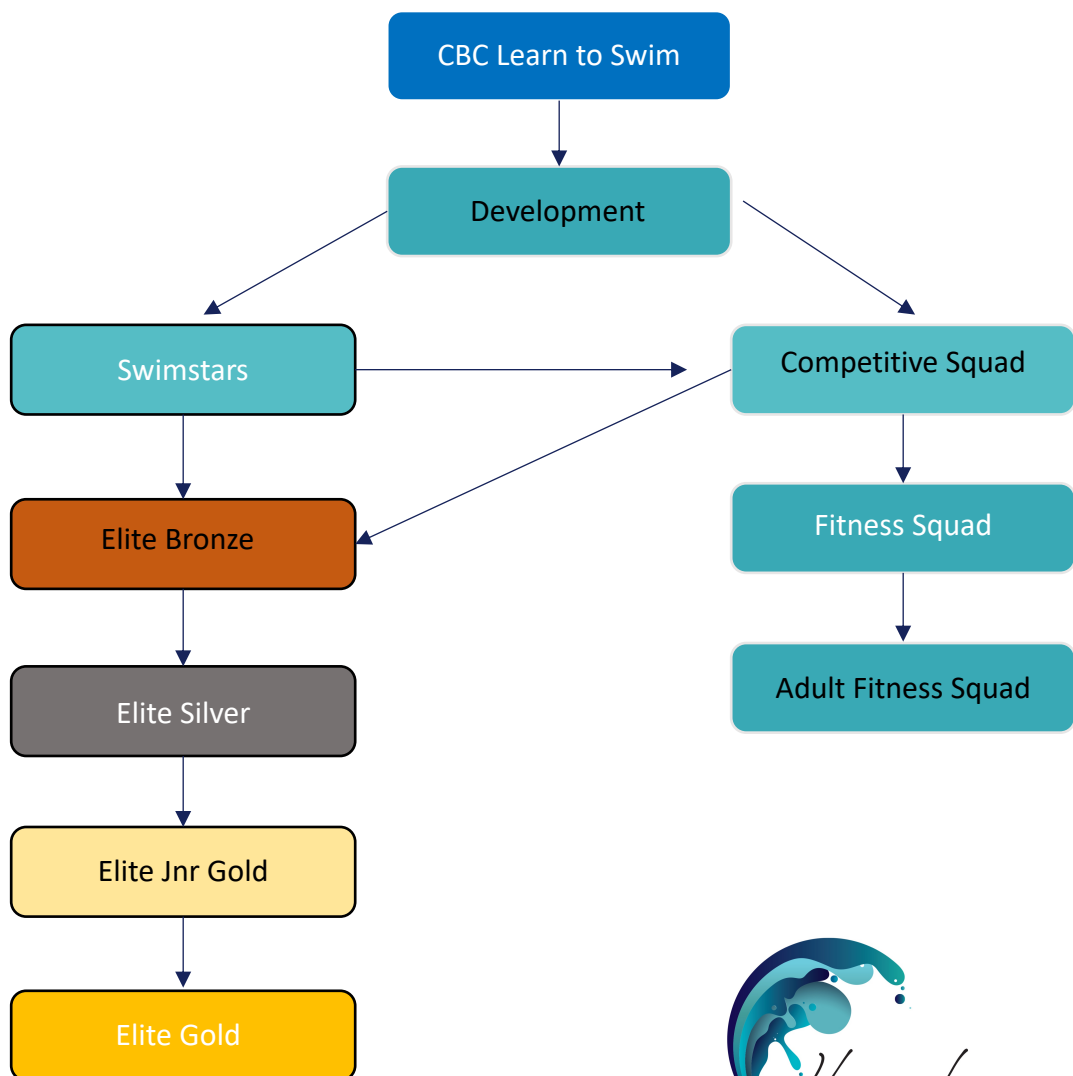


**New Coach**  
Coming this  
Summer

## ASSOCIATE COACHES



# The “Harlee Elite” Pathway



## AREAS OF FOCUS

SPEED

STRENGTH

SKILL



# Expectations of Groups

Harlee Elite is a renown leader in providing excellence across our squad pathways across our four pool locations in Canterbury Bankstown & associate with Peakhurst SC for morning squads.

Max Parker Leisure Centre	Marco Avenue Revesby NSW
Roselands Leisure Centre	Centre Avenue Roselands NSW
Birrong Leisure Centre	Wellington Road Birrong NSW
Peakhurst West Public School	Ogilvy St, Peakhurst NSW
Canterbury Leisure Centre	Phillips Avenue Canterbury NSW

Developing excellence and creating better people has seen the business platform and produce swimmers excel across multiple levels in swimming and other aquatic sports such as triathlon, water – polo, diving and bridging fitness levels to assist a range of land sports and running events.

Swimmers who have spent time within our program and have grown into aquatic leaders and build upon foundations learnt in the seasons with discipline to each session and tasks into their chosen studies and careers.

Since our establishment we have seen many squad members be employed within our current council and stay within the aquatic industry and managers, lifeguards, learn to swim instructors and coordinators. A true testament to their learnings at Harlee Elite.

Harlee Elite has excelled driving a passion for competitive swimming with having representative swimmers both as Australian Dolphin members and having international success.

Swimmers have been placed on Australian Junior team, World Championship teams as well as the Commonwealth Games team for Australia. We are an all - inclusive program having also swimmers on the Australian Paralympic Teams, NSW Teams.

Our performance pathway drives valuable goals for swimmers to pursue qualifying and competing at National, State and Metropolitan championships with our feeder clubs in our local community.

We build a strong belief and legacy for pursuing swimmers with outstanding individual results across the school swimming stream and have many swimmers who have competed across Pacific School Games and PSSA / CHS/CCC/CIS carnivals.

We continue annually having swimmers qualify for School State & National qualification along with having many crowned National representatives and champions over the years.

To date we have numerous swimmers break long standing State and National records some that date back 35 years.

Building upon our strong family culture, we drive a strong reputation for fun and the new way of swimming!

We encourage participation across all ages and abilities and are an all inclusive program.

Our team of coaches drive a commitment to professional development and continual personnel education sessions on coaching techniques to help each individual within our program.

Our staff members bring a wealth of knowledge and professionalism in their delivery of sessions. This combined with the contacts we have with physiotherapists, nutritionists, sports psychologists, fitness trainers and others provide for a holistic approach to developing athletes, allowing each individual to perform at their very best in all aspects of life.

Our squad swimmers gain ability and confidence through a variety of activities which include stroke correction, Camps, internal and external competition, dry land training, school holiday clinics, strength and conditioning sessions, specialised training sessions plus much more!

Our programs run through two seasons on our Timetable Winter & Summer & do not operate on Public Holidays.

Our program works in with various stakeholders and partners to further our swimmers development and learnings across other areas of the sporting industry and understands linked with swimming.





# External Providers

Harlee Elite work in with local community businesses as our partners to better assist our swimmers across all levels of our squad program to continue their progression and help reach their goals.

Attached are also our Swim Club associated to Harlee Elite we have squad members who compete under their caps and have our coaches represent them at major competitions.

These providers assist in our squad swimmers strength and conditioning, improvement in mobility, nutrition and return to sport from injury.

Providers available for all of our families and mention you are with Harlee Elite for discount options.



**BENCHMARK  
PHYSIOTHERAPY**  
GROUP OF PRACTICES



**Bankstown  
Sports**



## Swim Clubs



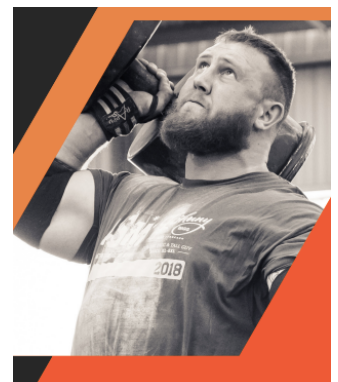
**Michael Coiro**  
Physiotherapist



**Corey Polkinghorne**  
Strength & Conditioning Coach



**Brent Kirkbride**  
Sports Doctor



# Development Squad

Aim	Designed to set a foundation to introduce, or progress, swimmers to competitive swimming, through a range of channels that best suit the individual. A large focus on technique and skill of the four strokes with the occasional session improving endurance.
Equipment	All swimmers must have their own fins, pull buoy, kick board, water bottle and spare goggles on deck at every session.
Lesson Structure	Group warm up: themed weeks Stroke 1 Kick → Drill → Swim → Skill Stroke 2 Kick → Drill → Swim → Skill
Racing Commitment	Swimmers are not expected to race but are encouraged to compete at their school carnivals and join the swim club for weekly Friday night races or RSL club in summer.
Expectations	<ul style="list-style-type: none"> <li>• Swimmers are learning in a fun, interactive and supportive environment</li> <li>• Develop and lead into our competitive squads</li> <li>• Be able to correctly perform the seven turns which include the IM transitions</li> <li>• Be able to correctly perform the four strokes of swimming for a total of 50m</li> <li>• Be able to correctly perform a competitive dive from the blocks</li> <li>• Regularly attend at least two training sessions each week</li> </ul>
Criteria For Next Level	<p>Swimmers will need to meet the following timing requirements and distances of the below.</p> <ul style="list-style-type: none"> <li>• 100m freestyle kick ↓ 2.30</li> <li>• 200m freestyle swim with correct skills ↓ 4.30</li> <li>• 4 x 50s freestyle holding @ 1.15</li> <li>• 200m individual medley with correct skills</li> <li>• 100m backstroke with correct skills ↓ 2.30</li> <li>• 100m breaststroke with correct skills ↓ 2.45</li> <li>• 50m butterfly with correct skills ↓ 1.15</li> </ul> <p>*Ultimately the decision is based upon coaches discretion*</p>
Pricing Fortnightly	<p>1 x session per week = \$41.25 fortnight (\$20.60 per week) <b>not inc gst.</b>                  2 x sessions per week = \$47.25 fortnight (\$23.60 per week) <b>not inc gst.</b>                  3 x sessions per week = nil - moved to swim stars rate.  <i>Small surcharge fees applies for card payments.</i></p> <p><b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b></p>
Testimonial	<b>Updated 1<sup>st</sup> of October 2023</b>

*"The coaching staff's hands on approach to training and individualised method of coaching constantly challenges Kacper and provides a variety of sets and drills that keep him interested and switched on during training. The consistent emphasis on technique and genuine interest in the swimmers helps them grow in confidence. Kacper's swimming ability has improved greatly since joining the development squad and he even made his first Sydney South West Regional Carnival." - Joanna Fenik, Kacper Fenik*



# Competitive Squad

Aim	Designed to improve swimmer's skills and technique, Developing the understanding of speed and more efficient in the water.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Stroke Development → Main Set → Cool Down + Skills  *Roughly 3km+ achieved each session*
Racing Commitment	Swimmers are not expected to race but are encouraged to compete at school carnivals, RSL summer competitions or join the swim club for weekly Friday night races.
Expectations	<ul style="list-style-type: none"> <li>• Swimmers are learning in a more challenging, interactive and supportive environment</li> <li>• Develop swimmers endurance through more complex sets made up of endurance and speed</li> <li>• Be able to adjust to the increase in swimming session distance up to 3km</li> <li>• Advance the use of reading the pace clock and begin to incorporate within a main set</li> <li>• Refine all technique and competitive skills to help prepare for swimming carnivals</li> <li>• Regularly attend at least two training sessions each week</li> <li>• Can understand at read to pace – clock with intervals set by the coach.</li> </ul>
Criteria For Next Level	Test sets will be delivered within the Winter & Summer season, ultimately the decision is based on coaches discretion, swimmers improvements and achievements.
Pricing	<p>As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$46.75 not inc gst</b>, in advance from your selected bank account and can be also paid via invoice.</p> <p><i>Small surcharge fees applies for card payments.</i></p> <p><b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b></p>

## Testimonial

*"Georgia has shown immense improvement over the last year, improving her 50m freestyle time by 8 seconds and then going on to compete at her first individual SSW Regional carnival. We are grateful for the accommodating team at Harlee Elite and their continued support of each individual swimmer towards their goals" - CF*



# Adult Fitness Squad

## Fitness Squad

Aim	Designed to improve health and wellbeing, develop confidence in endurance swimming and achieve personal goals.
Entrance Criteria	<ul style="list-style-type: none"> <li>• Swimmers are primarily aged 12 years and over</li> <li>• Capable of doing all four strokes</li> <li>• Ability to hold a minimum of 6 x 100s freestyle @2.40</li> </ul>
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Drills → Pre Main → Main Set → Cool Down  *Roughly 3km+ achieved each session*
Racing Commitment	Swimmers are not expected to race but are encouraged to compete in ocean swims, triathlons or masters swimming or other challenges.
Expectations	<ul style="list-style-type: none"> <li>• Be able to improve their overall health, attitude and wellbeing</li> <li>• Actively seek to improve themselves through swimming whether that be competing at carnivals or ocean swims on offer through summer</li> <li>• Develop a supportive environment where individuals gain lifelong friendships</li> <li>• Regularly attend training sessions each week</li> <li>• Have fun and feel comfortable in the water</li> </ul>
Criteria For Next Level	If the swimmer decides they would like to take more of a competitive route then discussions with lead coaches to determine the next appropriate squad.
Pricing	1 x session per week = \$48.40 fortnight (\$24.20 per week) <b>not inc gst.</b> 2 x sessions per week = \$49.50 fortnight (\$24.75 per week) <b>not inc gst.</b> 3 x sessions per week = nil - moved to Competitive Squad rate. <i>Small surcharge fees applies for card payments.</i> *5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic* <u>Updated 1<sup>st</sup> of October 2023</u>

### Testimonial

*"After many years trying to find the right program for my level was hard, finding Harlee Elite and joining the fitness program has opened my eyes to many possibilities. I have competed in many ocean swims and gained a heap of fitness now being able to complete the 3km sessions without resorting to my fins or many breaks. It's also nice to swim with people of similar age and create a friendship which makes training that much easier."*



Aim	Designed to improve swimmer's skills and technique in all four strokes with an Individual Medley focus, as a way to excel and move swimmers to a competitive focus.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Inclusive Group Warm up Stroke 1 Kick → Drill → Swim → Skill Stroke 2 Kick → Drill → Swim → Skill *Some sessions will be targeted toward an endurance focus*
Racing Commitment	Swimmers are <u>encouraged</u> to race for either Revesby Workers Swim Club, Bankstown Sports &/or Peakhurst SC at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> <li>• Attend a minimum of 3 swimming sessions a week</li> <li>• Arrive on time and have all equipment on deck</li> <li>• Respect fellow swimmers and coaches</li> <li>• Come with a positive attitude daily and encourage others within the squad</li> <li>• Complete all tasks set by the coach and hand in by the required deadline</li> <li>• Aim to achieve results towards Regional/State swimming for school carnivals.</li> <li>• Aim to build self – confidence and friendships within the swim squad group.</li> </ul>
Criteria For Next Level	Test sets will be delivered within the Winter & Summer season, ultimately the decision is based on coaches discretion, swimmers improvements and achievements.
Pricing	<p>As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$52.50 not inc gst</b>, in advance from your selected bank account and can be also paid via invoice.</p> <p><i>Small surcharge fees applies for card payments.</i></p> <p><b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b></p>

## Testimonial

*"Swimstars squad is not just about training. It's learning to go fast while having the right technique, set goals, make lifelong friends and hi fiving each other after a hard set. Isaac has been in this squad for just over a year and the improvement in technique from drills used and outside of the box thinking has really excelled his development. A special thanks needs to go to the coaching staff and their dedication and discipline to keep bringing out the best in the swimmers." - FE*

# Elite Bronze

<b>Aim</b>	Designed to improve swimmer's skills and technique in all four strokes as a way to excel and move swimmers to a competitive focus with the aim of Qualifying for NSW State Age.
<b>Equipment</b>	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
<b>Lesson Structure</b>	Warm Up → Stroke Development → Main Set → Cool Down + Skills *Roughly 3.5km+ achieved each session* *A number of sessions each week will have specific sets for sprinters and distance swimmers*
<b>Racing Commitment</b>	Swimmers are expected to race for either Revesby Workers Swim Club, Bankstown Sports &/or Peakhurst SC at weekly club nights and all relevant targeted meets.
<b>Expectations</b>	<ul style="list-style-type: none"> <li>• Attend a minimum of 3 swimming sessions a week</li> <li>• Arrive on time and have all equipment on deck</li> <li>• Respect fellow swimmers and coaches</li> <li>• Come with a positive attitude daily and encourage others within the squad</li> <li>• Complete all tasks set by the coach and hand in by the required deadline</li> <li>• Aim to achieve results towards Regional/State swimming for school carnivals.</li> <li>• Aim to build self – confidence and friendships within the swim squad group.</li> <li>• Swimmers are also expected to remain in the session until the end</li> <li>• Respect fellow swimmers and coaches</li> <li>• Bring in any additional material/equipment for theme weeks/sessions.</li> <li>• Aim to qualify for Major Carnivals and squads in club swimming</li> <li>• Set goals within the season and discuss with our coaching team</li> </ul>
<b>Criteria For Next Level</b>	<p>A testing week occurs every Season in week 5 in which the coaching staff instruct swimmers through the below and make judgements for the next level. The results collected are then passed on to the parent via email.</p> <ul style="list-style-type: none"> <li>• 200m freestyle kick ↓ 4.30</li> <li>• 400m freestyle swim with correct skills ↓ 7</li> <li>• 8 x 50s freestyle holding @60</li> <li>• 200m individual medley with correct skills ↓ 5</li> <li>• 4 x 100s individual medley @2.15</li> <li>• Understand drills (3 for each stroke)</li> <li>• 4 x 50s stroke focusing on technique @1.30</li> <li>• Display an interest in competing for a swim club</li> </ul> <p>*Ultimately the decision is based upon coaches discretion*</p>
<b>Pricing</b>	<p>As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$60.50 not inc gst</b>, in advance from your selected bank account and can be also paid via invoice.</p> <p><i>Small surcharge fees applies for card payments.</i></p> <p><b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b></p>

## Testimonial

*"Ever since moving to Harlee Elite I have been impressed with the progression my daughter has made. The consistent emphasis on technique, guidance through how to race and the genuine interest coaches have in all the swimmers reaching their full potential has helped my daughter grow in confidence and her love for the sport of swimming. She also made her first qualifying time for State and was Sydney East Age Champion." - RC*





# Elite Silver

Aim	Designed to improve swimmer's skills and technique all swimming areas such as speed, endurance and IM planning. The goal of driving swimmers to aim of Qualifying for Metropolitan Championships, NSW State Championships and Nationals both in the pool and Open Water.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down + Skills *Roughly 3 – 5 km+ achieved each session*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club, Bankstown Sports &/or Peakhurst SC at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> <li>• Attend a minimum of 5 swimming sessions a week + 1 dryland session</li> <li>• Arrive on time and have all equipment on deck including a skipping rope and theraband</li> <li>• Swimmers are also expected to remain in the session until the end</li> <li>• Respect fellow swimmers and coaches</li> <li>• Come with a positive attitude daily and encourage others within the squad</li> <li>• Complete all tasks set by the coach and hand in by the required deadline</li> <li>• Aim to qualify for State championships</li> <li>• Clear outlined goals to the sport of swimming</li> <li>• <b>Swimmers must attend set Dryland activities from the lead coach in this program.</b></li> </ul>
Criteria For Next Level	<p>A testing week occurs every Season in which the coaching staff instruct swimmers through the below and make judgements for the next level. The results collected are then passed on to the parent via email.</p> <ul style="list-style-type: none"> <li>• 200m freestyle kick ↓ 4.00</li> <li>• 400m freestyle swim with correct skills ↓ 6</li> <li>• 8 x 50s freestyle holding @45</li> <li>• 200m individual medley with correct skills ↓ 3.30</li> <li>• 4 x 100s individual medley @1.45</li> <li>• Understand drills (3 for each stroke)</li> <li>• 4 x 50s stroke focusing on technique @1.30</li> <li>• Display an interest in competing for a swim club &amp; passion to achieve Nationals QT.</li> </ul> <p>*Ultimately the decision is based upon coaches discretion*</p>
Pricing	<p>As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$72.50 not inc gst</b>, in advance from your selected bank account and can be also paid via invoice.</p> <p><i>Small surcharge fees applies for card payments.</i></p> <p><b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b></p>

## Testimonial

*"My daughter Caitlin has been with Harlee Elite from the beginning. She started in the fitness squad before being identified to join the Swimstars group from here her love for swimming and her goals progressed and not long she was in Elite Bronze. After being in Elite Bronze for two years she was given the opportunity to train with Elite Silver. Her main target was to qualify for the National Open Water Championships and with some dedicated coaches she was able to achieve it. Her confidence has increased while being in this group and is continually improving in social settings and in her training." - GP*



# Elite Junior Gold

Aim	Designed to bridge the gap between Competitive swimming and our National Elite Gold squad. Early education for swimmers aged 10 – 15 years across weekly plans leading up to major competitions and developing speed, endurance and skills while maintaining technique. Swimmers would need to qualify for minimum MSW Championships and be committed to the sport of swimming.
Equipment	All swimmers must have their own fins, pull buoy, kick board, large paddles, small paddles, snorkel, sponge + rope, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down + Skills  *Roughly 3- 5 km+ achieved each session* *Squad members will be encouraged to try new events and distances*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club, Bankstown Sports &/or Peakhurst SC at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> <li>• Attend a minimum of 3 swimming sessions a week + attend activation/dryland activities designed by the lead coach.</li> <li>• Arrive on time and have all equipment on deck including a skipping rope and TheraBand</li> <li>• Swimmers are also expected to remain in the session until the end</li> <li>• Respect fellow swimmers and coaches</li> <li>• Come with a positive attitude daily and encourage others within the squad</li> <li>• Complete all tasks set by the coach and hand in by the required deadline</li> <li>• Has already achieved National Championship qualifying times and aims to achieve podium finish</li> <li>• Clear outlined goals to the sport of swimming</li> <li>• <b>Swimmers must attend set Dryland activities from the lead coach in this program.</b></li> </ul>
Criteria For Next Level	Regular testing is conducted in this group and performance is measured through competitions leading towards National Qualification for Elite Gold. Decision to move squads is based on coach discretion of the swimmers current daily training habits and attendance.
Pricing	As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$82.50 not inc gst</b> , in advance from your selected bank account and can be also paid via invoice. <i>Small surcharge fees applies for card payments.</i> <b>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</b>

*"Since Junior Gold was introduced it has allowed Mia to form many friendships outside of school and given her the motivation towards National Qualification and continue striving for her goals in swimming. The step up to training has served well and continues to build up Mia's confidence in and out of the pool."*



# Elite Gold

Aim	Designed to educate swimmers on high performance requirements and develop appropriate speed for competitions through periodisation. Swimmers would have already qualified for National Championships and be committed to the sport of swimming.
Equipment	All swimmers must have their own fins, pull buoy, kick board, large paddles, small paddles, snorkel, sponge + rope, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down + Skills  *Roughly 4- 8 km+ achieved each session* *A number of sessions each week will have specific sets for sprinters and distance swimmers*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> <li>• Attend a minimum of 6 swimming sessions a week + 1 dryland session</li> <li>• Arrive on time and have all equipment on deck including a skipping rope and theraband</li> <li>• Swimmers are also expected to remain in the session until the end</li> <li>• Respect fellow swimmers and coaches</li> <li>• Come with a positive attitude daily and encourage others within the squad</li> <li>• Complete all tasks set by the coach and hand in by the required deadline</li> <li>• Has already achieved National Championship qualifying times and aims to achieve podium finish</li> <li>• Clear outlined goals to the sport of swimming</li> <li>• Swimmers will conduct screenings set up by our Physio Partners each season</li> <li>• <b>Swimmers must attend set strength &amp; conditioning activities from the Head Coach in this program.</b></li> </ul>
Criteria For Next Level	Regular testing is conducted in this group and performance is measured through competitions. If an athlete doesn't meet criteria for this level then the decision to move squads is based on coaches discretion swimmers performance.
Pricing	<p>As of the 1st of October 2023, Payment for squad's sessions are debited fortnightly <b>\$82.50 not inc gst</b>, in advance from your selected bank account and can be also paid via invoice.</p> <p><i>Small surcharge fees applies for card payments.</i></p> <p><u>*5% off for the second child and 7.5% off for the third child per fortnight applied only via request not automatic*</u></p>

## Testimonial

*"Henri has been involved with Harlee Elite for a number of years. Within the first year of joining Elite Gold he was able to achieve 3 National Gold medals, something he never thought would happen. He was then selected on the NSW Sharks squad and won the Australian Surf Titles. The commitment, opportunity and understanding given to each swimmer exceeds any other program we have been to. The family culture and encouraging teammates make the environment to train in positive for all."*



# Private Lessons

Although there are major benefits for the swimmer to attend group sessions, when it comes to developing the individual skills and technique in a way that is efficient and tailored to the athlete then these classes provide this.

They are offered during a time that suits you and the coach of your choosing. There is also the ability to share these sessions with a small number of other swimmers.

Individual 1:1	30 mins - \$45 45 minutes - \$65 60 minutes - \$70
2:1	45 minutes - \$70 60 minutes - \$80
3:1	45 minutes - \$80 60 minutes - \$90
4:1	45 minutes - \$90 60 minutes - \$100
Group of 5	60 minutes - \$100
Group of 10	60 minutes - \$100
	Package prices can be discussed for cheaper option. <b><i>*Prices may vary pending Coaches Experience.</i></b>

Note: Pool entry is not included in Harlee Elite fees.

Costing is determined by council and can be paid as single payments on entry or a monthly pass can be purchased. For more information: please discuss with front reception of any facility.

Current Council Entry rates as at 1st September 2020.

\$3.70 Individual Entry for squad members.

or the Following passes can be purchased:

10 visit - \$35 (works out at \$3.50/visit)

20 visit - \$64 (works out at \$3.20/visit)

Monthly unlimited visits - \$44





## Payment System

- For quite some time, we have been managing our accounts systems in a way that can be done a lot better for all of us.

Harlee Elite will be undergoing immediate changes so we can best provide the most time to coaching and focusing on you/your children better within our squad business and we are implementing time saving systems to help us in the background.

- As part of this, we are implementing a new invoice and banking system- because any time we end up spending on this takes away from us focusing on what we do best - coaching and helping you.
- From 1 September we are therefore moving to a fortnightly automated process of direct debit.
- Direct Debit forms are sent once swimmers have enrolled on our website [harleelite.com](http://harleelite.com).

Direct debits will occur thereafter on a fortnightly basis as part of an automated process so you should ensure that there are funds available on the card or bank account that you provide us.

- Fortnightly payment fees can be found on your groups pricing guide in this info pack - which has also been updated with our pricing fees coming into the Summer season as a fortnightly fee.

• note: Card payments via invoicing will incur a small surcharge processing fee.



# Request Forms

## **Missed Sessions.**

- Squad swimmers are to send an email to [harleelite@gmail.com](mailto:harleelite@gmail.com) or [harleexero@gmail.com](mailto:harleexero@gmail.com) up to 30 minutes prior to your squad session. Swimmers are valid to have 4 make - up sessions within the fortnight not requiring a medical certificate or written reasoning.
- Squad swimmer who are ill or injured and wish to credit their account are required to supply a medical certificate with 7 days of the missed session over the time period. Email copy must be sent to one of the emails above.

## **What if I am unable to attend due to other activities or events on?**

Please notify us before hand or up to 30 minute prior via email and we will be in touch to discuss arrangements. Missed session requirements are needed, communication after the session has been conducted will not be valid.

## **What if I am Going away?**

Swimmers accounts can be placed on hold for a maximum of 4 times within the year to maintain their squad position. You must give 14 days notice and your session/s and management will be in touch to discuss payment arrangements with sessions.

- \* Elite Squads/Competitions - You are not eligible for suspensions if you are attending a targeted meet where a coach is present from our Partnering Clubs.

## **Cancellation of Squads.**

You must give 14 days notice of cancelling squads along with filling out the below google form. Management will be in touch to confirm and discuss payment stoppage arrangements.

### [Cancellation Form](#)





# Top 10 Questions Every Swimming Parent Wants to Ask

## **How many training sessions should my child do each week?**

There is no magic number of training sessions for every swimmer. Even at elite level, some swimmers swim 7 sessions a week, some of 9 and others 11...there is no magic number.

A basic formula to determine sessions is to half the child's age and minus two i.e. if the child is 10 then they would need to complete 3 sessions a week. However it really comes down to the FLAG Principle:

**Fatigue** - if a swimmer is swimming 3 sessions a week and as a result is always tired, irritable and grades are failing then losing a session may help this. The optimal is largely based on their ability to adapt and recover from the training load.

**Level of Performance** - chances are two sessions a week will not get you selected on the next olympic team and 14 sessions isn't going to get you a PB at the under 9 championships.

**Available Time** - if your child is in high school, playing water polo, learning violin, doing school projects on weekends, playing tennis and in the dance group and swimming five times a week then adding more sessions is not going to do anything. You need to keep in mind your child's total commitments across all areas of their life before adding more training time.

**Goals** - if your child has set high swimming goals then time and effort to achieve them will also be high.

## **My child is 10 and a great freestyler. What do they have to do to make it to the top?**

The first thing to accept is that there is no such thing as a champion 10 year old freestyler. Swimmers who experience success pre teenage years do so due to accelerated growth. Another common situation is that as kids grow, change and develop their ability to swim the competitive strokes change. In the long term, the factors which determine success as a senior swimmer are the 4 P's:

**Perseverance** - the ability to try and try and try and never give up

**Patience** - it takes time to become a great swimmer approximately ten years of consistent hard work

**Physical Training** - it takes a high level of fitness, technical development and skill refinement to make it to the top  
**Personality** - top swimmers demonstrate common traits such as determination, commitment, the ability to overcome adversity and the capacity for accelerated learning

**Passion** - you have to love it to do well



# Top 10 Questions Every Swimming Parent Wants to Ask

## **When should my child specialise in a stroke?**

When swimmers grow and develop physically and mentally, they will be naturally drawn to particular

strokes. It is common for swimmers' best strokes to change from year to year. There is no need to encourage kids into one stroke or another. It is better then to develop all four of the competitive strokes. Therefore don't push a stroke onto the child let them figure it out.

## **Do swimmers need a special diet?**

No. Not unless they have a medical problem or diet related condition that's been diagnosed by a nutrition professional. As a general rule, top swimmers follow a 4 more, 4 less, 4 me diet: More complex carbohydrates like rice, learn quality protein like chicken, water and fresh juices and fresh fruit and nuts.

Less take away food, saturated fats and oils, process and pre packaged foods and sodas. Lots of parents want to know about supplements like vitamins, minerals and special substrates like creatine, glucose etc. If you would like more information on this then please don't hesitate to contact us as we have numerous articles relating to this.

## **How do I find the best coach for my child?**

### **At Harlee Elite of course!**

The best swimming coaches demonstrate the Four C's we abide by this:

**Calm** - the remain calm and composed on and off deck and set a great example

**Confident** - they display a humble confidence, believe in themselves and coach because they love coaching  
**Close** - the pool where they coach is close to home or at least on the after school pick up route

**Caring** - they are interested in kids becoming great human beings not just fast swimmers

**Credible** - the have the appropriate experience, qualifications and understanding of swimming

## **School, swimming, social life...what's the right balance for my child?**

Your child is not a swimmer...they are a child. Who just happens to swim. Kids are drawn to the things

that; the enjoy, they have friends and they are learning because their hearts and minds are engaged. If

your kids are having fun with their friends and love what they are doing chances are the balance is right.

If your kid starts to make excuses about not wanting to train then they are telling you the balance is not

right and it needs changing. Listen to your child.



# Top 10 Questions Every Swimming Parent Wants to Ask

## **What should I expect in terms of results at meets?**

- Your child enjoying swimming with their friends
- Your child learning to love challenging themselves and taking pleasure in competition
- Your child demonstrating all they have learnt in terms of technique and skills
- Your child showing some self responsibility in their warm up, recovery and nutrition
- Your child showing a sense of team by cheering on team mate and supporting others

In terms of results...expect nothing. You should be happy that your child is loving the sport, learning new

skills and life lessons.

## **Does my child need to be doing strength training in the gym?**

No. Not unless they have an injury or weakness that has been identified by a professional sports therapist. We start introducing them to the gym when they are 14 (girls) and 16 (boys) therefore wait

until guidance from the coach.

The three key areas of dry-land training are to focus on; Flexibility (stretching of muscles)

Mobility (movement around joints)

Stability (stable core)

## **What can I do to be the best swimming parent?**

Give the child unconditional love, total support, compassion and belief in themselves. Develop the

person they are and then work on the athlete. Trust the process and most importantly trust the coach.



# GLOSSARY OF SWIMMING TERMS

**Age Group Swimming** The program through which Swimming Australia provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognized age groups are 10 and under, 11-12, 13-14, 15-16, and 17-18. Local meets may also include events for 8 and under and single age categories.

**Block** The starting platform.

**Bulkhead** A moveable wall, constructed to divide a pool into different courses, such as a 50m pool into two 25m courses.

**Circle Swimming** Performed by staying to the left of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

**Coach** A person who teaches and trains athletes in the sport of swimming.

**Code of Conduct** An agreement signed by swimmers, coaches and parents stating that they will abide by certain behavioural guidelines.

**DQ Disqualification.** This occurs when a swimmer has committed an infraction of some kind (e.g. freestyle kick in butterfly.) A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

**Drill** A teaching exercise involving a portion of a stroke which is used to improve technique.

**Dryland Training** Training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics (also see weight training).

**Entry Form** Form on which a swimmer enters a competition. Usually includes club and swimmer name, Swimming Australia number, age sex, event numbers, event names and entry times. Often this is submitted online.

**False Start** Occurs when a swimmer is moving before the start is sounded. In Swimming Australia, one false start will result in disqualification.

**Final** The championship heat of an event in which the top swimmers from the preliminaries compete. Usually only occurs for State and National events.

**Finish** The final phase of the race; the touch at the end of the race.

**Flags** Backstroke flags placed 5 meters (long and short course meters), from the end of the pool. The flags enable backstrokers to execute a backstroke turn safely and more efficiently.

**Goal** A specific skill or time achievement a swimmer sets and strives for. Can be short or long term.

**Gutter** The area along the edge of the pool in which water overflows during a race and is circulated through the filtration system.

**I.M.** Short for Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**Lap Counter** A set of display numbers used to keep track of laps during a distance race longer than 400m. (Also, the title given to the person who counts for the swimmer, stationed at the opposite end from the start.)

# GLOSSARY OF SWIMMING TERMS

**Long Course** A pool 50min length. Swimming Australia conducts most of its summer competition in long course pools.

**Meet** Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer races against the clock to determine improvement.

**Negative Split** Swimming the second half of the race equal to or faster than the first half.

**Technical Official (TO)** A judge on the deck of the pool at a sanctioned competition who enforces Swimming Australia rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**Open Water Swims** A freestyle conducted in a natural body of water, such as a lake, river or ocean.

**Pace Clock** Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

**Prelims** Short for preliminaries. Also called Heats or Trials. Those races in which swimmers qualify for the championship, consolation finals or semi-finals.

**Qualifying time** Time necessary to compete in a particular event and/or competition.

**Relay** An event in which four swimmers compete together as a team to achieve one time.

**Safety** The condition of being safe. Safety procedures are designed to prevent accidents.

**Scratch** To withdraw from an event prior to it being held in a competition.

**Short Course** A pool 25m in length. Swimming Australia conducts most of its winter competition in short course metres.

**Split** A time recorded from the official start to the completion of an intermediate distance within a longer event. Also the time for one of the four individuals in a relay. Under certain conditions, splits may also be used as official times, for example, the lead off swim in a relay, or the lead off portion of an event.

**Sprint** Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

**Streamline** The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

**Taper** The final preparation phase, sometimes referred to as 'rest'. The slow gradual reduction of workloads and intensities in preparation for season ending competition.

**Touch Pad** A large touch sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.

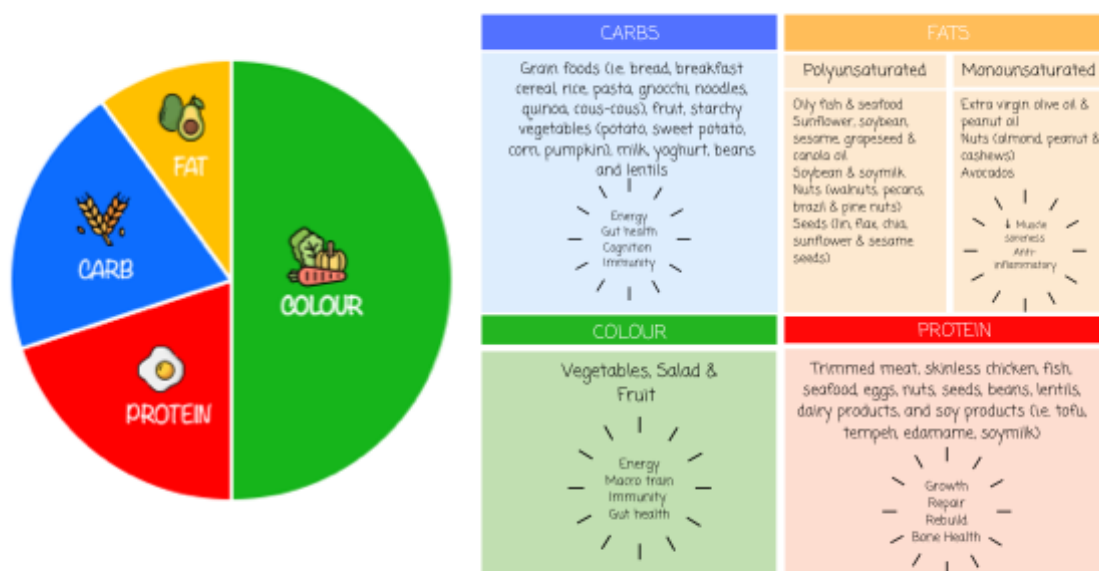
**Swimming Australia Registration Number** A number assigned to a swimmer upon joining Swimming Australia.

**Warm Down** Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

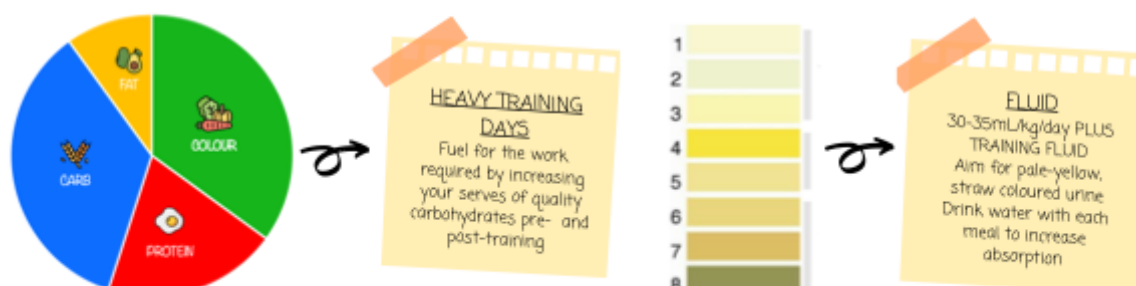
**Warm Up** Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

**Stop Watches** Stop watches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

## TRAINING PERFORMANCE PLATE



## OPTIMAL FUELING & HYDRATION



## TRAINING NUTRITION



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# COMPLETE RECOVERY MEAL IDEAS



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## BREAKFAST



Eggs on toast with avocado/pesto, grilled veg + glass of milk/coffee

Yoghurt with fresh fruit + quality muesli including nuts & seeds

Weetbix, milk, yoghurt, fruit + chia seeds

Protein Smoothie with milk, frozen banana / rolled oats, berries, natural yoghurt, natural peanut butter

## LUNCH



Grainy sandwich with salad + tuna / chicken / turkey & avocado

Grainy wrap with falafels / tofu + mixed salad + 1Tbsp of either pesto / avocado / hommus / nuts / seeds.

Salad mix with tin of salmon / boiled eggs & quinoa / 4-bean mix with olive oil dressing and/or avocado

## DINNER



Chicken & veggie stir-fry with brown rice, cashews + sesame oil

Grilled salmon steaks / steak with leafy greens & roasted/mashed potato

Spaghetti bolognaise with veggies (mushrooms, capsicum, carrot) + chickpeas

Taco bowl with beef/chicken/fish + black beans and/or corn kernels, brown rice + salad mix + coriander + avocado

Carbs

Protein

Healthy Fats

Colour

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