

New Member Application Form

(please bring this to your first training session)

Name:

Email:

Medical issues?

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Emergency Contact:

Name:

Phone:

New Member Complimentary Swims



Name:

Date Issued:

Authorised By:

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Club Contacts

For membership and training enquiries, please email info@caseyseals.com.au.

President:

Manisha Brown

Main contact:

Greg Chaplin 0403 963 468

Coach:

Stewart Nicol (Mon) & Sean Chaplin (Wed)

Website:

<https://www.caseyseals.com.au>

Email:

info@caseyseals.com.au

Post:

PO Box 2302
Fountain Gate, VIC 3805

Training Times:

Monday 7:30pm to 9:00pm

Wednesday 7:30pm to 9:00pm

Summer timetable Jan-Mar:

Monday (Casey ARC) 7:30-9:00pm

Wednesday (Doveton) 6:30-8:00pm

Venue:

Casey ARC, Patrick Northeast Drive,
Narre Warren.

Doveton Pool In The Park, Cnr Kidds Rd
& Tristania St, Doveton.



CaseySeals
MASTERS SWIMMING



Who are the Casey Seals?

Casey Seals was founded in 2001 as a swimming club for adults from 18 years onwards. We aim to provide an environment which makes swimming both enjoyable and beneficial and to provide an opportunity for those wanting to compete.

Our members have a wide range of ages, abilities, and training requirements, including triathletes and competitors in pool and open-water races, but many swim just for fun & fitness.

What is Masters Swimming?

The Casey Seals club is registered with Masters Swimming Victoria (MSV), which is part of Masters Swimming Australia (MSA).

MSA was formed in 1976 with the motto of swimming for "Fitness, Friendship & Fun".

We have regular local interclub competitions, which are an excellent way to check how you're progressing and are a lot of fun, as well as State and National Championships which are a bit more formal, but no less fun.

Why join a club?

Experience and data shows that few people have enough drive to exercise regularly by themselves. Masters Swimming clubs provide this opportunity where people with similar objectives can meet, talk, swim together, encourage one another and make new friends.

Open Water Swimming

The other major activity the Casey Seals are involved with is the open water swimming community in Victoria. Open water swimming events are usually hosted by local Life Saving Clubs and held almost every weekend through the summer months.

Have a look at the Victorian Open Water Swimming Calendar on our website for the list of events and the Open Water Swimming page for lots of helpful information about the sport.

Training Sessions

We train on Monday and Wednesday nights from 7.30pm to 9pm at the Casey ARC pool in Narre Warren. Over summer the Wednesday nights move to Doveton pool on Thursdays from 6.30pm.

The training fee per session is \$6.00 and is payable directly to the club on pool deck, not at pool entry.

This excludes your pool entry costs (tell them you're with the Casey Seals Masters squad for discounted entry).

We also have discounted 5 and 10 swim cards available.

Membership

You can join online through the Member Portal on the MSV website. The membership fee includes registration and insurance with MSV.

Check our website for the current fees.

Your Next Step

Check out our website which has heaps of useful information about our squad training sessions, membership, hints & tips about squad training, competitions and open water swimming, and how to contact us.

If you've got more questions, call or email one of the contacts listed overleaf or on the website.

Come along to one of our training sessions and have a chat with us and the coach.

Your first 4 sessions (within 1 month) are FREE to come and try us before joining. If you would like to swim, you'll need to bring bathers, towel, goggles and a drink bottle.

See you on pool deck!



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