

New Member Application Form

(please bring this to your first training session)

Name:

Email:

Medical issues?

.....

.....

Emergency Contact:

Name:

Phone:

New Member Complimentary Swims

Name:

Date Issued:

Authorised By:

1

2

3

4

Club Contacts

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

President:

Oliver Hutt 0431 197 289

Treasurer:

Greg Chaplin 0403 963 468

Secretary:

Ryan Impey 0419 376 348

Coach:

Jen Veres (Mon) & Sean Chaplin (Wed)

Website:

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

Email:

info@caseyseals.com.au

Post:

PO Box 2302
Fountain Gate, VIC 3805

Training Times:

Monday 7:00pm to 8:30pm

Wednesday 7:00pm to 8:30pm

Venue:

Casey ARC (Aquatic and Recreation Centre), next to the Fountain Gate Shopping Centre on Patrick Northeast Drive, Narre Warren.



CASEY SEALS

Masters Swimming Club



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, as well as some who 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 active Open Water Swimming community in Victoria. These events are usually hosted by local Life Saving Clubs and held almost every weekend through the summer months.

See 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 7pm to 8:30pm at the Casey ARC pool in Narre Warren.

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. If you would like to swim, you'll need to bring bathers, towel, goggles and a drink bottle.

See you on pool deck!

