



# Roskill Swimming Club

WWW.SWIMROSKILL.CO.NZ

## Welcome to Roskill Swimming Club

### Multi Sport Squad (non-competitive)

This programme caters to the following groups:

- Swimmers transitioning from swim-school who are interested in an introduction to a competitive style swim programme
- Swimmers interested in progressing their swimming to meet personal goals around school swimming sports and the like.
- Swimmers wanting swim training for other sports eg. Surf lifesaving, water polo, triathlon or ocean swimming.

Swimmers participating in the Multi Sport programme can train one to three times per week. Sessions are available Monday and Friday mornings and Monday and Thursday evenings. All training programmes are delivered by professional swim coaches and each programme is overseen by the club's Director of Coaching.

#### Training Session Times

Monday	6.30am-7.30am /6.30pm-7.30pm
Thursday	7pm-8pm
Friday	7am-8am

Multi Sport squad swimmers pay a term fee for professional coaching which includes the Roskill Swimming Club registration fee. Term fees must be paid by the end of the first week of term. Please note: Multi Sport training programmes are not available during the school holidays.

#### Fees

1 session per week	\$150 per term
2 sessions per week	\$240 per term
3 sessions per week:	\$330 per term

**MORE  
CLUB  
INFO  
CAN BE  
FOUND  
ON OUR  
WEBSITE**

**IF**  
*it doesn't*  
**CHALLENGE**  
**YOU**  
*it doesn't*  
**CHANGE**  
**YOU.**  
**SWIM**  
**HARDER.**

## Why Join a Swimming Club?

Swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

### Swimming...

- is an aerobic exercise which helps improve general fitness, stimulates the metabolism and burns fat
- is low impact and puts little stress on bones and joints
- exercises almost the entire body—heart, lungs and muscles with very little joint strain
- develops flexibility and co-ordination
- improves cardiopulmonary capacity
- has been shown to be beneficial for asthma sufferers as it encourages lung function and breathing control
- strengthens joints and improves posture
- develops life skills—sportsmanship, time management, self management, goal-setting. Swimmers learn to deal with pressure and stress, success and failure, teamwork and discipline



# Health and Safety

The club is committed to ensuring the health and safety of all swimmers and workers involved in swimming with the club. For parents and swimmers, it is important that they follow instructions given to them by their coach and the lifeguards. Please also keep the following in mind:

- Follow the clubs code of conduct and any instructions given by the coach or lifeguards
- Parents and swimmers must enter the facility through the front door and present their Roskill Club card to reception
- Children aged 10 years and under must be escorted into the facility by an adult and 'handed over' to the care of their coaches. The facility operator requires all children aged 10 years and under to be actively supervised by an adult while in the facility
- Swimmers are not permitted to swim in the facility either before or after their training session
- Please ensure your child arrives to training with a water bottle to ensure they maintain proper hydration during training. Their coach will encourage drinking during training
- Children under the age of 15 are not permitted in the gym without adult supervision
- Please remember to advise the coach of any changes to your child's health prior to them commencing exercise
- Advise either the coach or a lifeguard if you notice any hazards or experience a near miss incident while in the facility

We appreciate your support in keeping our children safe, please do not hesitate to contact your child's coach should you have any health and safety issues.

# How do I Join?

If you have any other questions about joining the Roskill Swimming Club and to arrange a free trial and assessment please contact us at [info@swimroskill.co.nz](mailto:info@swimroskill.co.nz).

**To join the Roskill Swimming Club please complete our online registration form: [www.swimroskill.co.nz/ Join Roskill/ Online Registration](http://www.swimroskill.co.nz/JoinRoskill/OnlineRegistration)**

Alternatively please complete the following forms:

- Roskill Club Registration Form
- Roskill Club Swimmer's Code of Conduct and Health Profile Form

These forms can also be downloaded from our website or sent to you by email. Once completed please return these to the coach or email to [info@swimroskill.co.nz](mailto:info@swimroskill.co.nz) so we can complete your swimmer's club registration.

# Our Director of Coaching

## Josh Munro

With over 13 years experience, Josh is a talented and experienced coach who has a lifetime association with swimming. Following a successful swimming career Josh gravitated towards coaching, drawn by a keen interest in helping to develop young swimmers.

Josh's approach to coaching is all about building a strong team environment which every swimmer feels a part of. He believes in athletes working hard to achieve their goals, but that goal-setting is a partnership between coach and swimmer. He has an intuitive insight into the strengths and weaknesses of individual swimmers and uses a range of coaching strategies to enable swimmers to realise their full potential. Josh is innovative and creative with his training programmes to ensure a stimulating and engaging environment for all swimmers.



Josh joined Roskill Swimming Club as Director of Coaching in a full-time capacity in January 2014 with all coaching staff reporting directly to him. His coaching career has seen him working with many of New Zealand's most elite swimmers. He has overall responsibility for our comprehensive training programmes from non-competitive to elite squads.



**Roskill Amateur Swimming and  
Life Saving Club (Inc)**

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Mt Roskill  
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### Club Contacts

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