

## Club Contacts

Please contact the Registrar for membership enquiries or any of these people for general enquiries.

**President:**

Peter Ebenwaldner 9795 7997

**Secretary:**

Ebony Ebenwaldner 9795 7997

**Coach:**

Ebony Ebenwaldner

**Registrar:**

Greg Chaplin 0403 963 468

**Website:**

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

**Email:**

[info@caseyseals.com.au](mailto: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 Overland Drive, Narre Warren.

It has been shown that few people have enough drive to exercise regularly by themselves.

Casey Seals provides the environment where people can meet, swim together, get encouragement from others and receive coaching from a fully qualified swimming coach.

Swimming is the best exercise. But it's even better with company.

Come & try a session with the Casey Seals. You'll have a great time and get fit as well.



# CASEY SEALS

**Masters Swimming Club**



## Why is swimming so good?

Swimming is one of the best types of exercise:

- puts less stress on your body than most other exercise because your body is supported by the water
- improves aerobic fitness
- lowers blood pressure
- increases heart & lung capacity
- improves muscle tone and general physical appearance.



Feeling better physically makes you feel better mentally. You feel fit, healthy, alert and ready to take on anything that life throws at you.

## Why join a club?

Few people have the drive to keep themselves going without some form of encouragement. Even the most committed athlete will find a bit extra in an enjoyable environment with a group of others who have similar goals.

## Who are the Casey Seals?

Casey Seals is a swimming club for adults, although younger swimmers are also welcome. Our goals are to provide an environment which makes swimming both enjoyable and beneficial, to encourage adults to be more active, and to provide an opportunity for those who wish to compete.

Our members have a wide range of abilities and training requirements including those doing it just for fitness and social swimmers, through to triathletes and international pool and open-water competitors.

## Masters Swimming

AUSSI Masters was established in 1976 and has the motto of swimming for “Fitness, Friendship & Fun”. The Victorian branch is now known as Masters Swimming Victoria (“MSV”).

AUSSI provides a central national organisation with state branches to promote swimming for adults, from a local level through to national. One of its services is to arrange insurance cover whilst engaged in any Masters Swimming or Casey Seals event.

There are regular local interclub competitions, which are an excellent way to check how you’re progressing and are a lot of fun. The state championships are a bit more formal, but no less fun. There are also national and international competitions.



Competitions are not as intimidating as you might think. You swim in heats of about the same ability and the times are then grouped into 5-year ages for men and women.

Afterwards, there is usually a supper and awards presentation, and you get a results certificate listing your events and times.

## Training Sessions

We train Monday and Wednesday nights from 7pm to 8:30pm at the deep end of the Casey ARC pool.

The training fee per session is \$5.00 for club members and \$6.00 for non-members. Note that this training fee

excludes your pool entry costs and is payable directly to the club on pool deck, not at pool entry. We also have discounted 5 and 10 swim cards available.

## Membership

We offer the choice of club membership alone or club plus MSV membership, so that you can choose the option which best suits your needs. It is not necessary to be a club member to participate in our training sessions, but you will receive a number of benefits if you join.

### Club Membership

The fee for the 2010 calendar year is \$25 (\$15 from 1 July). This includes discounted training fees, monthly newsletter and other goodies.

### Club plus MSV Membership

The fee for the 2010 calendar year is \$95, comprising the \$25 club fee plus \$70 MSV fee. There is also a reduced fee from 1 Sept.

Please note that if you wish to compete at Masters events (except for Masters Games), you **MUST** be an MSV member. You can join the club first and then join MSV later if you wish.

## Your Next Step

Come along to one of our training sessions. Have a chat to the coach or the swimmers. If you would like to swim, you’ll need to bring bathers, towel, goggles and a drink bottle. Swim fins are also often used.



Alternatively, call one of the club contacts and we’ll tell you a bit more about us. The club website also has a lot of useful information.