

## 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.

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 before joining.

If you've got more questions, just call or email us, or post on our Facebook group.

See you on pool deck!



## Club Contacts

For membership and training enquiries, please email [info@caseyseals.com.au](mailto:info@caseyseals.com.au).

**President:**

Jen Veres

**Main contact:**

Fletch Kaintz 0413 688 049

**Website:**

[www.caseyseals.com.au](http://www.caseyseals.com.au)

**Facebook:**

[www.facebook.com/groups/CaseySeals](https://www.facebook.com/groups/CaseySeals)

**Email:**

[info@caseyseals.com.au](mailto:info@caseyseals.com.au)

### Training Times:

**Casey ARC:**

**Monday 7:00pm - 8:30pm**

**Wednesday 7:00pm - 8:30pm**

**Venue:**

**Casey ARC, Patrick Northeast Drive, Narre Warren**

### Bank account for payments:

BSB / Account: **633-000 / 115885410**

Please include your name and the reason for the payment.



**CaseySeals**  
**MASTERS SWIMMING**



## Tell us about yourself

Name: .....

Email: .....  
(optional)

Phone: .....  
(optional)

Training goals: .....  
.....

Medical issues? .....  
.....

Emergency Contact:

Name: .....

Phone: .....

## New Member Complimentary Swims



Name:

Date Issued:

Authorised By:

1     2     3     4

## Who are the Casey Seals?

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

Our members come from all walks of life, with a huge range of ages, abilities and training requirements. Many of our members swim just for fun & fitness, but we've also got top-level pool & open-water competitors and triathletes.

## What is Masters Swimming?

The 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 can meet, talk, swim together, encourage one another and make new friends.

## Open Water Swimming

Casey Seals are strongly involved in the open water swimming community in Victoria.

Open water swimming is enjoyed by thousands of Victorians, with events held almost every weekend through the summer and autumn months and there are swimming groups all around the Victorian coast and inland waters.

Our Victorian Open Water Swimming Calendar is the top source of information for events around the state. We also have a list of open water swimming groups on the website.

There's also lots of helpful information on the Open Water Swimming page on our website.

## Training Sessions

We train at Casey ARC on Monday & Wednesday nights from 7.00pm to 8.30pm.

Check overleaf for the pool location.

The training fee works out to be just \$6.50 per session when you purchase a 10-swim card.

This is payable directly to the club, not at pool entry.

Note that the training fee excludes your pool entry costs. Tell them you're with the Casey Seals Masters squad for discounted entry, or you may prefer the convenience of Casey ARC membership.