

Tell us about yourself

Name:

Email (optional):

Training goals:

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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:

Jen Veres

Main contact:

Greg Chaplin 0403 963 468

Website:

www.caseyseals.com.au

Facebook:

www.facebook.com/groups/CaseySeals

Email:

info@caseyseals.com.au

Training Times:

Casey RACE (to June 2021):

Monday 7:00pm - 8:30pm

Thursday 7:00pm - 8:30pm

Summer Doveton Dec-Mar:

Monday 5:00pm - 6:30pm

Thursday 6:00pm - 7:30pm

Venue:

Casey ARC, Patrick Northeast Drive,
Narre Warren

Casey RACE, Berwick-Cranbourne Rd,
Cranbourne East

(summer) 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 aged 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.

We're made up of all sorts with a huge range of ages, abilities and training requirements. We've got triathletes, pool & open-water competitors, but most swim just for fun & fitness.

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

The 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 months and swimming groups all around the Victorian coast and inland waters.

Our Victorian Open Water Swimming Calendar is the top source of information for events and we've got a list of swim groups on the website.

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

Training Sessions

Until Casey ARC reopens (expected by June 2021), we're training at Casey RACE in Cranbourne on Monday and Thursday nights from 7.00pm to 8.30pm.

Check Facebook and our website for updates on moving back to our home at Casey ARC.

Over summer we move to the Doveton pool.

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 (which most people choose).

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!



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MASTERS SWIMMING