LCSC Membership Information 2020/2021

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Lane Cove Swim Club (LCSC) is a non-for-profit community swimming club. We promote swimming at every level from recreational and fitness to elite athlete squad training for competition at local, state and national swimming meets. Established over 50 years ago, we are one of Sydney’s oldest and largest swimming clubs.

**LCSC Squad Program**

The LCSC Squad Program is designed to motivate, nurture and provide advanced skills to compete in swimming at any chosen level and ensure both children and adults have access to consistent physical activity.

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| Squad | Age guides | Focus | Targets |
| Mini | <10 years | Stroke technique over all 4 strokes, dives and turns | Introduced to competitions at club level |
| Junior | 8 to 12 years | Stroke technique, endurance and racing skills | Targeting to compete at local area championships – Swimming Metro North East (SMNE) |
| Bronze | <14 years | Development of race technique and skills, with introduction to conditioning | Targeting to compete at local area championships (SMNE) and NSW Junior State Championships |
| Silver | <16 years | Development of advanced race technique and skills, with continuation of conditioning and performance | Actively participating at club and area meets with a major focus on the NSW State Championships |
| Gold | 13+ years | Advanced race technique, skills and strategy. Combines pool, dryland training and sport science services as part of physical preparation for elite performance | Targeting to be competitive at the NSW State Championships and Australian National Championships |
| Swim Fit | 15+ years and adults | Stroke technique and efficiency, with emphasis on overall conditioning from sprint through to aerobic training | Training for Swimming Masters meets and championships, surf/ocean swims, triathlons, school carnivals or general fitness |

Note: Age guidelines overlap catering for a broad range of skillsets at any age

For more information on what squad would suit best, please discuss with the LCSC Head Coach, Michael Jacobs.

**Other Club Activities**

Saturday Morning Club is a friendly competition for recreational, fitness and competitive swimmers. It is open to all ages, all swimming levels and all members registered as a LCSC swimmer. It runs over the summer season from October to March each year and when 3 meets have been attended qualifies you for entry in the annual Club Championships.

Winter Club is held is held indoors in the 25m pool over four Friday evenings from 6.30pm during the winter season. Winter Club dates are determined each year and all members are notified.

Roma Edmunds Memorial Mile is a mile swimming event held on a Sunday afternoon each February. All swimmers that participate in the Mile Swim receive a medal of recognition.

Club Championships are run annually in February/March each year. All members are invited to participate in these races which are more formal than our usual friendly races at Saturday Morning Club. Club Championships are usually run over two Sunday late afternoons/early evenings while it is still day light savings.

Club Presentation are held at the end of each swimming season to celebrate the swimming efforts of our members and reward and recognise swimmers who have improved and excelled at Club, State and National level.

For more information on club activities, please discuss with the LCSC Registrar.

**Fees**

Lane Cove Swimming Club enjoys a unique membership structure that is best explained below in which each swimmer is required pay the following fees:

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| Fee | Details | Payment of Fees |
| Lane Cove Swim Club Registration Fee | Annual fee which contributes to the operation of the club in delivering the squad program, coaching, racing, events, awards and general club administration. The LCSC Registrar can support members in selecting the most appropriate club membership to meet your current needs. | Membership season runs from 1 October until 30 September of the following year.  A combined payment of both Swimming NSW and LCSC fees are managed through the Swimming Australia bespoke operating system, “Swim Central”.  Please refer to the LCSC website for current pricing. |
| Swimming NSW Membership and Area Fees | Annual fee where all LCSC members need to be registered with Swimming Australia within 4 weeks of commencing swimming with the club. This registration is essential for insurance coverage at training, club activities and competitions. |
| Lane Cove Swim Club Squad Program | Periodic fees which contribute to the continual delivery of the LCSC squad program | Squad program fees are paid fortnightly through BlueFit.  Please refer to the LCSC website for current pricing. |

Membership registration is to be completed via Swim Central. Please refer to the Swim Central help guides for instructions on the LCSC website.