

### WESTERN SPRINT SWIMMING CLUB MEMBER BENEFITS:

### A wide range of training tools for our coaches to use with our swimmers:

Dolphin Wireless Timing System Dolphin Electronic Start System Backstroke Turn Wedges Turnmaster Pro Swim Walls GMX7 X1-Pro Training system Forearm Fulcrum Positioner DragSox Resistance Trainers Underwater camera and software for stroke and turn analysis Underwater Audio Coaching System Poolside speaker for music during some sessions

# Train at the Trinity 50m pool:

No entry fees for the pool and No public use of the pool Training at one of Perth's most beautiful pools No shared lane space for squad sessions No public use of the pool Easy parking directly outside pool Sessions for Age swimmers in the state-of-the-art gym Cross-pool training for some sessions

# Racing & Social:

Regular club racing events Team social events Trained Technical Officials onboard to adjudicate club trials so SWA official times can be recorded

# People:

Proactive committee dedicated to improving and investing in the club Informative Western Sprint WhatsApp group All inclusive club where full squad train together for some sessions Adult Masters sessions so parents can swim whilst their children are training