



**MOUNT ALBERT GRAMMAR SCHOOL**

**SQUAD PAYMENT PROCESS**

**2020 AQUATIC ACADEMY**

**AQUATIC DIRECTOR**

**MITCHELL NAIRN**

## MAGS Aquatics Fee Information

### Squad Costs

- a) Competition squads costs are set out below:
  - Regional Performance Squad: \$145.00 Monthly
  - National Age Group Squad: \$165.00 Monthly
  - High Performance Squad: \$185.00 Monthly
  - MAGs Non-Competitive Squad: \$75.00 Monthly
- b) Fees are paid via Automatic Payment on the 20<sup>th</sup> of each month and covers the following months training. Any student who has not paid will unfortunately need to be stood down from the program on 1<sup>st</sup> of the month until payment is received. This is in keeping with the Mount Albert Grammar School practices where all academy students must pay their academy fees before they can participate.
- c) The school has a very tight "no pay, no play" policy around aquatic academy payments and for this particular academy requires new members to sign up for a minimum of 3 months and upon withdrawal from the academy, one (1) months' notice in writing emailed to the Director of Aquatic Academy, and the Finance Department.
- d) Please carefully read our full Terms and Conditions before enrolling, a full copy of this document will be sent to you with your online Enrolment Form

### **MAGs Students: Academy invoicing and removal procedures are handled as follows**

- 1) Firstly, please contact Rochelle from the finance department to start up payment process (MAGs School account details). Rochelle; Phone 09 846 2044 ext. 8144 email [finance@mags.school.nz](mailto:finance@mags.school.nz)
- 2) Please let her know the squad that you are in, as well as the cost you will be paying monthly.
- 3) Your invoice is sent via email within the first week of each month.
- 4) Payment is due on the 20<sup>th</sup> of that month via Automatic Payment preferably.
- 5) Payment is for the following months training fees. (20<sup>th</sup> March is for the month of April)
- 6) If payment is not received, then you will receive an email before the 1<sup>st</sup> of the month informing you that payment has not been received.
- 7) Students will not be able to swim from the 1<sup>st</sup> of the coming month until payment is received.
- 8) Once the finance department has confirmed we have received your payment you will be notified and the student can recommence restart.
- 9) If payment is a problem, then please contact Rochelle from the finance department. Rochelle; Phone 09 846 2044 ext. 8144 email [finance@mags.school.nz](mailto:finance@mags.school.nz)

### **Non-MAGs Students: Academy invoicing and removal procedures are handled as follows**

- 1) Firstly, please contact Rochelle from the finance department to start up payment process (MAGs School account details). Rochelle; Phone 09 846 2044 ext. 8144 email [finance@mags.school.nz](mailto:finance@mags.school.nz)
- 2) Please let her know the squad that you are in, as well as the cost you will be paying monthly.
- 3) Your invoice is sent via email within the first week of each month.
- 4) Payment is due on the 20<sup>th</sup> of that month via Automatic Payment preferably.
- 5) Payment is for the following months training fees. (20<sup>th</sup> March is for the month of April)
- 6) If payment is not received, then you will receive an email before the 1<sup>st</sup> of the month informing you that payment has not been received.
- 7) Students will not be able to swim from the 1<sup>st</sup> of the coming month until payment is received.
- 8) Once the finance department has confirmed we have received your payment you will be notified and the student can recommence restart.
- 9) If payment is a problem, then please contact Rochelle from the finance department. Rochelle; Phone 09 846 2044 ext. 8144 email [finance@mags.school.nz](mailto:finance@mags.school.nz)

### Pool Entry

- Swimmers will need a pool entry pass which can be obtained from the pool reception. They have provided the MAGS Students with a 20% discount on memberships. From July 1<sup>st</sup> the cost will increase to. \$11.50per week for unlimited entry “anytime” pass and this can be put on hold with a week’s notice (we would suggest you do this in writing for your record keeping).

### Competitive Swimming

- **When swimming for the MAGs Aquatic Academy you have the right to belong to any competitive swimming club you wish to represent at club swimming meets.**
- Please note that MAGs Aquatic Director Mitchell Nairn is contracted to Pukekohe Swimming Club for all club regional/ national swimming meets. Thus meaning if you swim for another New Zealand based club you will not be able to attain the services of Head Coach Mitchell Nairn at any club based regional/ national swimming meets. But will have his full services at any regional/ national college based swimming meets under the MAGs Aquatic Academy banner.

### PSC Swimming Club: Head Coach – Mitchell Nairn (Contracted Club)

- The Pukekohe Swimming club is incorporated and run by a volunteer committee like most clubs, however the school also has 2 representatives on the committee, the Aquatic Director and 1 other selected by the club to guide the club in developing the club’s policies to align with the PSC culture we are wanting to implement.
- The PSC yearly club fee is \$140.00 per year.
- Every 3 months ¼ of the cost is taken off for new start up members, for example, 6 months left of the competition year = \$70, the swimming year begins in June.
- There is a levy on top of the club membership of \$95 which is paid to SCM and NZ Swimming per year.



**Mount Albert Grammar School Aquatic Academy**  
**Terms & Conditions**

Thank you for choosing Mount Albert Grammar Schools (MAGS) Aquatic Academy and choosing the squad pathway options, this system operates in three parts:

1. **MAGS Aquatic Academy** | Provides Coaching / Program | Requires Monthly Coaching Fees
  2. **Mt Albert Aquatic Centre** | Managed by Belgravia Leisure | Requires pool entry (memberships)
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- a) Fees will be invoiced by the Mount Albert Grammar School at the beginning of each month for the following months coaching fees, payment is due the 20<sup>th</sup> day of that month.
  - b) *Internet Banking, ASB, Mt Albert 12-3029 0300684 00 Please add the child's name and Student ID number into the reference (these are on the invoice).*
  - c) The first month's payment is to be paid either via internet banking or cheque. Monthly Automatic Payments (AP) are required thereafter and are to be paid on the 20<sup>th</sup> of each month.
  - d) Payments not received on the 20<sup>th</sup> of that month may incur an **automatic penalty of \$45.00** for admin costs (unless the 20<sup>th</sup> falls on a Sat/Sun then it must be in our account on Tuesday or you have personally arranged a different time to pay with MAGS financial department.
  - e) Membership suspensions due to illness or injury generally are not given and are at the discretion of the MAGS and will be looked at on a case by case basis.
  - f) Swimmers who have not paid by the 30<sup>th</sup> will be suspended from swimming until the outstanding fees has being paid.
  - g) If a late payment occurs more than twice without notification then MAGS will require the outstanding amount paid in full, and 3 months' payments in advance for all future coaching fees.
  - h) Clients not wishing to pay by AP will be required to pay by cheque for 6 (six) months of payments and be billed every 6 (six) months, 1 (one) month prior to the finish of the 6 (six) months paid up too.
  - i) Enrolment is for a minimum of 3 (three) months from your start date and is billed for 12 (twelve) months of the year. Holiday training will be available for all squads.
  - j) If a swimmer ceases their membership and payments, and wishes to re enrolment within 3 (three) months and a space is available then a standard administration fee of \$100 will apply. Termination of membership requires 1 (one) months' notice in writing to the Director of Aquatics.
  - k) These terms are for coaching payments and does not include MAGS Swim Club registration, meet entries, camps or other activities deemed appropriate to attend.
  - l) Accounts fees that are not paid will have their membership suspended. Such suspension does not relieve the client from the obligation to pay the outstanding amount. Only a written request to terminate membership before the due date relieves the client of obligation to pay the full outstanding account even if the swimmer has not been attending.
  - m) PSC and MAGS reserves the right to move swimmers to a different squad, or refuse/ terminate membership if a swimmer does not conform to the stated codes of conduct and squad criteria.
  - n) Any accounts outstanding will be forwarded to a debt collection agency of our choosing, and fees incurred relating to the recovery of outstanding fees including administration or court costs will be at the cost of the Client.
  - o) Membership is non-transferable or refundable. There are no make-up sessions. We offer a weekly casual rate set at \$75 per week for swimmers who do not wish to commit to a full swimming membership
  - p) MAGS members will be bound by PSC, SCM, SNZ and Mount Albert Grammar Schools code of conduct
  - q) MAGS reserves the right to increase fees with 1 (one) months' notice.
  - r) Entry to Mt Albert Aquatic Centre is also separate and all members must pay for pool entry to Belgravia Management.
  - s) These Terms and Conditions supersede all previous representations, understandings or contracts and shall prevail notwithstanding any variance with terms and conditions. Signing or submitting online the Enrolment Form constitutes acceptance of these Terms and Conditions
  - t) **MT ALBERT AQUATIC CENTRE** - Pool entry fees are paid at the front desk; MAGS Students get a 20% discounted rate on all membership.

## Squad Workout ethics

To establish a distraction free training environment that will develop and encourage a tradition of EXCELLENCE ALL swimmers will be expected to commit to the Squad workout ethics as follows;

1. Attend **ALL** designated work outs.
2. Be at practice 10min-15min prior to the session for stretching/warming up.
3. Inform the coach via text, email or phone ASAP if you cannot make the session.
4. Conform to the following "Work Out" parameters

**a. STREAMLINE as tight as you can! Fingers pointed**

- i. Every time you Dive into a pool.
- ii. Every time you push off the wall.
- iii. Every Time you kick on your back.
- iv. Every time you kick in Breaststroke.
- v. Streamline "into" your 1<sup>st</sup> break out stroke.

**b. ALWAYS PREFORM LEGAL Turns and finishes**

- i. Two handed touches in Fly and Breast.
- ii. Never stop before the wall in any set!
- iii. Free turns - push off on your back/side then front.
- iv. UW Kick "feet" past the flags in Free.
- v. UW Pull and Kick for distance every time in Breast.
- vi. Always aim to achieve 12.5m UW in Fly/Back/Breast/Free.

**c. Be a supportive team member and honest with yourself**

- i. Count and hold the correct number of strokes
- ii. Preform ALL drills exactly as instructed
- iii. Do not switch strokes, Drills, to make it easier
- iv. Always commit to making the time cycle
- v. Support ALL members of the team

**d. General training out principles**

The proportion of each training work out is devoted to specific types of conditioning work and will depend upon the phase of the session cycle as well as the event prepared for.

- Although the emphasis changes for phase to phase and season to season all types of conditioning are included to one degree or another.
- For **MAXIMUM RESULTS**, each swimmer should attend the required number of sessions each week and must be supplement with additional dryland training for flexibility and strength development
- To benefit from the work achieved the swimmer must maintain a lifestyle that permits adequate **REST** and a **PROPER DIET**.
- For obtaining maximum results; The **INTENSITY** and the degree to which the swimmer applies themselves are more important than the programme designed

Swimmer Signature:

Date: \_\_\_\_\_

Parent Signature:

Date: \_\_\_\_\_

Coach Signature:

Date: \_\_\_\_\_



MOUNT ALBERT GRAMMAR SCHOOL

TERM 4 SQUAD TIMETABLE 2020

 <b>MOUNT ALBERT GRAMMAR SCHOOL</b>	<b>Mt Albert Grammar Aquatic Academy</b>					
	<b>Term 4</b>			<b>STARTING DATE: 12/10/2020</b>		
<i>MAGS Squads</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>MAGS Non-Competitive Squad</i>	6:30am-7:30am Coach: Liam		6:30am-7:30am Coach: Liam		6:30am-7:30am Coach: Liam	
<i>MAGs Regional Performance Squad</i>	3:45pm-4:45pm Coach: Liam		5:00pm-5:40pm Dryland 5:45pm-6:45pm Coach: Liam		3:45pm-4:45pm Coach: Liam	
<i>MAGs National Age Group Squad</i>	5:00am-6:30am Coach: Mitch/ Liam Swim	6:00am-7:30am Coach: Mitch/ Liam Swim	5:00am-6:30am Coach: Mitch/ Liam Swim	6:00am-7:30am Coach: Mitch/ Liam Swim	5:00am-6:30am Coach: Mitch/ Liam Swim	6:45am-8:30am Coach: Mitch/ Liam Combined Session Swim
	4:45pm-6:15pm Coach: Mitch/Liam Swim	S & C - Weights Room 4:30pm-5:30pm Coach Josh/Mitch	6:45pm-8:00pm Coach: Mitch/Liam Swim	S & C - Weights Room 4:30pm-5:30pm Coach Josh/Mitch	4:45pm-6:15pm Coach: Liam Swim	
<i>MAGs High Performance Squad</i>	7:30am-9:00am Coach: Mitch	7:30am-9:00am Coach: Mitch	7:30am-9:00am Coach: Mitch/Liam	7:30am-9:00am Coach: Mitch/ Liam Invite: Selected NAG Swimmers	7:30am-9:00am Coach: Mitch	6:45am-8:30am Coach: Mitch/ Liam. Combined Session
	6:15pm-8:00pm Coach: Mitch/Liam Invite: Selected NAG Swimmers	6:30pm-8:00pm Coach Mitch/Liam Invite: Selected NAG Swimmers		6:00pm-7:30pm Coach Mitch		
<i>HP Gym</i>	Unitec: 9:00-10:30am		Unitec: 9:00-10:30am		Unitec: 9:00-10:30am	