

Participant's full Name .....

D.O.B (if under 18) ..... Male/Female

Parent/Caregiver name .....

Postal address .....

(include suburb & postcode).....

Home phone number..... work .....

Cell phone.....Email.....

Medical Information (e.g. Asthma, Diabetes, Disability or Special Needs)

.....

H<sup>2</sup>O Xtream encourages people with a disability to participate with their peers in an inclusive environment.

Preferred day/s.....

- Participant can swim 200m non stop
- Do you wish to try a 200m swim

Credit card no ..... Expiry date .....

Name on card .....

**PLEASE NOTE: PAYMENT IS REQUIRED AT TIME OF BOOKING.**  
**Pay for your booking with your credit card by fax. Simply fax us a copy of this application form with your Visa or MasterCard details.**

Please note that prices are subject to change until booking has been paid in full. All bookings are accepted on the basis that you, the customer, pay the GST on all charges and any prices quoted are subject to any change in the GST rate. The GST payable is calculated at the prevailing rate on the date your tax invoice is generated or the date you pay, whichever is the earlier.

**Note:** If you require a refund a medical certificate must be supplied and a \$5.00 administration fee will be charged.  
 If you require a transfer to another term, a \$5.00 administration fee will be charged per person.  
 If bookings for a class are less than three we retain the right to cancel that class.  
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OFFICE USE ONLY		
AMOUNT DUE	<b>Stokes Valley Pool (5 lessons)</b>	<b>H<sup>2</sup>O Xtream (3 lessons)</b>
	\$ 50.00 (1 x 45 min per week)	\$30.00 (1 x 45 min per week)
	\$ 80.00 (2 x 45 min per week)	\$48.00 (2 x 45 min per week)
	\$105.00 (3 x 45 min per week)	\$63.00 (3 x 45 min per week)
	\$ 55.00 (1 x 60 min per week)	\$33.00 (1 x 60 min per week)
	\$ 85.00 (2 x 60 min per week)	\$51.00 (2 x 60 min per week)
	\$112.50 (3 x 60 min per week)	\$67.50 (3 x 60 min per week)
	\$ 60.00 (1 x 90 min per week)	\$36.00 (1 x 90 min per week)
		\$54.00 (2 x 90 min per week)
		\$72.00 (3 x 90 min per week)

RECEIVED BY: ..... DATE:.....



Tel: 04 527 2113 | Fax: 04 528 8938  
 Cnr. Blenheim and Brown Streets  
 Private Bag 907 Upper Hutt  
[www.h2oxtream.com](http://www.h2oxtream.com)



TALENTID - SQUAD TRAINING



## TalentID - Squad Training

The WaveBreakers Swim School offers Squad Training up to three days a week. Join now and experience a developed training programme with a team of professional swimming coaches.

- For all children who have completed the Learn to Swim programme and 200m Swim for Life challenge (please tell us if you wish to try a 200m swim)
- Stroke improvement and endurance in all strokes
- Adapted strokes for children with disabilities
- Dives, starts and turns
- Sprints and distance training
- Exercise and physiology guidance
- Injury prevention
- Nutritional advice

**We believe in**  
**"Technique before Effort"**  
**so speed is not a prerequisite.**  
**Enthusiasm is!**

**Stokes Valley Pool**  
**5 week course (45, 60 or 90 minutes per session)**  
 Tuesday 7—7.45pm or 7—8pm  
 Wednesday 7—7.45pm or 7—8pm  
 Saturday 11—11.45am, 11am—12pm or 11am—12.30pm  
 Starting Tuesday 7 February &  
 finishing Saturday 10 March 2012

**H<sup>2</sup>O Xtream**  
**3 week course (45, 60 or 90 minutes per session)**  
 Tuesday 6—6.45pm, 6—7pm or 6—7.30pm  
 Thursday 6—6.45pm, 6—7pm or 6—7.30pm  
 Saturday 10—10.45am, 10—11am or 10—11.30am  
 Starting Tuesday 13 March &  
 finishing Saturday 31 March 2012

**get set to get wet**

## Morning Training Sessions at H<sup>2</sup>O Xstream

Dear WaveBreakers Squad members,

You are all invited to morning training session times at H<sup>2</sup>O Xstream:

### Monday, Wednesday 6—7am and Saturday 7—8am

Sessions run all year round apart from public holidays.

#### Entry to H<sup>2</sup>O Xstream for morning sessions:

Monday and Wednesday at 6am through the front door where you need to present your Squad members card and pay for your session.

Saturday through the side door located on the right hand side from our main entrance door at 6.45am.

#### Conditions:

- WaveBreakers Squad members only booked once or twice a week can join the morning sessions for a cost of \$6.00 per session.
- WaveBreakers Squad members booked in three times a week get morning training sessions for no cost.
- Attendance records will be kept.

#### Leaving H<sup>2</sup>O Xstream after the Saturday morning session:

Past reception where you need to present your Squad members card and pay for your session.

#### Concession cards available:

You can purchase a concession card for 10 morning sessions for \$55.

Additional Private Squad training available by appointment.

## Coach Profiles

### Mike Kay



Mike has been coaching since the early 1980's. Initially he was involved in coaching runners at club level but moved on to coach provincial, national and international levels. He also worked closely with the late Arthur Lydiard to fine-tune his training programme which applies to all aerobic-based sports.

Mike is the Head Coach at H<sup>2</sup>O Xstream and his knowledge of athlete training methodology is based on a simple, but very effective, system that builds fitness in empathy with the human body.

Mike's main focus is teaching swimming for children to develop appropriately and achieve happily in WaveBreakers Swim School. He has gained an expertise in the age and stage appropriate method of learning the skill and importance of the physical development of individual pupils.

He is senior coach for the WaveBreakers Squad, which offers a developmental pathway to quality competitive swimming and has produced some fine athletes who are now training and competing at elite levels.

Over the last ten years Mike has coached triathletes at beginning and national level and has gained swim teaching qualifications. As part of ongoing professional development he has attended coaching courses and conferences relating to competitive swimming.

### Brian Newth



Brian grew up in Whitemans Valley, attended Upper Hutt Primary school and Heretaunga College. Here he excelled at both athletics and swimming, becoming the school champion in both sports as a senior.

He continued with athletics and in the 1970's he qualified for the Commonwealth Games for the 3000m Steeple Chase, but ended up injured and was forced to switch sports. He then took up Modern Pentathlon, an Olympic discipline where five sports must be contested. This was show jumping, fencing, pistol shooting, swimming and running.

Over the next 5 years Brian competed numerous times overseas and competed in three World Championships, the 1980 Olympics where he was also Olympic flag bearer.

Brian is a fully qualified Swim Instructor with WaveBreakers Swim School and is involved in teaching all levels of swimming including schools.

### Rhiann Collins



Rhiann moved to Upper Hutt in July 2009 from UK. She studied Finance and Business Studies at College followed by 10 years service in the British Army. She left the Army in 1999 to start a family and it was through teaching her own children to swim she became interested in training as a swimming instructor.

Rhiann is a fully qualified UK ASA Swim Instructor and holds the following :  
ASA Level 1 Certificate for Teaching Swimming (July 2006).  
ASA/UKCC Level 2 Certificate of Teaching Aquatics, this two week intensive course covered Health & Safety, Principles of Teaching, Sports Science, Swimming Technique and Training Preparation (April 2008).  
She has also attended Professional Development courses in teaching Water Polo, Diving and Synchronised swimming (March/April 2009).

Since first qualifying as an instructor she has regularly taught/coached at a number of Swim Schools/Swim Clubs in Cyprus, UK and NZ. She has been employed at H<sup>2</sup>O Xstream since her arrival in NZ and has been instructing in various areas of the WaveBreakers swim programme including School Age, Preschool, Adult Learners and Improvers, Water Safety and Squad Coaching. In her own time she has assisted Trentham School with their swim programme by providing a range of Learn to Swim and Water Safety lessons. Last year she also ran successful swimming extension programme for the senior school pupils. She is currently working to further develop her coaching skills under the guidance of the coaches at Breakers Upper Hutt Swim Club.

### Ian Blake



Ian has been instructing for 13 years at WaveBreakers Swim School. He is a fully qualified Swim Instructor having a great deal of expertise in Water Safety delivering both theory and practical.

Ian has been active in all levels of teaching swimming to young people. He has been involved with WaveBreakers Pre School, School age, Level 1 Squad as well as Primary and Intermediate Schools and Water Safety at all levels.