



1st May 2009

Dear Athletes / Parents,

We would like to welcome you to the CA Tritons.

Firstly, congratulations on graduating from the TAS learn to swim program to the CA Tritons Squad Training Program.

Our club has a proud history since its inception in 1995 and has always had its home base here at the Carey Sports Complex.

Throughout our 13 years of existence our club has gone from a program primarily servicing Carey Baptist Grammar School students to the wider communities of the Eastern suburbs of Melbourne and beyond attracting athletes from around the world.

In 2004 the club produced its first Olympian – Shayne Reese. Shayne originated from Ballarat and moved to the program at the age of 19. Since then Shayne has gone on to represent her country at 4 World Championships, a Commonwealth Games and qualified for her 2nd Olympics in 2008.

Since the year 2000 the club has celebrated the following achievements;

- 2001 & 2004 Victorian State Champions
- 2003, 2005-07 Australian National SC Champions
- Shayne Reese – Olympian 2004 & 2008, World Champion 2005, 2007, 2008 and Australian and Commonwealth record holder
- Leisel Jones – Olympian, World and Commonwealth record holder
- Danni Miatke – World Champion 2005 – 50m Butterfly
- Hannah MacDougall – 2008 Paralympian
- Grace Loh – 2008 World Junior Champion – 50m & 100m Backstroke
- Numerous Australian Age and Open champions
- Regular Top 10 (Aust) and Top 3 (Vic) rankings and records
- 2008 Beijing Olympians: Leisel Jones (2 Gold Medals & 1 Silver Medal), Shayne Reese (Bronze Medal), Ellie Gandy (Semi-Finalist 200m Fly) and Hannah MacDougal (Paralympian).

We understand that you and your child may have entered our program in the Junior levels of the sport and it is important that we try to educate you and your family on the finer intricacies of the sport of swimming.

We have a duty of care to provide you and your families with the necessary information to assist in the development and progression of your child and to allow you to make informed decisions along the way. As such we provide the following for your reference.

The club operates 12 club nights each year (4 in Winter & 8 in Summer). Club nights consist of individual and team events.

The club night competitions are held to benefit and fast-track the development of your child's racing skills whilst also providing a non-threatening and enjoyable experience for you and your family.

Further information regarding the club night competitions can be obtained by contacting David Plush at plush@acsi.com.au or via phone at 0419 384 383.

We have included our 2009-10 CA Tritons handbook for you to review at your leisure. Please ensure you retain this booklet as it provides a valuable reference point and includes information regarding;

- Extensive Club History
- TAS Aquatics program – squad servicing
- Club competitions
- Competitive swimming pathways
- Club Code of Conduct
- Club Consent Forms
- Swim meet information

NB: The Code of Conduct and Club Consent forms must be signed and returned to the club as quickly as possible.

Our Head Coach – Carl Wilson is available around the pool deck, via email carl@totalaquaticsolutions.com and by phoning 03) 9850-7574 (3pm – 7pm).

Our Club Secretary Lisa Derndorfer derndorfer@netspace.net.au is also available to assist with your enquiries and can be contacted on 0401 674 437.

We do hope that you enjoy your time with the club and encourage you to ask questions to gain any further knowledge.

Yours in swimming

CA Tritons Executive committee