



2017 NSW REGIONAL SPLASHOUT! AQUATIC CONFERENCE

SUNDAY 9 APRIL 2017

SAWTELL RSL CLUB
38-40 FIRST AVENUE,
SAWTELL NSW

ADDITIONAL OPPORTUNITIES!

CPR IN A BOX AVAILABLE

WETS AQUA INSTRUCTOR COURSE
THU 6 - SAT 8 APRIL 2017

**AUSTSWIM AQUATIC
SERVICE OFFICER (ASO) COURSE**
SAT 8 APRIL 2017

REGISTRATIONS CLOSE WED 5 APRIL 2017
EARLY BIRD DISCOUNTS APPLY!

AUSTSWIM SOAK IT UP! 17

2017 NSW REGIONAL
SPALSHOUT!
AQUATIC CONFERENCE

REGISTER
ONLINE
TODAY!
AUSTSWIM.COM.AU



This symbol indicates that some or all of this session incorporates a water component. Please bring appropriate swimming gear for these sessions.

Speaker profiles can be viewed at:
www.ivvy.com/event/NSWR17/speaker

CONFERENCE PACKAGE

THE PACKAGE OFFERS ONE CHOSEN SESSION FROM EACH TIME SLOT ON SUNDAY 9 APRIL 2017.

VALUE ADDED EXTRAS INCLUDE

- Online access to all conference session notes
- AUSTSWIM Conference Pack
- Morning tea, lunch and afternoon tea
- Certificate of Attendance
- 10 professional development hours towards AUSTSWIM Licence renewal

PACKAGE COST \$145 PER PERSON, INC GST

FEES AND CHARGES

BOOK EARLY TO TAKE ADVANTAGE OF GREAT SAVINGS.

EARLY BIRD FEE \$130

Payment must be received prior to Fri 24 Feb 2017

STANDARD FEE \$145

Payment received from Sat 25 Feb to Fri 24 Mar 2017

RUSH FEE \$160

Payment received after Fri 24 Mar 2017

All AUSTSWIM Recognised Swim Centres receive great reward vouchers. Redeem now – refer to the enrolment form for details.

SUNDAY 9 APRIL 2017

DELEGATE REGISTRATION

8:00AM – 8:40AM

OPENING ADDRESS – AUSTSWIM REPRESENTATIVE

8:40AM – 9:00AM

SESSION 1

9:00AM – 10:00AM

SUCCESSFULLY TEACHING AN INCLUSIVE PROGRAM

ROB & JENNY SCHOUTEN

Rob and Jenny have a unique and successful approach to working with students with challenging behaviours, special needs & particularly with Autism Spectrum Disorders.

Their knowledge is vast and this session will not only be informative and practical, but it will also be refreshing, inspirational and at times, very entertaining! Rob and Jenny's passion for enabling all children to have opportunities for pathways to education and life experiences will ignite your enthusiasm for teaching in this area of swimming and water safety.

MORNING TEA

10:00AM – 10:30AM

SESSION 2

10:30AM – 11:30AM

SOCIAL MEDIA MARKETING FOR REGIONAL SWIM CENTRES

DI GRAY

In the busy business of running a swim centre, owners and managers can feel like they are forever chasing their tails to keep their swim centre as full as possible. Social media and marketing is so often a low priority. It's one of those things you know you should do but...Yet, it is essential for all businesses, and even more vital if a swim centre has winter closure periods.

In this session Di will share some simple social media strategies swim centre owners and managers can implement in less than 15 minutes a day that will increase their authority and presence in their communities, leading to consistent and sustainable growth for long term viability.

So, if it is important to you to have more people learning about water safety and swimming, this session is a must!

HIGH ENERGY AQUA INTERVALS

CHRISTINE NAYSMITH



Challenge your swimmers, groups and teams to improve their cardio fitness and power with aquatic interval training! The H2O properties of resistance, buoyancy and turbulence are a perfect setting for all groups to experience the ultimate in a HIIT group training session.

Join Christine in the pool for a session that includes cardio, strength, power, agility and even some healthy competition! Leave with drills, skills and thrills to raise heart rates, fitness levels and calorie expenditure. Action packed for you to take home a variety of combinations that hit the spot!

SESSION 3

11:45AM – 12:45PM

BOOSTING CULTURE & CLIMATE
AMY FORAN

“Coming together is a beginning. Keeping together is progress. Working together is success.”-Henry Ford

We all have those cold mornings where getting in the pool is hard and just thinking about a 4 hour shift in the water is enough to send your mind into a cycle of stress. How as managers, coordinators and supervisors do you develop a positive staff culture and climate? How do you create a workplace that is built on teamwork and a place employees want to work? How does this workplace culture and climate reflect onto customers and clients, and how do you ensure these customers reap the benefits? Amy will take you through strategies to help you keep culture and climate positive and thriving so that employee and client relationships reach an all-time high.

TOP TIPS FOR BREASTSTROKE & BUTTERFLY TECHNIQUE
JULIE THOMAS



Teaching breaststroke and butterfly is rewarding when it all comes together. However, it's a long road to get there. Be honest with yourself; when was the last time you concentrated on good body position, quality streamlining and effective sculling drills when developing your students breaststroke and butterfly?

These skills must be performed and faults continually corrected for efficient stroke development and progression in these intricate strokes. Jump in the pool with Julie and learn her top tips for getting breaststroke and butterfly flowing and keep your students progressing.

LUNCH

12:45PM – 1:30PM

SESSION 4

1:30PM – 2:30PM

SPLASH & PLAY EARLY INTERVENTION PROGRAM
SUE MARTYN & ANNETTE RYAN

Early Connections was first established in 1983. It is a not-for-profit community based organisation which delivers Early Childhood Intervention, Early Childhood Education and Therapy Supports to children with a diagnosed disability or a developmental delay, and their families. Two aquatic programs are run:

Splash & Play - a therapeutic water play program, which focuses on water familiarisation and early swim skills, and is run by a Physiotherapist and Educator.

Splash Camp - aims to develop children's skills to be part of a small group and cope with a new 'watery' environment. A variety of strategies are used to assist children with additional needs, especially students with Autism Spectrum Disorder, to transition to regular swimming lessons.

Come and learn from this inspiring team about how young children with a disability, including children with cerebral palsy, chromosomal syndromes and multiple disabilities benefit from being in the water.

INNOVATIVE WATER FAMILIARISATION
REBECCA GUMM



As AUSTSWIM Teachers of Swimming and Water Safety, we are patient, empathetic and understanding of beginners in swimming and water safety lessons. It's hard sometimes to find that fine line that exists between getting a beginner to progress without scaring them.

Essential water familiarisation skills combined with safety and survival techniques will develop as a beginner progresses at a pace they are comfortable with. If you are looking for new ideas to introduce students to the water which is fun, interactive, skill based and will have them progressing in no time, then this session is for you! Grab your cozzies and come and enjoy Rebecca's enthusiasm for water familiarisation. Leave this session with new ideas to take home and share with your colleagues.

SESSION 5

2:45PM – 3:45PM

SPEAK UP...AND DO IT CORRECTLY
SUSAN LLOYD

Speaking is a physical task that requires coordination of breathing with the use of several muscle groups. There are efficient and inefficient ways of using your voice. Excessively loud, prolonged, and/or inefficient voice use can lead to vocal difficulties. Excessive tension in the neck and laryngeal muscles, along with poor breathing technique during speech leads to vocal fatigue, increased vocal effort, and hoarseness. In our industry vocal problems are constantly arriving to make our work difficult. Susan's experience as a vocal coach is extensive, this session is a must to protect your precious voice which is very much connected to our livelihood.

BRING BACK YOUR PASSION FOR FREESTYLE & BACKSTROKE
REBECCA YAGER



Have you been teaching freestyle and backstroke for years and haven't changed the way you do it? Be challenged and try something new! Join Rebecca in the pool and experience innovative ways to bring your passion back for freestyle and backstroke.

Why wait until junior squads to teach your students early skills for starts and turns? Learn how to incorporate these skills and make a splash in your freestyle and backstroke classes.

AFTERNOON TEA

3:45PM – 4:15PM

SESSION 6

4:15PM – 5:15PM

SWIM & SURVIVE – A SNAPSHOT OF INTERNATIONAL & NATIONAL PROGRAMS
JASON PHILLIPS

Does your swim centre program have all the required safety components it should? Join Jason as he enlightens us on the best way to:

- Use Best Practice Models for establishing a Swim and Survive program
- Overcoming hurdles in regional and remote communities
- Maintain due diligence with our programs
- Utilise Swim and Survive to reduce drowning deaths in high risk populations.

SAFE & EFFECTIVE TEACHING...HOW TO GET IT RIGHT
ROBYN LARKHAM

Have you ever thought to yourself at the finish of a lesson, "That lesson did not go well"? Many Teachers go down this road but then never follow through with why. Do you review your lesson and work out why the lesson didn't achieve the goals you had set for it? Was it the lesson plan? Communication issues? Class control? Class dynamics? Formational problems or external issues you were not in control of? Join Robyn and learn some strategies to plan and control your classes to achieve the outcomes you have planned for.

CLOSING ADDRESS

5:15PM – 5:30PM

ADDITIONAL CONFERENCE OPPORTUNITIES

WETS AQUA INSTRUCTOR COURSE

VENUE: Coffs Harbour War Memorial Olympic Pool
 DATE: Thursday 6 – Saturday 8 April 2017
 COST: \$479.20 (if booked in conjunction with the conference)
 If not attending the conference, the following fee structure applies:
 \$569 – Early Bird (first 8 enrolments)
 \$599 – Standard Fee
 \$629 – Rush (enrolments after 30 March 2017)

CPR UPDATE

CPR in a Box - Candidates will this year be given an opportunity to purchase CPR in a Box up to 1 week prior to attending the conference and they will then be able to attend a workshop (which takes about 15 min) to assess their skills at the conference.

Candidates who already have a CPR in a Box may also choose to complete an update.

AUSTSWIM AQUATIC SERVICE OFFICER COURSE

VENUE: SAWTELL RSL Club
 DATE: Saturday 8 April 2017
 TIME: 8:30AM-2.30PM
 COST: \$169 (special conference price if booked in conjunction with the conference)
 \$199 (if not attending the conference)

**REGISTRATION 2017 NSW REGIONAL
SPLASHOUT! AQUATIC CONFERENCE
SUNDAY 9 APRIL 2017**

ENROL ONLINE TODAY! AUSTSWIM.COM.AU

PLEASE COMPLETE ALL SECTIONS OF THIS FORM AND POST WITH PAYMENT TO AUSTSWIM – NSW BUSINESS CENTRE, PO BOX 6241 BAULKHAM HILLS BC NSW 2153 OR EMAIL NSW@AUSTSWIM.COM.AU OR FAX (02) 8078 4254. PLEASE NOTE \$3.00 ADMINISTRATION FEE APPLIES TO ALL REGISTRATIONS NOT COMPLETED ONLINE VIA AUSTSWIM.COM.AU (AUSTSWIM SWIM CENTRE DISCOUNT REGISTRATIONS ARE EXEMPT FROM THIS FEE). FOR ENQUIRIES PLEASE CALL 1300 885 666 OR +61 2 9894 2077
REGISTRATIONS CLOSE WEDNESDAY 5 APRIL 2017.

First Name _____ Surname _____
 Address _____ State _____ Postcode _____
 Home Ph _____ Work Ph _____ Mobile _____
 Email _____ AUSTSWIM No. _____
 Special Dietary Requirements? Yes No (Please Specify) _____
 Medical Conditions? Yes No (Please Specify) _____
 Emergency Contact _____ Phone _____
 Organisation/Employer _____

SESSION PREFERENCES Please view all session descriptions in this brochure and select a first and second preference for each timeslot listed below. Maximum numbers have been set for each session, so if your first preference is full, you will automatically be placed in your second preference. Register early to avoid disappointment. AUSTSWIM advises that the program can be subject to change without notice.

SESSION TWO: 10:30AM – 11:30AM	ORDER	SESSION THREE: 11:45AM – 12:45PM	ORDER	SESSION FOUR: 1:30PM – 2:30PM	ORDER
Social Media Marketing for Regional Swim Centres		Boosting Culture & Climate		Splash & Play Early Intervention Program	
High Energy Aqua Intervals		Top Tips for Breaststroke & Butterfly Technique		Innovative Water Familiarisation	
SESSION FIVE: 2:45PM – 3:45PM	ORDER	SESSION SIX: 4:15PM – 5:15PM	ORDER		
Speak Up...and Do It Correctly		Swim & Survive – A Snapshot of International & National Programs			
Bring Back Your Passion For Freestyle & Backstroke		Safe & Effective Teaching...How To Get It Right			

PACKAGE SELECTION (PRICES INC. GST)	PRICE	TICK
Administration Fee Note: no fee for online registrations completed via www.austswim.com.au	\$3.00	
Conference Registration – Early Bird – Payment received prior to 24 February 2017	\$130.00	
Conference Registration – Standard Registrations – Payment received from 25 February 2017 to 24 March 2017	\$145.00	
Conference Registration – Rush Fee – Payment received after Friday 24 March 2017	\$160.00	
Conference Registration – AUSTSWIM Recognised Swim Centres Note: No further discounts apply and no administration fee is charged. AUSTSWIM 'State Conference' discount voucher must be attached to this registration form to receive eligible discount		
1 staff member from a GOLD AUSTSWIM Recognised Swim Centre – Complimentary	FREE	
1 staff member from a SILVER AUSTSWIM Recognised Swim Centre – 50% off	\$72.50	
1 staff member from a BRONZE AUSTSWIM Recognised Swim Centre – 25% off	\$108.75	
CPR in a Box (must order by 29 March 2017)	\$49.90 + \$9.90 P&H	
CPR in a Box Update (must have own CPR in a Box)	\$25.00	
Thursday 6, Friday 7 & Saturday 8 April 2017 – WETS Aqua Instructor Course		
WETS Aqua Instructor Course – If booked in conjunction with the conference	\$479.20	
If not attending the conference, the following fee structure applies:		
Early Bird (first 8 enrolments)	\$569.00	
Standard Fee	\$599.00	
Rush (enrolments made after 30 March 2017)	\$629.00	
Saturday 8 April 2017 – AUSTSWIM Aquatic Service Officer Course		
AUSTSWIM Aquatic Service Officer Course – If booked in conjunction with the conference	\$169.00	
AUSTSWIM Aquatic Service Officer Course – If not attending the conference	\$199.00	
Total Payable		

PAYMENT DETAILS (PLEASE PRINT)

BY CHEQUE – Enclosed is a cheque for the amount of AUD \$ _____
 Made payable to AUSTSWIM Ltd (ABN 72 515 751 227) _____
 BY PURCHASE ORDER* – Enclosed is an approved purchase order _____
 For the amount of AUD \$ _____
 BY CREDIT CARD – Please debit my VISA or MasterCard
 For the amount of AUD \$ _____
 Cardholder's Name: _____
 Card Number: _____ Expiry: _____ CCV: _____
 Signed: _____ Date: _____

TERMS & CONDITIONS Due to accounting and administration costs, the following policy will be strictly adhered to: Applications for refund and session transfer must be given in writing and received at the AUSTSWIM – NSW Business Centre no later than Monday 3 April 2017. Delegates who do not attend will be provided a refund if a medical certificate is provided. AUSTSWIM – NSW Business Centre must be provided with a medical certificate in writing prior to Monday 17 April 2017. All refunds will incur a 25% administration charge. The registration is non-transferable and may not be transferred to other AUSTSWIM products or services. All registrations will receive a confirmation letter and tax invoice within seven days of receipt.

I DECLARE THAT THE INFORMATION INCLUDED IN THIS REGISTRATION FORM IS TRUE AND CORRECT AND I ACKNOWLEDGE OR AM AWARE AND ACCEPT: The terms and conditions of this registration outlined by AUSTSWIM at www.austswim.com.au. That photographs and electronic images may be taken of me by AUSTSWIM during my attendance and participation at the Conference. Such photographs and electronic images are owned by AUSTSWIM and may be used by AUSTSWIM for promotional or other purposes without consent being obtained. I must advise AUSTSWIM in writing by Monday 3 April 2017 if I do not consent to the photographs and electronic images being used for such purposes. Conference sessions cannot be videoed or recorded.

Signed: _____ Date: _____

* Option available for businesses only



Phone 02 9894 2077 or 1300 885 666
nsw@austswim.com.au austswim.com.au

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