MARIST COLLEGE ASHGROVE
SWIMMING PROGRAMME

INFORMATION HANDBOOK
SEASON 2015-2016
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MARIST COLLEGE ASHGROVE SWIMMING PROGRAMME 2015/2016

Dear Parents & Young Men of Marist College,

Welcome to the 2015-2016 Swimming Season. The Swimming programme encourages participants to train and compete with pride and to prominently display Marist spirit emphasising St Marcellin’s values, especially:

- the inherent reward of hard work,
- humility and
- the support found in community.

The Marist College Ashgrove Swimming programme aims to give young men of a wide range of ability levels, the opportunity to enjoy the challenge and rewards of swimming training and competition.

Swimming at Marist College is a sport that fosters mateship, commitment, courage and determination. Our young men develop their swimming potential and their health, as well as their sense of community and leadership, by making a commitment to be the best that they can be.

Swimming at Marist College is a “Team Sport” and students who make the commitment realise that their actions and effort benefit the whole team. The boys have over many years set high expectations for themselves, and both staff and students of the swimming programme strive to maintain these standards.

To the Boys: Competing well at carnivals requires you to:

- have a go;
- compete within the rules and display good sportsmanship;
- attend training and work hard to build your skills and fitness;
- prepare for carnivals by eating well and looking after injuries;
- persevere for the 50m of the pool, the 90 minutes of the set and the 20 weeks of the programme;
- encourage and support the training of others;
- communicate well with coaches and ask questions;
- enjoy meeting challenges with your friends; and
- have fun!

To Parents: Please support your son’s swimming by:

- helping him with his preparation and supporting him;
- encouraging him to share goals and acknowledging successes proudly;
- modelling mature and respectful sportsmanlike behaviour;
- supporting our coaches and appreciating their time and effort.

We look forward to seeing a team of fine young men doing their best this year. We hope to see you at carnivals and training throughout the season.

Mr David Miles
Head of Sport
Marist College Ashgrove
MARIST COLLEGE ASHGROVE (MCA) SWIMMING

Swimming Programme Objectives
The Marist College Swimming programme supports young men committed to their own development, imbued with determination, competitive spirit and pride, coupled with humility. Our young men are encouraged to demonstrate the core values of the College by having the courage to choose what is right and work toward being the best that they can be in all endeavours.

Swimming Programme characteristics
MCA Swimming caters to a wide range of swimming abilities, however it is not a learn to swim programme.

MCA Swimming provides an opportunity for students who wish to be competitive at the highest levels, as well as swimmers who can meet a base level of ability to train. Any eligible student who wants to develop their health, fitness and technique are encouraged to train as part of the team Foundation Development Squad even though they may not be competitive swimmers.

MCA, through Marist Ashgrove Swimming (Inc) also provides an opportunity to extend the swimmers who have developed to a competitive level and wants to compete in Club, Championship and titles events.

All swimmers will receive structured and individual attention to encourage and support their development from the coaches or from assistant coaches under the supervision of the Coaching staff.

Swimmers are required to maintain their commitment to their own development.

Marist College Swimmers aim to:

- develop team spirit and respect for themselves, the coaches, and the efforts of all participating athletes, regardless of ability.
- enjoy the challenge of participating in a demanding sport with their fellow students and friends.
- gain/maintain healthy levels of aerobic fitness and support systemic development of aerobic capacity, power and endurance.
- improve their personal best swimming times at every meet
- achieve the highest possible result at AIC championship by swimming their personal best for themselves and the team.

The technical focus of MCA Swimming for AIC are below and remain the foundation skills that have proved so successful for many years.

Mr Ben Geard
Head Swimming Coach
Marist College Ashgrove
**Technique Consolidation** *(graded according to ability level and age group)*

While learning and developing, Marist College swimmers focus on:

- stable Body Position; Propulsion; Coordination; Balance and Effective Ventilation;
- developing improved fluency and speed in all strokes;
- adapting to a general increase in distance as the swimmer progresses through the squads;
- learning the fundamentals of race strategy;
- developing consistency in attendance and application to set tasks;
- improving ability to swim fast and sustain speed;
- exercises which develop a sense of pace; and
- improving technique in all strokes.

**Race Skill Development**

The following topics will form an integral part of all practices throughout the season:

- streamlining;
- tumble turns for freestyle and backstroke;
- breaststroke and butterfly turns;
- breaststroke split stroke;
- starts (dives, entry, underwater phase and breakout);
- finishes; and
- stroke rates, stroke counts and breathing patterns.
## Marist Ashgrove Swimming Calendar 2015-2016

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<th>Event</th>
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<td><strong>Tuesday 06 October 2015</strong></td>
<td>Term 4 and Swimming Training begins</td>
<td>MCA Aquatic Centre</td>
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<td><strong>Wednesday 21 October 15</strong></td>
<td>Opening of the new Pool – First team training in the new pool.</td>
<td>MCA Aquatic Centre</td>
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<td><strong>Friday 6 November 2015</strong></td>
<td>Music Event (No Swimming Training)</td>
<td>MCA Aquatic Centre</td>
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<td><strong>Friday 20 December 2014</strong></td>
<td>Christmas Holiday Training Break</td>
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<td><strong>Monday 4 January 2015</strong></td>
<td>Swimming Training recommences for 2015</td>
<td>MCA Aquatic Centre</td>
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<td><strong>Thursday 14 &amp; Friday 15 January 2016</strong></td>
<td>Junior Swim Camp (Year 5, 6 ) – Year 12 Swimmers required for this event.</td>
<td>Marist College Ashgrove</td>
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<td><strong>Friday 22 – Sunday 24 January 2016</strong></td>
<td>Senior Swim Camp (Year 7, 8, 9, 10, 11 &amp; 12)</td>
<td>Alexandra Park Conference Centre (depart MCA Bus Stop @ 9am)</td>
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<td><strong>Friday 29 January 2016</strong></td>
<td>Friday Night Swim Meet #1</td>
<td>Langlands Park Pool (5 Panitya St, Stones Corner).  <strong>Host: Villanova College</strong></td>
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<td><strong>Friday 5 February 2016</strong></td>
<td>Friday Night Swim Meet #2</td>
<td>SPLC Aquatic Centre – 50m Pool (Lohe St, Indooroopilly).  <strong>Host: St Peter’s Lutheran College</strong></td>
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<td><strong>Friday 12 February 2016</strong></td>
<td>Friday Night Swim Meet #3</td>
<td>MCA Aquatic Centre (Glenlyon Dr, Ashgrove).  <strong>Host: Marist College Ashgrove</strong></td>
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<td><strong>Friday 19 February 2016</strong></td>
<td>MCA Age Swimming Championships</td>
<td>MCA Aquatic Centre</td>
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<td><strong>Friday 26 February 2016</strong></td>
<td>Swimming Presentation Evening</td>
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<td><strong>Saturday 27 February 2016</strong></td>
<td>Year 12 Swimming Dinner</td>
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<td><strong>Sunday 28 February or 06 March 2016</strong></td>
<td>Team Training Session</td>
<td>Chandler Aquatic Centre (depart MCA Bus Stop @ 9am)</td>
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<td><strong>Wednesday 3 March 2016</strong></td>
<td>AIC Swimming Championships (Years 5 – 12)</td>
<td>Chandler Aquatic Centre (meet at MCA Aquatic Centre @ 5:45am)</td>
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*Calendar is correct at time of printing. Please check College Swimming Website for any updates closer to each event*
Eligibility for AIC Swimming Selection

The College Swimming Team in 2004 made a commitment to a set number of trainings to be eligible for team selection. The College has endeavored to maintain this culture of commitment and personal responsibility by selecting the team from eligible swimmers only with very few exceptions since that year.

For Marist College Ashgrove Swimmers to be eligible for AIC swimming selection the minimum number of training sessions:

- for students newly enrolled in Term 1 of the current season is 25; and
- for students continuing enrolment from Term four of the previous calendar year is 60.

The only exception to this standard is a circumstance where there is no eligible swimmer available for an event in an age group, and no competitive eligible swimmer from one year younger who could be selected without detriment to their age groups success or the overall success of the team.

In addition to the minimum number of training sessions; to be eligible for AIC selection, Marist College swimmers must:

- be a currently enrolled student at Marist College;
- co-sign with their parents, and submit the players agreement acknowledging the selection, eligibility conditions and swimming training commitment¹;
- co-operate with staff and coaches whilst participating actively at training sessions, swimming events or camps without disruption to other swimmers or team objectives;
- swim with the Marist College team for a minimum of two sessions each week for Term 1 of the current AIC season (this applies mainly to swimmers training with other coaches but also highlights the need for continuity of attendance for all swimmers);
- attend ALL Friday Night Carnivals during Term 1 of the relevant AIC season;
- attend compulsory team meetings, and
- compete (or be eligible to compete) in the College Swimming Championship time trial event².

A swimmer who does not meet the above criteria will not be eligible for selection, regardless of their swimming ability.
Team Enrolment
Students will be included on the team roll for training at their first training session. Team enrolment includes submitting the signed commitment to these conditions to the College Head Swim Coach. Forms must be submitted:

- by Friday week 4, Term 4 for continuing students.
- by Friday week 2 TERM 1 for newly enrolled students.
Player Agreement - Swimming

The College has a long and proud tradition of sporting success built largely on the pride, spirit and good sportsmanship displayed by past students. The manner in which both individuals and teams train and compete is essential to fostering an environment of enjoyment and success, irrespective of winning or losing.

This agreement acknowledges that __________________________________________

(name of student)

My son and I are aware that membership of the swimming team, eligibility to participate in College Swimming Championship events and eligibility for AIC swimming team selection requires:

1. **A commitment to:**
   a. 25 training sessions in Term 1 of my first year of College enrolment, or
   b. 60 training sessions over Term 4, December-January and Term 1, as a continuing student.

2. **Arrival at training on time** in accordance with the published schedule.

3. **Following the directions of the College Swimming programme staff** with respect to enforcing safe, cooperative student conduct as well as supporting the development of all students as directed by the head coach.

4. **Availability** for all Friday night carnivals throughout Term 1 of AIC season, (exceptions such as injury/illness to be negotiated with the Head Coach prior to the event).

5. **Abiding by the Code of Conduct for Sport** as published in the College Diary.

6. **Respecting your opponents, coaches, officials, spectators and the rules of the sport** through good sportsmanship and humility as well as respect for College facilities and equipment.

7. **Abiding by relevant College policies and procedures** that exist for all other aspects of College life (i.e. Safe School Policy, harassment and bullying policy).

8. **Wearing correct and specified uniform** and College playing attire.

9. **Maintaining appropriate language** in all activities associated with the programme.

10. **Respecting teammates.** Any behaviour that detracts from a fellow squad swimmer’s safety, enjoyment, participation or pursuit of excellence in the Swimming programme will not be tolerated.

11. **Accepting selection and eligibility for selection decisions** for the AIC swimming team and College Championship events, which follow the published criteria and is applied under the direction of the appointed coaches.

**Personal Details:**

Signed: ____________________________ (Student) Date: ______________

Signed: ____________________________ (Parent/Guardian) Date: ___________
# Training Schedule

## JUNIOR SQUAD (Yr 5-6)

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## FOUNDATION DEVELOPMENT AND CONDITIONING SQUAD (Yr 7-12 developing swimmers)

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## INTERMEDIATE SQUAD (Yr 7-9)

### SENIOR SQUAD (Yr 10-12) and Junior Swimmers aiming for representative competition

Club and Rep swimming; Zone, State and National Preparation (Offered for all age groups)

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| Pool Int finish | 4:00 | 4:00 | 4:00 | 4:00 | 4:00 | X |

**Extended Set**

Club Swimmers with Senior AIC Group option to continue


**Club Team Girls**

- 3:30-4:30 Weights before swim

- 3:30-4:30 Weights before swim
The swimming programme has been structured into squads.

Swimmers will be briefed on the set and directed to get into the water once pool deck stretch and land warm up is completed

Swimming is training in a squad format and is **not a learn-to-swim environment**.

- **The base level for Junior swimmers year 5 and 6 is to be able to swim comfortably 2x50m with a short break at each 50.**
- **Students Yr 7-12 who can swim 100m continuous but are not ready for squad training have the opportunity to develop their skill and fitness in the foundation development squad.**

  **Students who are unsure about their level of swimming, but keen to participate are encouraged to talk to the Head Coach or Coordinator.**

**EXTERNAL REP ZONE, STATE AND NATIONAL PREPARATION SQUAD (All age groups)**

Swimmers preparing for external competition will have individual programmes that will facilitate their specific development needs integrated with their continued participation in leading within the team schedule.

**Training Schedule Change Notification**

Sessions and training times may change throughout the season, in particular for storms or other weather events - please check the website and twitter for regular updates.

**There is NO TRAINING on the following days:**

- Any day that has a scheduled swimming carnival (College inter-house competition).
- **Public Holidays – Labour Day (5 October) and Australia Day (26 January)**
- **Christmas Holiday Break – Saturday 19 December to Sunday 3 January**

*In some circumstances, swimming may need to be cancelled at short notice (due to bad weather, etc.). Please regularly check the College Swimming website and Twitter.*

**Training Equipment - What to Bring**

While the College has some training equipment available, swimmers are encouraged to purchase their own swimming equipment bag to use during sessions. This training kit should include:

- Water Bottle (**ESSENTIAL – no training without a water bottle**)
- Swim training Goggles (**ESSENTIAL - no training in the pool without goggles to protect your eyes**)
- For school swimmers the pool will have a supply of Fins, Pull Buoy and kickboards.

Swimmers aspiring to club and championship swimming should have:

- DMC Fins
- Personal kickboard
- Swim Paddles
- Pull Band
- Snorkel

If you would like further information or advice on training equipment, please don’t hesitate to approach one of the Marist Swimming staff.
The Official Training Record and Log Books

The College will maintain accurate rolls at all trainings as the official record of training attendance. Swimmers involved in the Marist College programme are encouraged to keep their own log of training attendance for their own goal setting.

Swimmers training with other programmes must maintain an accurate log of trainings and have their coach sign to confirm their eligibility for Marist AIC selection.

Training in Another Programme:

Any swimmer who trains with another coach is required to:

- submit their coach’s details to the College Head Swim Coach with their signed College Player’s Agreement and College Swimming Commitment Forms by the Team registration date in Term 4 for continuing students or Term 1 for new students.
- participate in compulsory team based sessions and in the compulsory number of College time trial and Friday night carnivals as outlined below.
- supply a training log signed by their coach to the College Head Swim Coach before selection of the AIC Swim Team.

College Carnivals are compulsory to be eligible AIC selection and take precedence over club fixtures.
MARIST ASHGROVE TRAINING LOG 2015/2016

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Swimmer Selection for AIC Events

Only eligible swimmers will be considered.

Selection of the swimmer who is best for the team’s overall result for each event and each relay in the AIC schedule are made using the following criteria:

- **The Team comes first.** All swimmers are selected to provide the best chance for the best team result.

- **Times swum throughout the season:** This will include only times swum at College Championships and Friday Night Carnivals. Submitted times will not be accepted. The selector looks for improvements in personal best times throughout the season as well as consistency in times.

- **Training Performance:** The selector looks for consistent attendance throughout the season as well as a strong input into the development of the team. Completion of all aspects of sessions attended with full effort and concentration is required.

- **Fitness:** The selector looks for a preparation that is sickness and injury free. These factors can inhibit the best possible performance even if a swimmer has the fastest time and the best training record.

- **AIC Event Timing:** The selector will also consider the fitness of the swimmer, the length of swims, the expected difficulty of the swim and whether a replacement may be more worthwhile for the team.

  Note that there is limited rest between events and possibly no warm down pool available. Therefore a swimmer close to your time may be considered a better option for the team.

- **The number of events being swum:** A competitor may have to be omitted for a swim to allow them to compete in another race where they are better able to fill a gap in the team.

- **Number of eligible swimmers.** A swimmer may swim up an age division if they are able to better support the team in that age group than in their age group. Note: all races are then swum in the higher age group and division by that swimmer.

- **Team Attitude:** The selector looks for a swimmer who displays the utmost respect for all who are involved in the swim team. This includes encouraging all swimmers, helping coordinate movements, being highly involved in the training practices and setting a good example for all swimmers to emulate.
## AIC SWIMMING CHAMPIONSHIPS PREPARATION – 2016
### FEBRUARY/MARCH 2016

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>21 FEB</td>
<td>No Gym Training from today</td>
<td>22 FEB</td>
<td>Normal Training AM &amp; PM</td>
<td>23 FEB</td>
<td>No Training AM, Normal Training PM</td>
<td>24 FEB</td>
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</table>

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 FEB</td>
<td>COMPULSORY Training Session for ALL AIC Swimmers – Chandler Aquatic Centre (Bus departs at 9:00am)</td>
<td>29 FEB</td>
<td>Normal Training AM, COMPULSORY training PM</td>
<td>1 MAR</td>
</tr>
</tbody>
</table>
AIC SWIMMING CHAMPIONSHIPS DAY

The following is a guide for you to follow.
**Remember to arrive at the Pool at 5:45am and no later.**
*(have breakfast before you come)*

**Arrive at the pool wearing:**
- Swim Team Shorts
- AIC Swim Team Shirt
- College Jumper
- **Socks and Shoes**

**Ensure you have:**
- a water bottle
- light snacks
- lunch
- towel
- thongs
- any medication you require

**Timings for the day**
- **5:45am** Meet at Swimming Pool & Warm up stretches
- **6:00am** Warm up Swim & Final team talk
- **6:45am** Finish Warm up Swim and leave to go to the bus
- **7:00am** Leave on the bus for Chandler Aquatic Centre
- **8:00am** Arrive at Chandler and begin final warm up for individual swimmers
- **8:20am** Pool Opens and Warm up begins
- **8:50am** Warm up finishes
- **9:00am** AIC Competition begins
- **2:00pm** AIC Presentation
JUNIOR SQUAD SWIMMING CAMP 2016  
(Years 5 & 6 14-15 JAN 2016)

A team camp is organized at Marist College Ashgrove for swimmers in Years 5 & 6 each year. The camp will be held on Thursday 14th January and Friday 15th January 2015.

The exact cost of the Camp will be provided with information about the camp during Term four. The cost includes any bus travel, accommodation, meals and group activities.

To register you must collect the form from the pool office or download one and submit it by the due date with payment.

Once payment is made, a refund may not be possible except in extenuating circumstances. Payment cannot be refunded after the funds have been transferred to service providers.

Please Note:
Further information will be provided for swimmers and parents regarding the camp in early Term 4, 2015.

INTERMEDIATE/SENIOR SQUAD SWIMMING CAMP 2016  
(Years 7 – 12; 22-24 JAN 2016)

Marist Swimming organise a camp for swimming team boys, years 7-12 each year The camp will be held on Friday 22 January to Sunday 24 January, 2016 in vicinity of Alexandra Heads.

The exact cost of the Camp will be provided as well as information about the camp during Term Four.

The cost includes bus travel, accommodation, specified meals and group activities. To register, you must collect the form from the pool office or download it and submit it by the due date with payment. Once payment is made the camp will be booked and paid for, preventing a refund except in extenuating circumstances.

Pick up & drop off times.

- Friday 22 January 2015
  - 8:00am Meet at Cyprian Pavilion & Registration
    (have breakfast before you come)
  - 9:00am Leave College for Alexandra Park Conference Centre

- Sunday 24 January 2015
  - 3:00pm Arrive at College from Alexandra Park Conference Centre

Please Note: Further information will be provided for swimmers and parents regarding the camp in early Term 4, 2015.
Marist College Swimming Age Championships By – Laws

Clause 1: Timing of Championships
The College shall conduct its championships in the month of February, on a date decided by the Head of Sport (Years 7-12) and Head of Sport (Years 5-6) of the College.

Clause 2: Divisions
Divisions provided for shall be:
- Open;
- 16 years and under;
- 15 years and under;
- 14 years and under;
- 13 years and under;
- 12 years and under;
- 11 years and under;
- 10 years and under

Clause 3: Competitor Restrictions
A competitor may compete in his own age group only.

Clause 4: Dead Heats and Records
In the event of a dead heat, competitors shall divide the points.

No record will be credited with the use of hand held timing systems.

Clause 5: Officials
The College shall control the Championships, and will provide as many officials as are deemed desirable. The College will provide staff for the following positions.
- Referee
- Starter
- Marshall
- Finish Judges x 3
- Recorder
The College may ask parents or supporters to make themselves available to assist as timekeeping officials. Electronic Timing Systems will be used where available.

Clause 6: Places and Points
In all events, competitors, unless disqualified, shall be allotted points and the competitor with the highest accumulated points score at the completion of the Championships shall be deemed the Age Champion.

Individual “A” division events:
Points = 9, 7, 6, 5, 4, 3, 2, 1.

No less than 3 college judges will judge all competitors’ positions. No positions will be determined by the competitors’ recorded time. The judges’ decision is final.
Clause 7: Selection and Lane Draw

A competitor will be eligible to be selected to compete in an event if he has recorded a time in that event in the previous school Friday night time trials of that calendar year.

Championship Races will be seeded based on times that have been swum in the previous school Friday night time trials.

From the fastest time to slowest time the lane draw will be as follows:

Lane 4, 5, 3, 6, 2, 7, 1, 8.

Submitted times will not be accepted.

Clause 8: Order and Timing of Events

The order of age groups shall be as follows:

- 10 years and under,
- 11 years and under,
- 12 years and under,
- 13 years and under,
- 14 years and under,
- 15 years and under,
- 16 years and under,
- Open.

The order and timing of events shall be as follows:

- 50m Breaststroke  4:00pm
- 50m Backstroke    4:30pm
- 50m Butterfly     5:00pm
- 50m Freestyle     5:30pm
Nomination for Metropolitan North Swimming Trials

Only students working towards eligibility for AIC selection will be nominated for MET North swimming Trials by MCA Swimming.

This requires swimmers wishing to be nominated for Met North to attend Friday night time trial carnivals and the college championship event. The Friday night time trial events in Term One will be used to identify qualifying times and the level of competitive swimming proficiency appropriate to be nominated for Metropolitan North Swimming Championship events. Metropolitan North has restricted the number of entries that each school is permitted to provide, and eligible swimmers with the fastest times recorded will be considered first.

In making the decision to nominate to trial for selection in the Metropolitan North Swimming team, parents and swimmers must consider:

1. Family and College commitments including other sporting commitments, study and availability for Regional and State Championships if selected.
2. The ability to meet all costs associated with trials and selections – team, trial and where applicable, transport fees.
3. Transport to and from trials will be the responsibility of the student attending unless the College has arranged for transport for numerous students or boarders.
4. All necessary forms are to be completed and presented on the day of the trial.
5. It is the responsibility of the student to forward the nomination to the Head of Sport (Mr David Miles) as ALL nominations need to be authorised and recorded by the Sports Office.

As Met North is not a college or AIC event, once your Son’s nomination and acceptance to trial is confirmed, a letter explaining his absence from classes is required to be forwarded to his Head of House.

It should be understood that these trials are an avenue for a representative pathway and should only be undertaken by students who have the capacity to compete at a higher level.

Thank you for your assistance and co-operation in regard to these protocols.

Mr David Miles
Head of Sport
Club Championship Swimming and Eligibility for State and National Titles

Club: Marist Ashgrove Swimming (Inc).

The Marist Ashgrove Swimming club is a separate entity to the college, registered with Swimming Qld and Swimming Australia. It is included in our programme offerings to provide students with an opportunity to compete in a wider competition and greater range of swimming events. This opportunity allows students to develop their full athletic potential in swimming through competition against swimmers in Brisbane clubs and at State and National Championships.

Involvement in club swimming requires registration with the state and national bodies and therefore includes a small fee, (separate to college fees) to register. Nomination fees for club and championship events are paid by parents through the college App.

Enrolment in the college provides your family access to the pool and coaching programme, ensuring considerable benefit for Marist families taking the opportunity of club training through MAS (Inc).

Siblings of students are also eligible to join MSA and there is no fee for pool access where a sister has

Students swimming for MAS wear the college cap in all competitions.

Championship Events and State/National Title Nominations.

Nomination for championship events is done through the Head Coach and any College student registering through MAS must be working toward eligibility for AIC competition.

Eligibility for Championship and Titles Events are based on official times recorded at club swimming events with approved electronic timing systems.

To join Marist Ashgrove Swimming make an appointment to have a discussion with the head coach, the swimmer and a parent and collect a registration form at that time which is returned signed to the Head Coach or Coordinator with evidence of receipt of affiliation fee payment.
SWIMMING PROGRAMME STAFF CONTACT DETAILS

College Head Swim Coach – Mr Ben Geard

- geardb@marash.qld.edu.au
- Mobile -
- Ph - 3858 4678 (pool), leave message

College Co-ordinator of Swimming – Mr Doug Perrers

- perrersd@marash.qld.edu.au
- Mobile – 0457 899 382
- Ph - 3858 4678 (pool), leave message

Assistant Swim Coach – Mr Jack Bendall

- bendallj@marash.qld.edu.au
- Mobile – 0421 692 006
- Ph - 3858 4678 (pool), leave message

College Junior Swimming Co-ordinator – TBA

- @marash.qld.edu.au
- Mobile –
- Ph - 3858 4678 (pool), leave message

Head of Sport (Years 7-12) – Mr David Miles

- milesd@marash.qld.edu.au
- Ph - 3858 4547
- Fax - 3858 4557

Head of Sport (Year 5-6) – Mr Chris Sheahan

- sheahanc@marash.qld.edu.au
- Ph - 3858 4547
- Fax - 3858 4557
MARIST ASHGROVE SWIMMING COMMUNICATION

COMMUNICATION TO STUDENTS & PARENTS

**WEBSITE:** The College Sport Website is the first point of call for all Marist College Swimming.

For access: go to [www.marash.qld.edu.au](http://www.marash.qld.edu.au) and click on “Sport”; then “Senior Sport”; then click on “Swimming” (on left hand side). This will take you to the Swimming page.

**TWITTER:** The College Sport Department Twitter account will broadcast immediate information as it comes to hand (e.g. cancellation of training due to impending bad weather, late buses).

For access: Twitter at @MCASeniorSport.

**NOTICEBOARDS:** College Sports noticeboards will display:

- Carnivals times for the upcoming competitions
- Changes to training times
- AIC Team list when announced

**DAILY NOTICES:** The notices will contain important information such as training changes and carnival changes in the week they are occurring.

COMMUNICATION FROM STUDENTS & PARENTS

The preferred and most reliable method of correspondence for important issues is e-mail. Students and their parents are strongly encouraged to speak to the Head swimming Coach, assistant coach or coordinators about progress, training, injuries, competition or other swimming related matters before and after sessions and can make an appointment for other times if required.

During training the focus of staff is on the students in the pool.

Contact details are included below on page 6.

Parents need to advise the swimming staff by e-mail when:

- Their son is unavailable to train
- Their son is unavailable to compete
- Their son has an injury or medical condition requiring consideration at training
- The parent has any concerns or information needs about the college team, the swimming club, swimming training or swimming competitions.

All email correspondence should be addressed to:

- the College Head Swimming Coach and cc to the Swimming Coordinator.

In the case of Junior and intermediate swimmers (Year 5–6) the Junior coordinator should also be included.
RISK MANAGEMENT AND STORM POLICY

Collecting your child

- In the event that parents are unable to collect students at the nominated time after training or competition, the swimmer will not be left unsupervised.
- A staff member will attempt to contact the parent and wait with the swimmer until the parent or guardian arrives.
- In the event this is not possible students will wait to be collected from the MCA health centre where there is after hours supervision available.

Lane discipline

Swimmers training in lanes swim on the left of the line, within their lane.
- Swimmers do not cross lanes unless directed by a coach
- Swimmers in the same lane traveling in the same direction line up fastest at the front and are staggered with a min 5 sec interval to minimize the requirement to overtake within the lane.
- The squad may be split in categories of age or speed to reduce the risk to swimmers physical safety as well as confidence and psychological well being.
- Swimmers do not touch other swimmers or interfere with their training except to touch the foot indicating they are overtaking in the lane.
- If a swimmer is touched on the foot they immediately swim down and left, surfacing at the left lane rope or side to check for following swimmers before re-entering the lane.

Pool entry and Diving

- Swimmers are to be stationary and check the lane before entering the pool.
- At any time when there are swimmers coming toward the pool edge from where the swimmer enters the entering swimmer is responsible to ensure:
  - Any swimmer under the entry point has touched the pool edge
  - There is clear water with sufficient time for entry
  - There are no swimmers below the surface in vicinity of the entry
  - The entry is either a safety jump, a pencil jump into the deep end or a shallow start dive.

Storm Policy

In accordance with swimming qld recommendations mca do not train or compete in the pool during storms!

In the event of a storm cell involving lightning or thunder within 10Km of the pool facility.

Training or events may also be cancelled in the event of storms forecast for damaging winds, hail or other dangerous conditions.

Risk is assessed and a decision regarding training or competition is made by observation of the Flash to Bang Rule, Reference to BOM weather data as well as weather warnings and alerts.

For thunder storms observed from the pool deck, a 30 seconds Flash to Bang observation time is the
minimum for evacuating the pool; (Swimming Qld states that each five seconds between the lightning flash and hearing the thunder is approximately 1.5 km between the observer and that lightning strike). Where thunder with no visible lightning occurs reference to the Qld BOM data will be used to assess risk.

Swimming will not resume until thirty minutes after the thunder is heard.

PARENTS should wait somewhere safe for the storm to finish before coming to collect students. The pool will remain open and staff will be present until all students are collected.
“Don't count the days, make the days count”
Muhammad Ali

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”

"Everyone feels pressure, it's how you deal with it that's important"
George Gregan

“The more you sweat in peace, the less you bleed in war”

“If you think you can't, you are correct!”

“You are never a loser until you quit trying.”
Mike Ditka

“If you can't accept losing, you can't win.”
Vince Lombardi

“It does not matter how slowly you go so long as you do not stop.”
Confucius

“He who is not courageous enough to take risks will accomplish nothing in life.”
Muhammad Ali

“You've got to believe if you want to succeed.”
J. Laing Burns, Jr.

“Satisfaction lies in the effort, not in the attainment, full effort is full victory.”
Mohandas Karamchand “Mahatma” Gandhi
**AIC SWIMMING BY LAWS 2015**

Clause 1: DIVISIONS

Events will be run in the following divisions:

- Open
- 16 Years
- 15 Years
- 14 Years
- 13 Years
- 12 Years
- Year 6
- Year 5

Clause 2: COMPETITOR RESTRICTIONS

a) A competitor may compete in his own age group or one other higher age group, providing he remains in one age group for the carnival. This rule does not apply to the 200 metres and 400 metres freestyle or 200 metres Individual Medley events in which a College may enter any eligible competitor.

b) Any competitor nominated to swim in a 100 metres freestyle event may not swim a 50 metre freestyle event, except in Years 5 and 6 where this is permissible.

c) Competitors may only swim in one (1) 50m event of the same stroke..

d) Competitors may only swim in one (1) Freestyle Relay event for their respective age group.

e) Any competitor from 12 Years and above is eligible to compete in Open event.

Clause 3: AGGREGATE TROPHIES

The following trophies and presentations will be made at the Championships:

- Year 5    Champion Swimming School
- Year 6    Champion Swimming School
- 12 Years  Champion Swimming School
- 13 Years  Champion Swimming School
- 14 Years  Champion Swimming School
- 15 Years  Champion Swimming School
- 16 Years  Champion Swimming School
- Open     Champion Swimming School

AIC Aggregate Trophy – Champion School Years 5-6
AIC Aggregate Trophy – Champion School 12 Years - Open
Clause 4: PLACES AND POINTS

a) Individual Division 1 events and Division 2 Relays: 8 teams competing = 9, 7, 6, 5, 4, 3, 2, 1

b) Individual Division 2 events: Points = Half that of Clause 4 (a).

c) There shall be no points awarded to Divisions 7 and 8 50m Freestyle events (Years 5 and 6)

d) There shall be no points awarded to Divisions 3 and 4 50m Freestyle events (12 Years and above)

e) Division 1 Relays: Points = Double that of Clause 4 (a).

Clause 5: DEAD HEATS AND RECORDS

1. a) In the event of a dead heat, competitors shall divide the points.
2. b) If two (2) or more competitors are credited with the same time in any event, and that time is a record, then both or all such competitors shall be declared the record holders.
3. c) In accordance with the official results, the first swimmer of a relay team is eligible to break an AIC record.
4. d) There shall be no recorded records for any events in Divisions 3 and 4 (12 Years and above) and Divisions 7 and 8 (Years 5 and 6).

Clause 6: ORDER OF EVENTS

<table>
<thead>
<tr>
<th>Event No</th>
<th>Distance</th>
<th>Stroke</th>
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<td>Division 1</td>
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<td>3</td>
<td>200m</td>
<td>Individual Medley</td>
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Clause 7: TIME SCHEDULE OF EVENTS

Warm Up Events 1-9 Events 10-25 Events 26-65 Events 66-81 Events 82-83 Events 84-99 Events 100-121 Presentations

30mins 8.00am 30mins 8.30am 40mins 9.00am 60mins 9.40am

Clause 8: LANE ALLOCATION

25mins 10mins 35mins 90mins 10mins

10.40am – 11.05am 11.05am – 11.15am 11.15am – 11.50am 12.00pm – 1.30pm 1.40pm – 1.50pm

Lanes for the carnival shall rotate from year to year in the following sequence: 1, 4, 7, 2, 5, 8, 3, 6

Clause 9: OFFICIALS

a) The Association shall control the Championships, and Qld Swimming shall be asked to provide as many officials as deemed necessary

b) It shall be the responsibility of each College to make available backup officials as required by the Executive Officer and the Host College

Clause 10: UNIFORM

a) Competitor’s caps shall be the official college cap.
b) Competitor’s swimwear must be approved competition swimwear.

Clause 11: RESTRICTED ACCESS

a) There will be a designated area where coaches will be permitted to stand.

b) There shall only be three (3) members of staff per college allowed on pool deck at any one time. This shall include the Head of Sport

c) Only designated officials and competing swimmers shall be allowed on pool deck

Clause 12: SPECTATOR SUPPORT
a) The use of mechanical instruments, other than non-electric megaphones, is prohibited. "Quiet" is to be observed for the start of each race and the Convenor shall hold the commencement of races until complete silence is obtained.

Clause 13: LEAD UP CARNIVALS

a) Allocation of Host Duties
The allocation of host college duties shall be determined by the Heads of Sport prior to the first lead up carnival. The allocation of host duties shall be evenly shared amongst all schools in accordance to availability of venues.

b) Host College Duties
The host college of each lead up carnival must provide the following:

Adequate first aid, announcer, starter, competition programme and distribution of that programme and lane draw in the week prior to the carnival.

c) Duties of competing schools
The duties of the competing schools is the following:
Arrive on time, provide own refreshments, provide timekeepers, provide own recording sheets and staff where necessary.

Clause 14: MEDICAL

Qualified medical staff shall be in attendance.

Clause 15: PROTESTS AND DISPUTES

Refer to General Association Rule 13 (d)
Protests and disputes relating to infringements of rules as set out by the governing bodies of Swimming shall be made to the Convenor of the respective Carnival who shall call upon the official referee to adjudicate. Endorsement of protest by the College’s Headmaster is not required on these occasions.

AIC Swimming By Laws 2015