MARIST COLLEGE ASHGROVE
SWIMMING PROGRAM

INFORMATION HANDBOOK
SEASON 2014-2015

NAME:________________________
CONTENTS

Introductory Letter .................................................................................................................. 3
Swimming Calendar .................................................................................................................. 4
Communication to Students & Parents ...................................................................................... 5
  Notice Boards ....................................................................................................................... 5
  Website ................................................................................................................................. 5
  Twitter ................................................................................................................................. 5
  Daily Notices ......................................................................................................................... 5
Communication from Students & Parents .................................................................................. 6
Staff Contact Details ................................................................................................................. 7
Aims of the Marist Ashgrove Swimming Program ...................................................................... 8
Training Details ......................................................................................................................... 9
Important Dates to Remember ..................................................................................................... 10
Training Equipment ..................................................................................................................... 10
College Swimming Championships By – Laws ............................................................................ 11
Player’s Agreement - AIC Eligibility and Selection Criteria ..................................................... 13
Player Agreement – Swimming .................................................................................................... 14
Eligibility Criteria for the AIC Swim Team .................................................................................. 15
Selection Method for the AIC (Senior) Swim Team .................................................................. 16
Marist Ashgrove Training Log .................................................................................................... 17
Swimming Camp Senior School (Years 7 – 12) ....................................................................... 18
Swimming Camp Junior Squad (Years 5 & 6) ......................................................................... 18
Metropolitan North Swimming Trials Nominations .................................................................. 19
AIC Swimming Championships Lead Up Dates ......................................................................... 20
Storm Policy .............................................................................................................................. 21
MARIST ASHGROVE SWIMMING PROGRAM 2014/2015

Dear Parents & Young Men

Welcome to the 2014/2015 Swimming season. This Swimming season we hope that all participants train and compete with pride and prominently display Marist spirit while supporting their fellow team mates.

The Marist College Ashgrove Swimming program aims to give young men of all ability levels the opportunity to enjoy Swimming and improve their skills. Swimming has a lot to offer boys in and out of the pool; it is a sport that fosters team work, mateship, commitment and determination.

The message that we would most like to pass on to all young men who participate in Swimming this year is that it is a “Team Sport” and if they chose to participate, they must commit to their team and realise that their actions affect the entire team. Non-attendance at training disrupts the preparation of the whole team and is frustrating for coaches. Remember that Swimming is a sport that our bodies are not accustomed to and therefore the more regular your attendance, the greater the opportunity of improvement.

To the Boys:

- Competing well at carnivals does not just happen. You must attend training and work hard at your skills and fitness.
- Prepare for carnivals by eating well and looking after injuries.
- Train and compete within the rules and display good sportsmanship.
- Have a go.
- Perseverance is important.
- Communicate well with coaches and ask questions.
- Enjoy being with your friends.
- Above all, the main purpose of participating is to have fun!

To Parents:

- Please support your son’s swimming by helping him with his preparation and, of course, supporting him at competitions.
- Please support your son’s team in the appropriate way.
- Please support our Coaches and appreciate the time and effort involved.

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 Phillip Holding
Head of Sport
Marist College Ashgrove
# Marist Ashgrove Swimming Calendar 2014-2015

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Venue</th>
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<tr>
<td>Tuesday 7 October 2014</td>
<td>Term 4 and Swimming Training begins</td>
<td>MCA Aquatic Centre</td>
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<tr>
<td>Friday 7 November 2014</td>
<td>Music Event [No Swimming Training]</td>
<td>MCA Aquatic Centre</td>
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<tr>
<td>Friday 14 November 2014</td>
<td>G20 Public Holiday [No Swimming Training]</td>
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<tr>
<td>Friday 19 December 2014</td>
<td>Christmas Holiday Training Break</td>
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<tr>
<td>Monday 5 January 2015</td>
<td>Swimming Training recommences for 2015</td>
<td>MCA Aquatic Centre</td>
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<tr>
<td>Thursday 15 &amp; Friday 16 January 2015</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>Friday 22 – Sunday 24 January 2015</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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<tr>
<td>Friday 30 January 2015</td>
<td>Friday Night Swim Meet #1</td>
<td>Langlands Park Pool (5 Panitya St, Stones Corner). [Host: Villanova College]</td>
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<tr>
<td>Friday 6 February 2015</td>
<td>Friday Night Swim Meet #2</td>
<td>SPLC Aquatic Centre – 50m Pool (Lohe St, Indooroopilly). [Host: St Peter’s Lutheran College]</td>
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<tr>
<td>Friday 13 February 2015</td>
<td>Friday Night Swim Meet #3</td>
<td>MCA Aquatic Centre (Glenlyon Dr, Ashgrove). [Host: Marist College Ashgrove]</td>
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<td>Friday 20 February 2015</td>
<td>MCA Age Swimming Championships</td>
<td>MCA Aquatic Centre</td>
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<td>Friday 27 February 2015</td>
<td>Swimming Presentation Evening</td>
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<td>Saturday 28 February</td>
<td>Year 12 Swimming Dinner Evening</td>
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<td>Sunday 1 March 2015</td>
<td>Team Training Session</td>
<td>Chandler Aquatic Centre (depart MCA Bus Stop @ 9am)</td>
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<tr>
<td>Wednesday 4 March 2015</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*
MARIST ASHGROVE SWIMMING COMMUNICATION

NOTICEBOARDS

All Students must check the Senior School Sports noticeboards regularly. These noticeboards will display:

- Team lists
- Carnivals times for the upcoming competitions
- Changes to training times
- Latest swimming news

WEBSITE

The College Sport Website will contain regular updated information regarding the swimming program. To access the website go to www.marash.qld.edu.au and click on “Sport” then “Senior Sport”. Click on Senior Swimming (on right hand side) and this will take you to the Senior Swimming Web Page. All required information regarding the swimming program can be found on this website and should be the first point of call.

TWITTER

The College Sport Department also has a Twitter account that will give immediate information as it comes to hand (e.g. cancellation of training due to impending bad weather). Please follow us on Twitter at @MCASeniorSport.

DAILY NOTICES

All Students must listen to the daily notices each morning in their Tutor Groups. The notices may contain important information such as training changes and carnival changes.

ALTERNATE CONTACT

Should you require any further information, please contact one of the swimming staff (contact details listed on page 7).
COMMUNICATION FROM STUDENTS & PARENTS

Students or their parents must clearly communicate when:

- They are unavailable to train
- They are unavailable to compete
- There is a need to give injury or sickness details

PROCEDURE TO FOLLOW:

1. **Students/Parents should contact (call or email) the College Head Swim Coach during the course of the school day (9:00am to 3:00pm, Monday to Friday) or speak to the coach after the training session or carnival.**

   If unsuccessful, then

2. **Parents can call or email the College Swimming Convenor during the course of the school day (9:00am to 3:00pm, Monday to Friday) or speak to the coach after the training session or carnival.**

   If unsuccessful, then

3. **Students/Parents should contact the Head of Sport, at school (details provided).**

Contact details are on page 7.
STAFF CONTACT DETAILS

College Head Swim Coach

CONTACT DETAILS Mr Michael Wooldridge
Mobile - 0412 333 922
Ph - 3858 4678 (pool), leave message
wooldridgem@marash.qld.edu.au

College Co-ordinator of Swimming

CONTACT DETAILS Mr Derek Cameron
Mobile - 0403 178 210
Ph - 3858 4678 (pool), leave message
cameronde@marash.qld.edu.au

Junior Squad/Assistant Swim Coach

CONTACT DETAILS Mr Andre Cois
Mobile – 0406 868 653
Ph - 3858 4678 (pool), leave message
coisan@marash.qld.edu.au

Head of Sport 2014

CONTACT DETAILS Mr Phillip Holding (2014) / Mr David Miles (2015)
Ph - 3858 4547
Fax - 3858 4557
holdingp@marash.qld.edu.au / milesd@marash.qld.edu.au

Head of Junior Sport

Ph - 3858 4547
Fax - 3858 4557
caplickl@marash.qld.edu.au / sheahanc@marash.qld.edu.au
AIMS OF THE MARIST ASHGROVE SWIMMING PROGRAM

The goals of the Age Group Swimmers within the Marist College Ashgrove Swimming Program are as follows:

**Primary**

1. To develop team spirit and respect for themselves, the coaches and the efforts of all participating athletes, regardless of ability.

2. To enjoy the challenge of participating in a demanding sport with their fellow students and friends.

3. To gain / maintain healthy levels of aerobic fitness and skills.

**Technique Consolidation** *(graded according to ability level and age group)*

While learning and developing the techniques below the focus will remain on the following:

- Stable Body Position; Propulsion; Coordination; Balance and Effective Ventilation.
- Develop improved fluency and speed in all strokes.
- Effectively adapt to a general increase in distance as the swimmer progresses through the squads.
- Learn the fundamentals of race strategy.
- Develop consistency in attendance and application to set tasks.
- Improve ability to swim fast and sustain speed.
- Introduce exercises which develop a sense of pace.
- Improve 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.
- Stroke Rates, Stroke Counts and Breathing Patterns.
# TRAINING DETAILS

This season, the swimming program has been structured into 3 squads, and training times and sessions for each squad are listed below:

**JUNIOR SQUAD**  
Squad Coach: **MR ANDRE COIS**  
Junior School Contact: **MR CHRIS SHEAHAN (Head of Sport – Junior School)**

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**INTERMEDIATE SQUAD**  
Squad Coach: **MR MICHAEL WOOLDRIDGE**  
Senior School Contact: **MR DEREK CAMERON (College Swimming Co-Ordinator)**

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**SENIOR SQUAD**  
Squad Coach: **MR MICHAEL WOOLDRIDGE**  
Senior School Contact: **MR DEREK CAMERON (College Swimming Co-Ordinator)**

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* Sessions and training times may change throughout the season - please check website and twitter for regular updates.*
**IMPORTANT DATES TO REMEMBER**

There is NO TRAINING on the following days:

- Any day that has a scheduled swimming carnival.
- **Water Polo** - 15 October, 22 October, 29 October, 5 November (morning training will be available on these days)
- **Public Holidays** – Labour Day (6 October), G20 Holiday (14 November) and Australia Day (26 January)
- **Christmas Holiday Break** – Saturday 20 December to Sunday 4 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 for swimming updates.*

**Remember:**

Training for the school swimming team is in a squad training format and therefore no learn-to-swim lessons are available.

**TRAINING EQUIPMENT**

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 (MUST HAVE!!)
- Fins
- Pull Buoy
- 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 who can provide more information.
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 and Junior Head of Sport 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.

All competitors’ positions will be judged by no less than 3 college judges. 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
Player’s Agreement  
**AIC Eligibility and Selection Criteria**

The College Head Swim Coach and the College Head of Sport have developed criteria to clarify what is required to be eligible for selection in the Marist College Ashgrove AIC Swim Team. This document is to be read in conjunction with and forms part of the Marist College Ashgrove Player’s Agreement.

The two documents are included in this handbook for your reference; however, a signed document is to be submitted to the College Head Swim Coach before the following dates:

- **By the end of TERM 4 for continuing students.**
- **By the start of TERM 1 for newly enrolled students.**

**LOG BOOK**

All swimmers are encouraged to keep a log of their training attendances, in addition to marking their names off on the attendance roll during training at the pool before each session.

**IF YOU ARE TRAINING SOMEWHERE ELSE**

All swimmers who train with another coach are required to submit their coach’s details to the College Head Swim Coach with their signed Player’s Agreement and Selection Criteria Forms by 1 November 2014. They are expected to participate in compulsory team based sessions as outlined on page 19 of this handbook.

Please note that College Carnivals take precedence over all club fixtures if you wish to be selected for the AIC Swim Team.
Player Agreement - Swimming

This agreement is to certify that

_____________________________________________ (name of student)

is aware of the commitment and responsibilities associated with the opportunity to play sport at the College as part of the College’s Sporting Program.

The above mentioned student is aware that as condition of enrolment (point E) the College expects that if a student has ability in a sport and this sport is offered by the College he would be expected to contribute by representing the College in that sport. Participation in College teams takes precedence over club fixtures.

Commitment to the Swimming program means:

1. Meeting on a regular basis the set training times in accordance with the detailed eligibility criteria.
2. Availability for all carnivals throughout the season unless exceptional circumstances prohibit this (sickness and injury excluded). Swimmers are required to be available for long weekends and boarders’ weekends.
3. Abiding by College policies that exist for all other aspects of College life. i.e. Safe School Policy
4. Wearing correct and specified uniform to and from carnivals and compete in carnivals in set College playing attire.
5. Abiding by the Code of Conduct for Sport as published in the College Diary. Breaches will result in disciplinary action that may include exclusion from training / carnivals. Serious breaches will involve the Head of School.
6. RESPECTING your opponents, coaches, officials, spectators and the rules of the sport. Good sportsmanship should be reflected by competing in the ‘spirit of the sport’. This includes shaking your opponent’s hand at the conclusion of races/meets. Respect for College facilities and equipment as per directions given by a member of the College Swimming program is also paramount.
7. Foul and inappropriate language will not be tolerated in or out of the pool.
8. Respect your teammates. Any behaviour that detracts from a fellow squad swimmer’s enjoyment and participation in the Swimming program will not be tolerated.
9. Selection and eligibility for selection of teams will be under the direction of the appointed coaches and in accordance with the detailed selection criteria.

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.

Personal Details:

Signed: ________________________________ (Student)  Date: ________________
Signed: ________________________________ (Parent / Guardian)  Date: ________________
Eligibility Criteria for the AIC Swim Team

All swimmers are required to conform to all sections of the Marist College Ashgrove “Code of Conduct”.

All swimmers are expected to involve themselves fully with the Marist Ashgrove Swimming Program. This includes attendance at team training sessions, swimming carnivals and team meetings, and active involvement in team building exercises (see below for more detail).

Those swimmers training outside the college with another training group are required to comply with the same minimum number of training sessions and must hand in the relevant completed form before 1st November and supply a training log signed by their coach to the College Head Swim Coach before selection of the AIC Swim Team.

All swimmers are required to train regularly.

The following minimum criteria apply to be selected to represent Marist College Ashgrove:

**Newly Enrolled Students** (Swimmers entering their first year at the College)

25 training sessions total - between the start of Term 4 to exactly the week before the AIC Swimming Championships. Regardless of how or when this number of sessions is accumulated all swimmers **MUST attend 3 sessions per week during Term 1**.

**Continuing Students** (Swimmers who are continuing students at the College)

60 training sessions total - between the start of Term 4 to exactly the week before the AIC Swimming Championships. Regardless of how or when this number of sessions is accumulated all swimmers **MUST attend 4 sessions per week during Term 1**.

A swimmer who does not meet the above criteria will not be eligible for selection regardless of their swimming ability.

All swimmers are required to attend ALL Friday Night Carnivals during Term 1.

All swimmers are required to attend team meetings.

You must also compete (or be eligible to compete) in the College Swimming Championships. The selection of the swimmers for Championships events will rely on the swimmers’ participation in those events at Friday night carnivals and planned time trials held at the school prior to the College Swimming Championships.

*Any variation to the criteria outlined above requires consultation with and the express permission of the Head Swim Coach and the Co-ordinator of Swimming.*
Selection Method for the AIC Swim Team

The selection of the AIC Swim Team is a complex process. Selections are made on a combination of the following:

- **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. Note that a superior time swum by a person who trains three times a week will not guarantee a selection over someone who trains all sessions throughout the week, and whose time is close to that of the former. (This takes into account the effect of ‘tapering’, as well as reflecting natural justice.)

- **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 looks for a program that will give the swimmer the most number of swims possible. 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.

- **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.
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INTERMEDIATE/SENIOR SQUAD SWIMMING CAMP 2015
(Years 7 – 12 2015)

The Marist Swimming Department have organised a swimming camp for boys in years 7-12. The camp will be held on Friday 23 January to Sunday 25 January, 2015.

The exact cost of the Camp will be provided with information about the camp during Term 4. The cost includes bus travel, accommodation, specified meals and group activities. To register, you must collect the form from the pool office or download one from the internet (email) 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 the camp hosting site.

The following is a guide for the camp pick up & drop off times.

Remember to arrive at the Cyprian Pavilion at 8:00am and no later.

Friday 23 January 2015

8:00am    Meet at Cyprian Pavilion & Registration
          *(have breakfast before you come)*

9:00am    Leave College for Alexandra Park Conference Centre

Sunday 25 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, 2014. If you have any questions please contact one of the College Swimming Staff.

JUNIOR SQUAD SWIMMING CAMP 2015 (Years 5 & 6 2015)

The Marist Swimming Department have organised a training camp at Marist College Ashgrove for swimmers in years 5 & 6 in 2015. The camp will be held on Thursday 15th January and Friday 16th January 2015.

The exact cost of the Camp will be provided with information about the camp during Term 4. The cost includes any bus travel, accommodation, specified meals and group activities. To register you must collect the form from the pool office or download one from the College swimming website 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, 2014. If you have any questions please contact one of the College Swimming staff (details on Page 7).
Nomination for Metropolitan North Swimming Trials

On Friday 30 January 2015 the College will commence competing at Friday Night Swim Meets. These Friday night trials will be the only time trials for boys who wish to be nominated for 2015 Metropolitan North Swimming Championships. No other times are permitted to be submitted for nomination. Metropolitan North has restricted the number of entries that each school is permitted to provide, and swimmers with the fastest times recorded will be considered first. Therefore, should your son wish to pursue a representative pathway this season he must attend the time trials from Friday 30 January 2015.

Should your son make the decision to proceed with his nomination for trial and possible selection in the Metropolitan North Swimming team, it must be highlighted that this nomination entails a number of important conditions:

1. Family and College commitments are considered. This may include sport, 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 Phillip Holding) as ALL nominations need to be authorised and recorded by the Sports Office.

A letter of absenteeism is required and is to be forwarded to the Head of House either prior to attendance or immediately after trial date.

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. The College reserves the right not to approve attendance for students unable to prove their ability to do so.

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

Mr Phillip Holding
Head of Sport
# LEAD UP DATES – 2015 AIC SWIMMING CHAMPIONSHIPS

## FEBRUARY/MARCH 2015

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<td>COMPULSORY Training Session for ALL AIC Swimmers – Chandler Aquatic Centre (Bus departs at 9:00am)</td>
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## 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.**

- **5:45am** Meet at Swimming Pool & Warm up stretches  
  *Have breakfast before you come*

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

- **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 Presentations
Marist College Ashgrove Storm Policy

As swimming is right in the middle of the storm season and Marist College Ashgrove has an outdoor pool it is important for everyone to be aware of what is standard practice in the event of a storm.

BE AWARE:

WE DO NOT TRAIN OR COMPETE DURING A STORM!

Under the guidance of a risk management policy developed by Swimming Queensland, we have adopted this policy as our safety rules during a storm.

Flash to Bang Rule:

“For each five seconds you count between seeing the lightning flash and hearing the thunder, there is approximately 1.5 km between you and that lightning strike”,

“a 30 second Flash to Bang time should be your bare minimum for evacuating the pool”,

“Wait thirty minutes from the last time thunder is heard before reopening the pool”.

PARENTS

Please be aware that in following the rules above that your son will NOT be in the pool. He will be dry, dressed and waiting in the building adjacent to the pool for the storm to finish.

Please wait at home or somewhere safe for the storm to finish, as it is a very dangerous time to be on the road. The pool will remain open and staff will be present until all students are collected in the event that training has been cancelled.

Mr Phillip Holding
Head of Sport
“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*