

# National Squads December 2018 Timetable

National Squads (Bruce and Bec's Squads) will swim throughout the holiday period. There are a number of changes to the regular timetable so please check carefully to ensure you attend the right sessions.

**There will be no transition sessions during the holiday period.**

If you have any questions regarding training during December please speak to either Bruce or Bec

If you are taking holidays at any stage in December/January and wish to suspend your direct debit payments, you will need to complete an amendment form at reception.

## Senior State Championships / Pre-Christmas Training (Monday 17/12/18 to Saturday 22/12/18)

*Good Luck to all Swimmers competing at the NSW Senior State Championships*

Squad sessions until Wednesday this week will be either with Platinum or State Squad due to the NSW Senior State Championships. National Squads will swim together with Bruce for the rest of the week.

If unsure about training, please check with your coach especially if you have a day off racing during State.

MON 17/12	TUE 18/12	WED 19/12	THU 20/12	FRI 21/12	SAT 22/12
5.30 – 7.00am Platinum	5.30 - 7.00am State Squad	5.30 – 7.00am Platinum	5.30 – 7.00 State Squad	6.00 – 8.00am	Session TBA
5.00 – 6.30pm State Squad		5.00 – 6.30pm State Squad	4.00 – 6.00 National Squad		

## Christmas / New Year Training (Monday 24/12/18 to Saturday 5/1/19)

National Squads will train together over the Christmas / New Year period with Bec coaching in the first week and both Bruce and Bec in the second week.

MON 24/12	TUE 25/12	WED 26/12	THU 27/12	FRI 28/12	SAT 29/12
	Public Holiday	Public Holiday	7.00 – 9.00am	7.00 – 9.00am Gym 9.00 – 10.00	8.00 – 10.00 TBC
	No Training	No Training			
MON 31/12	TUE 1/1	WED 2/1	THU 3/1	FRI 4/1	SAT 5/1
	Public Holiday	7.00 - 9.00am	6.00 – 8.00am	6.00 – 8.00am	6.00 – 8.00am Gym 8.00 - 9.00
	No Training				



*From all of the staff at UNSW Fitness and Aquatic Centre  
we'd like to wish our customers a Happy and Safe  
Christmas. We thank you for your patronage and look  
forward to seeing you in 2019*

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## Targeted Meets for Term 1 2019

It is important that all swimmers speak to Victor or Bruce and Bec before entering meets especially Championship meets. This is especially relevant with the new junior program as some swimmers will qualify for more events than they will be able to swim.

Sat - Mon 26 – 28 Jan – **Australian Open Water Championships @ Brighton Beach SA**

Entries are via Swimming Australia website

Entries are open and close Mon 7 January @ 11.59pm

**This meet is coach supported**

Sat 2 February 2019 – **UNSW Swim Club Meet 3.00 – 6.00pm @ Waverley College Pool**

Entries will be via UNSW Swim Club website <https://unsw.swimming.org.au/>

**This meet is coached supported and every swimmer should be there swimming and**

**Senior swimmers are expected to assist with the meet.**

Fri - Sun 15-17 Mar – **NSW State Open Championships @ SOPAC**

Entries are via Swimming NSW website or AnotherPB website

Entries are open and close Tuesday 5 March @ 5pm

**This meet is coach supported**

Mon – Sat 15-02 April – **Australian Swimming Championships @ SA Aquatic and Leisure Centre**

Entries are via Swimming Australia website

Entries are open and close TBA

**This meet is coach supported**

Mon – Sat 15-02 April – **National Age Championships in Adelaide**

Entries are via Swimming Australia website

Entries are open and close TBA

**This meet is coach supported**

Other meets can be found on the following websites – Swimming NSW <https://nsw.swimming.org.au/> or Metsea <https://metsea.swimming.org.au/>

## **Squad Criteria in 2019**

**Please note that the main criteria for upgrades and positions in the various levels of the competition program is the swimmers times/qualifications and medals in relation to Championship meets. The criteria for the competition program is always evolving and there will be slight changes in 2019 so that the program aligns more closely with the new Swimming Australia competition framework.**

If you have any questions about your squad for 2019 or you're training in the holidays or 2019 please arrange a time to speak to Bruce or Bec.