

State Squad Term 4 2018 Newsletter

State Squad 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. The January timetable will be sent out (via email and by hand) at the end of December.

If you have any questions regarding training during December please speak to Victor or email or speak to Karen at the swim school desk @ swimschool.unsw@ymcansw.org.au

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.

Pre-Christmas Training (Monday 17/12/18 to Saturday 22/12/18)

Squad times are as per normal for this week, if you are swimming at Senior State please check with Victor about your training times during competition.

MON 17/12	TUE 18/12	WED 19/12	THU 20/12	FRI 21/12	SAT 22/12
	5.30 - 7.00am		5.30 - 7.00		Session TBA
5.00 - 6.30pm		5.00 - 6.30pm		4.00 - 5.30pm	

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

State squad swimmers will have some time off to enjoy the festive season with family and friends, even a couple of extra days (note Xmas and New Year's eve are off this year)

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

Term 1 is going to be a busy term especially for the Junior State Squad Swimmers who have all their summer championship meets and of course school swimming. If you haven't already got the following dates in your calendar please do so. Senior State swimmers also have some meets but not as busy as the junior swimmers. 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 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

Sat 9 February 2019 – **Metsea Speedo Sprints** 9.00 – 4.00pm @ SOPAC
Entries are via AnotherPB website <https://www.anotherpb.com/index.php>
Entries open Monday 10th December (and will fill quickly)
This meet is coach supported

Sat 10 February 2019 – **Metsea Junior Summer Championships** 9.00 – 4.00pm @ SOPAC
Entries are via AnotherPB website <https://www.anotherpb.com/index.php>
Entries open Monday 10th December (and will fill quickly)
This meet is coach supported

Sat/Sun 2/3 Mar – **NSW Junior Metropolitan Championships** @ SOPAC
Entries are via NSW Swimming website or AnotherPB website
Entries are open and close Tuesday 19 February @ 5pm
This meet is coach supported

Fri - Sun 15-17 Mar – **NSW State Open Championships** @ SOPAC
Entries are via NSW Swimming website or AnotherPB website
Entries are open and close Tuesday 5 March @ 5pm
This meet is coach supported

Sat/Sun 30/31 Mar – **NSW Junior State Age Championships** @ SOPAC
Entries are via NSW Swimming website or AnotherPB website
Entries are open and close Tuesday 19 March @ 5pm
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 (State – National level) 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 your training in the holidays or 2019 please arrange a time to speak to Victor or Bruce.