

District Squad Term 4 Newsletter 2018

The UNSW Swim School Coaches wish to thank the swimmers and their parents for their dedication and commitment to swimming in 2018. It has been a very exciting year watching the District Swimmers develop, compete and for some transition into Metro Squad. We hope that you have also enjoyed 2018 and are looking forward to 2019.

Merry Christmas and Happy New Year, enjoy your Christmas break and see you all in 2019.

Swimming in 2019

As we move to 2019, some swimmers may need to look for alternative swimming options due to starting High School, changing school or a change in sporting commitments. If you think that District squad is not going to suit you in 2019 please speak to Karen on pool deck or via email @ swimschool.unsw@ymcansw.org.au and we can look at some of the other squads that might suit your needs.

Targeted Meets for Term 1

In Term 1 there are a number of meets available for District Swimmers to compete in. Swim meets are an important aspect of the swimmer's training. Racing allows the coaches and the swimmers to see how the training is going and where we need to improve. The early meets are also great practice for the upcoming school swimming carnivals. All district swimmers must compete in at least one of the carnivals in order to remain part of the UNSW competitive squad program. If you are unsure what to enter please check with the coaches.

- 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
Swimmer must qualify for this meet – See Metsea website for more details.
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

Championship Meets – NSW Metropolitan and Junior State Championships (more information can be found on the NSW Swimming Website)

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

Please note that the main criteria for upgrades in the competition squad program is the swimmers times in relation to Metsea, Metropolitan and State qualification times for their age. For those wishing to progress from District to Metro Squad you of course need to train hard but even more importantly you need to compete. If there is any swimmer wishing to know what s/he needs to do move up, please speak to one of the coaches.

In order to compete at the above meets you must be a member of the UNSW Swim Club. To join the club please go to the club website <http://www.unsw.swimming.org.au/> and click on the join now button. The UNSW Swim Club is supported by

the Swim School but run by volunteer parents and older swimmers. Being part of the club allows you to participate at Club Night and compete in inter club, regional and State level Meets.

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Holiday Timetable – 17th December to 25th January 2018

District Squad will finish for the 2018 on Friday 21st December, swimmers will have a 2 week break and return on Monday 7th January 2019. During this period your Direct Debit will automatically be suspended, this will occur as 2 suspensions on Friday 21st December 2018 (full suspension) and Friday 4th January 2019 (part suspension)

If you wish to take more time off over the holidays, you will need to fill in an amendment form at the swim school desk.

Please note the District Squad Holiday timetable is slightly different from the normal schedule.

For those swimmers in the Metro transition program, this will continue during the holidays. Most District sessions will be at the same time as Metro squad.

Squads will return to normal timetable on Tuesday 29th January 2019.

Please speak to the coaches if you have any questions or concerns regarding squad training over the holiday period or in 2019.

	Mon 17/12	Tue 18/12	Wed 19/12	Thu 20/12	Fri 21/12
AM	7.00 – 8.00	7.00 – 8.00		7.00 – 8.00	
PM			4.00 – 5.00		4.00 – 5.30

	Mon 7/1	Tue 8/1	Wed 9/1	Thu 10/1	Fri 11/1
AM	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30
PM			4.00 – 5.00		

	Mon 14/1	Tue 15/1	Wed 16/1	Thu 17/1	Fri 18/1
AM	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30
PM			4.00 – 5.00		

	Mon 21/1	Tue 22/1	Wed 23/1	Thu 24/1	Fri 25/1
AM	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30	7.00 – 8.30
PM			4.00 – 5.00		

- No Swimming on the Public Holiday – Monday 28th January
- Squads back to normal timetable on Tuesday 29th January 2019



*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*