

ACC Swimming Squad Training Schedule 2020

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>17 February</i>	<i>18 February</i>	<i>19 February</i>	<i>20 February</i>	<i>21 February</i>
3		SENIOR SCHOOL SWIMMING CARNIVAL (ACC 'Provisional' Senior Squad Selection)		MIDDLE SCHOOL SWIMMING CARNIVAL (ACC 'Provisional' Junior Squad Selection)	ACC 'PROVISIONAL' SQUAD ANNOUNCED (Assembly & Parental e-mail)
	<i>24 February</i>	<i>25 February</i>	<i>26 February</i>	<i>27 February</i>	<i>28 February</i>
4			WHOLE SQUAD TRAINING (6.00 am) All strokes sprinting fitness Freestyle specialist listed swimmers Division II, III Freestyle Swimmers 4 x 50m Relay changeovers; rules! All listed 4x50m Relay students		SPECIALIST STROKE SQUAD TRAINING (6.00am) Breaststroke, Backstroke & Butterfly Division I & II Swimmers Specialist stroke listed swimmers Block starts & finishes; rules!
	<i>2 March</i>	<i>3 March</i>	<i>4 March</i>	<i>5 March</i>	<i>6 March</i>
5	NO TRAINING LABOUR DAY PUBLIC HOLIDAY		WHOLE SQUAD TRAINING (6.00 am) All strokes sprinting fitness Freestyle specialist listed swimmers Division II, III Freestyle Swimmers 4 x 50m Relay changeovers; rules! All listed 4x50m Relay students		SPECIALIST STROKE SQUAD TRAINING (6.00am) Breaststroke, Backstroke & Butterfly Division I & II Swimmers Specialist stroke listed swimmers Block starts & finishes; rules!
	<i>9 March</i>	<i>10 March</i>	<i>11 March</i>	<i>12 March</i>	<i>13 March</i>
6	WHOLE SQUAD TRAINING (6.25am) Generic stroke technique & swimming sprinting fitness Block starts & finishes All strokes & all students		WHOLE SQUAD TRAINING (6.00am) All strokes sprinting fitness Freestyle specialist listed swimmers Division II, III Freestyle Swimmers 4 x 50m Relay changeovers; rules! All listed 4x50m Relay students		SPECIALIST STROKE SQUAD TRAINING (6.00am) Breaststroke, Backstroke & Butterfly Division I & II Swimmers Specialist stroke listed swimmers Block starts & finishes; rules!
	<i>16 March</i>	<i>17 March</i>	<i>18 March</i>	<i>19 March</i>	<i>20 March</i>
7	WHOLE SQUAD TRAINING (6.25am) Generic stroke technique & swimming sprinting fitness Block starts & finishes All strokes & all students		WHOLE SQUAD TRAINING (6.00am) All strokes sprinting fitness Freestyle specialist listed swimmers Division II, III Freestyle Swimmers 4 x 50m Relay changeovers; rules! All listed 4x50m Relay students		SPECIALIST STROKE SQUAD TRAINING (6.00am) Breaststroke, Backstroke & Butterfly Division I & II Swimmers Specialist stroke listed swimmers Block starts & finishes; rules!
	<i>23-Mar</i>	<i>24 March</i>	<i>25 March</i>	<i>26 March</i>	<i>27 March</i>
8	ACC 'FINAL' SQUAD PHOTOGRAPH, SWIM OFFS, 4 x 50m RELAYS & BOWLING (Note Time: 10.45am – 3.45pm)	ACC 'FINAL' SQUAD ANNOUNCED & CONFIRMED FINAL EVENT ALLOCATION (Parental e-mail)		ACC 'B' DIVISION SWIMMING CARNIVAL at Challenge Stadium (6.30am Café' verendah; 3.30pm return approx.)	ACC SWIMMING PIZZA PARTY GYM MEZZANINE

ACC Swimming Squad Training

As Coaches, we encourage all students to actively strive towards excellence in all sporting endeavours. Students are asked to fully commit to the Inter-School Swimming Squad Programme by attending all training sessions and carnivals when selected and being prepared with the correct equipment and sports uniform.

The core values of our ACC Swimming Squad from which success will follow are:

- **Dedication**
- **Hardwork**
- **Ambition**

Training details are as follows:

- Mondays, 6.25am – 7.45am: Arena Joondalup.
- Wednesdays & Fridays, 6.00am – 7.45am; Arena Joondalup.
- Commences Week 4 (*Wednesday 26th February*)
- Concludes Week 7 (*Friday 20th March*)
- Total of 10 morning training sessions.

Students who do not attend minimum training requirements **will not** be selected to the **'Final ACC Swimming Squad'** unless due to injury or illness. Squad members are selected not only upon performance times, but effort, attitude, dedication, ambition, improvement and teamwork.

Should your son or daughter train with an alternative Swimming or Surf Lifesaving Squad (i.e. Arena or Breakers Swimming Squads), I would ask that you speak to us directly about the Inter-School Swimming Training in order for your son or daughter to also represent the School and be a valued and important member of the School's Swimming Squad. Communication between students, coaches and parents is imperative.

In 2020, in order to be considered for the **'Final ACC Swimming Squad'**, we would ask that a minimum of **7, 5 or 4** training sessions **MUST** be attended, depending upon your relevant Swimming Squad member category (*Inter-House Championships and the 'Final' ACC Training are **not** included*)

<u>Swim Squad Member Category</u>	<u>Minimum Training & Captaincy Requirement</u>
School Swimming Squad Only (All Division I, II, III & Freestyle Relay Swimmers)	Minimum 2 School sessions per week Minimum 7 sessions total (<i>not including Inter-House Carnival and the 'Final' ACC Training Selection i.e. 7 morning sessions</i>)
School Swimming Squad & Inter-School Sports Team (CAS) (All Division I, II, III & Freestyle Relay Swimmers)	Minimum 1 School session per week Minimum 5 sessions total (<i>not including Inter-House Carnival and the 'Final' ACC Training Selection i.e. 5 morning sessions</i>)
School Swimming Squad & alternative Swimming Squad *** (i.e. Arena or Breakers Swim Squads or Competitive Surf Lifesaving)	Minimum 1 School session per week Minimum 4 sessions total (<i>not including Inter-House Carnival and the 'Final' ACC Training Selection i.e. 4 morning sessions of choice</i>) <u>ACC SWIMMING JUNIOR & SENIOR SQUAD CAPTAINCY IS RELIANT UPON THESE TRAINING REQUIREMENTS</u>

*** **PLEASE NOTE:** We encourage all *'Provisional'* Swimming Squad members to come and speak to one of the coaches personally about their training programme and goals for the season.