



ST LAURENCE'S COLLEGE

A Catholic College for boys in the Edmund Rice Tradition

2019 AIC Swimming Season Information Letter

Contact Information

Position	Name	Contact Details
Director of Swimming	Ms Roxanne Rosenberg	3010 1116 rosenberg@slc.qld.edu.au
Primary Swimming Coordinator	Mr Michael Sharkey	msharkey@slc.qld.edu.au

Term 4 (2018) Stroke Development Training

Term 4 stroke development training will be held for 2018 SLC students in Years 7-11 in the final 3 weeks of school. Training will be held on a Monday, Wednesday and Friday morning commencing on Monday 12th November. All sessions will be held at Yeronga Park Swimming Complex and run from 6.45am to 7.45am. A bus will transport students to the College after training.

2019 Holiday Swim Sessions

There will no preseason camp in 2019. Instead, all students (primary and secondary) are invited to attend holiday swim training on Monday 21st January and Tuesday 22nd January from 7:00am-8:00am.

2019 Swimming Squad Trials- Initial Trials Wednesday 23rd January

Swimming squad trials will be held on Wednesday 23rd January from 7:00am-8:00am at Yeronga. These will be timed trials. After these trials, students will be allocated into either the 'Black' or 'Gold' Swimming Squad. All students who wish to participate during the AIC season are required to attend these time trials. If students are absent from these trials, they must arrange a suitable other time with the Director of Swimming to complete a time trial.

Black Squad Training, commencing Tuesday 29th January and concluding Thursday 7th March

Students selected in the black squad will have the ability to train on a Monday, Tuesday, Wednesday, Thursday morning from 6:45am-7:45am at Yeronga Park Swimming Complex. Boys will need to find their own way to training but will be provided bus transport back to school following each session. Boys involved heavily in club training need to see Ms Rosenberg to discuss the amount of training required.

Gold Squad Training, commencing Monday 4 February

Students selected in the gold squad will have the ability to train on a Monday morning from 7:00am-8:00am at the Somerville House pool. There will be potential for students in the Gold squad to move to the Black squad throughout the season based on meet results. All students in the gold squad are encouraged to attend preliminary meets and swimming age championships.



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Preliminary AIC Meets

Throughout the early part of Term 1 there will be a number of preliminary swimming meets hosted by other AIC Schools. –See meet schedule below. Boys who intend on representing the school at the AIC Championships are expected to be at each of these meets. Boys will have the opportunity to sign up for events at these meets at a weekly swimming meeting held during one of the lunch breaks at school each week.

Date	AIC Meet
Friday 8 th February	Venue- St Peter's Lutheran College
Friday 15 th February	SLC Swim Age Championships (Yeronga)
Thursday 21 st February	Chandler Aquatic Centre
Friday 1 st March	Venue- TBA

Transport to AIC Swim Meets

Students will be transported by bus to all meets. The bus will leave the College at 3:10pm. Students will be responsible for their own afternoon tea to have before their event/s. It is parents' responsibility to collect boys from the swim meet venue after their event/s or at the completion of the meet.

AIC Championships

The AIC Championships will be held on Monday 11th March at Chandler Aquatic Centre.

SLC Swim Age Champs (Yeronga): Friday 15th February

The Age Championships is another carnival in the sense we like as many boys to come along and swim in the events they are comfortable with. It also gives some boys the chance to compete for the title of SLC Age Champion (all welcome). Any student who wishes to attend must fill in a nomination form available prior to the date. Boys who wish to be considered to represent the college at the AIC Championships need to swim at this event as it is age group racing with electronic timing. This gives the coaches an excellent guide to team selections. The afternoon/evening is a great chance to meet other families who also love their swimming.

Uniform for Meets

For all interschool and Friday night meets, students are required to wear SLC 'bumble bee' swimming togs or plain black coloured speedos. For each invitational meet students are to wear the College black sport shorts and the yellow College sport shirt.

District and Regional (Met East) Trials

Information will be advertised when it is received by the College. It is SLC policy that only those boys swimming for the College during the AIC season are eligible to trial for Mount Gravatt District/Met East. Boys wishing to attend these trials must meet the qualifying standards set and be approved by the College to attend these trials. Swimmers must pay the nomination levy when they submit their paperwork to the Sports Office.