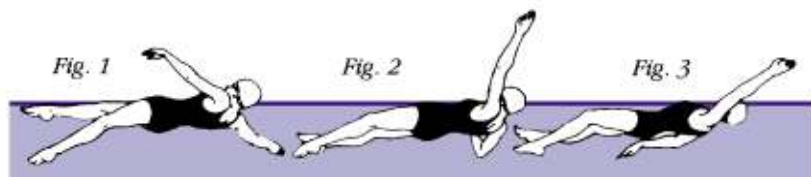


BREWER SWIMMING



st. ignatius college – riverview

Term 3 Squad Information

Monday 28th July – Friday 26th September 2008

Term 2 concludes Friday 4th July. Squads resume on Monday 28th July at St Ignatius College Riverview. (There are no squads at Riverside Corporate Park in Terms 2 and 3.)

Please renew your booking for Term 3 including full payment by 4th July.

Bookings do not roll over from Term 2.

Stingray & Sealion

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time	4.00 – 5.00pm	7.00 – 8.00am 4.00 – 5.00pm	4.00 – 5.00pm	7.00 – 8.00am 4.00 – 5.00pm	4.00 – 5.00pm 5.00 – 6.00pm
Fees	\$139.50 for 1 session per week (9 squads)				

Swordfish & Dolphin

Day	Monday	Tuesday	Thursday
Time	4.30 – 6.45pm	6.15 – 7.45am 4.30 – 6.45pm	6.15 – 7.45am 4.30 – 6.45pm
Fees	\$270.00 for min. 3/week, including sessions at WLC commencing 21/7/08.		

School Holiday Junior Squad Program at Willoughby Leisure Centre Stingrays & Sealions

Dates	Week 1 – Tuesday 8 th July – Thursday 10 th July Week 2 – Tuesday 15 th July – Thursday 17 th July
Time	4.00 – 5.00pm
Fees	\$33.00 per week plus pool entry

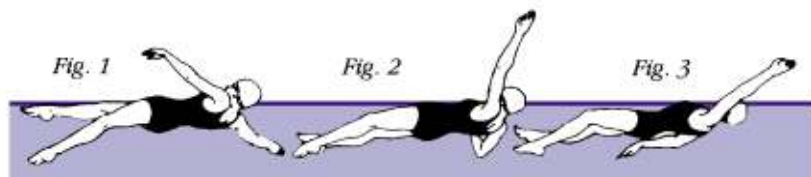
BOOKINGS & ENQUIRIES 1300 363 019

fax 9420 2395 email enquiries@brewerswimming.com.au ABN 15 003 256 826

www.brewerswimming.com.au

P.O. Box 252, Willoughby 2068.

BREWERSWIMMING



st ignatius college - riverview Squad Information

STINGRAYS must be able to swim 50 metres freestyle in 50 seconds with good breathing and complete 200 m breaststroke and backstroke with confidence. Butterfly drills will be consolidated in this squad and training skills, such as reading the pace clock and tumble turns are also introduced. Most of each session will be devoted to more advanced stroke drills emphasizing technique and endurance.

SEALION squads swim for 60 minutes, 2-3 times per week. Training sets are introduced for the first time and SEALIONS are expected to have strong and correct technique in all four strokes. Swimmers in this squad should begin racing in swimming club events (if they aren't already!) Racing skills are emphasized in this squad and swimmers are encouraged to increase speed and strength in the water.

SWORDFISH are aiming for competition and more discipline is expected in training. Sets are designed to challenge the swimmers in this squad and only those demonstrating interest in racing should consider this training option. Both sprint and endurance ability are developed in order to prepare for advanced squad swimming. Three to five 90-minute sessions each week are expected and dry land training is introduced at this level.

DOLPHIN swimmers are aiming at competing at the Metropolitan and State level. Qualifying times for these meets are available on the NSW Swimming website and only those demonstrating potential to achieve these times will be accepted into this squad. Competitive swimming must be a priority in this group as many DOLPHINS are aiming for National titles and training sessions are tailored for this level of competition. DOLPHINS must attend a minimum of five training sessions each week. Morning squads are included for these swimmers and Interclub competition is essential.

SHARKS are experienced competitors and are motivated to push themselves to reach their full potential. Up to eleven sessions each week are available for SHARKS, who are required to attend a *minimum of seven*. These swimmers are expected to make competitive swimming a high priority, aiming for success at State and National Championships.

ADULT SQUADS

We specialise in squads for adult swimmers, catering for all levels, from the social to the competitive. Masters sessions cover between 2.5km to 6km. Our tri-athletes enjoy a busy schedule of events and training during the warmer months and many of our masters swimmers also compete in open water races throughout the summer.

CLUB INFORMATION

Squad swimmers should join the Willoughby Swim Club which provides the opportunity for racing for the novice through to International standard. The club meets fortnightly on Friday evenings during Term 3 at Willoughby Leisure Centre, where swimmers can compete to improve their personal best times. For details please see www.willswim.org.au

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