



AIC Swimming 2017

Dear Parents,

Welcome to the 2017 AIC swimming season. For our new swimmers and families, this can be the first contact you'll have with AIC sports and it can seem a little confusing.

We like to make it as simple as possible for you to understand so that your son can get the most out of his swimming experience. While you have all the dates and times for meets and training, it's still daunting.

Hopefully this will answer most of your questions, however, please do not hesitate to give me a call directly on **0466658733**, preferably between 9am-3pm Monday to Friday, as it can be difficult for me to give you full attention while I have swimmers in the pool.

AIC TRAINING

- At Padua we offer a full training program with swimmer of all ages and ability levels being catered for.
- All swimmers looking for selection in the AIC team must attend compulsory sessions.
- Each year level has 2 compulsory sessions through the week, one morning and one afternoon.
- If there is any reason a swimmer cannot make one of the compulsory sessions, they are able to substitute this with a squad session on any other day – their manager or coach must be notified.
- We encourage all swimmers to attend more than just the two compulsory sessions per week.
- Junior and intermediate swimmers see benefit with 3 – 5 sessions a week.
- Swimmers in external programs are encouraged to continue working hard at their club program. Evidence of training must be provided by their club coach. A template for your coach to sign is available from the pool, or a signed letter from your coach is acceptable.
- In terms of selection, swimmers training elsewhere are selected on the same criteria as those training in the internal program, provided that all other criteria is met.
- All training equipment is supplied; swimmers will only need goggles and water bottles.
- Padua togs and cap are available from the uniform shop. These will be required for meets, but are not compulsory for training.



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FRIDAY AIC MEETS

- Friday night meets are time trials. They are used to record times that allow us to pick our final Padua team for the AIC championships.
- For all AIC meets not held at Padua the school will provide a bus.
- Years 5 and 6 meet their managers at the primary school to be escorted to the bus
- Year 7-12 meet at the front of the school before leaving on the bus
- Parents are welcome to attend the meets
- The bus will bring the boys back to school. We arrive back at school between 6pm and 7pm
- Parents attending the meet are free to take their child home directly after notifying their sons manager

AIC SELECTION PROCEDURE

- Swimmers must participate in Friday afternoon meets to record times.
- The times from these meets, plus the school carnival are used to pick the team representing the school at the AIC championships.
- For the first time this year, QSA and BSA times will be included for selection of the AIC team – these must be available on the meet mobile app.
- Swimmers can choose the events that they swim at the qualifying meets (if you are can't swim certain strokes, you are not required to do those.)
- Our final team will consist of between 8-12 swimmers per year level.
- The team is picked entirely on times (the only exception is of a swimmer with a faster time is deemed to swim with a technique that will case disqualification. The Friday night AIC meets do not have disqualifications for technique, and therefore this will be coaches call. This would be discussed with the swimmer in advance if there is a known issue (eg. Using freestyle kick for breaststroke)
- We encourage swimmers to continue to train and compete all the way through to the AIC championships.
- To qualify for selection swimmers will require 3 recorded times for 50m events, 1 recorded time for 100 – 400m events.



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COACH AND MANAGERS

	Coach	Manager	AM Training Time	PM Training Time
Year 5-6	Joel	Marie/Duncan	7-8am	3:30-4:30pm
Year 7-9	Jacob	Gerad	6:30-8am	3:30-5:00pm
Year 10-12	David	Chris	6-7:45am	3:30-5:15pm

TIMETABLE

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Level 1	Level 2	Level 1	Level 2	Level 1	Level 2	Level 1	Level 2	Level 1	Level 2
AM	Yr 5	Yr 12	Yr 6	Yr 8			Yr 7	Yr 11	Yr 9	Yr 10
Time	7-8am	6-7:45am	7-8am	6:30-8am			6:30-8am	6-7:45am	6:30-8am	6-7:45am
Coach	Joel	David	Joel	Jacob			Jacob	David	Jacob	David
Manager	Marie/Duncan	Chris	Marie/Duncan	Gerad			Gerad	Chris	Gerad	Chris
PM	Yr 9	Yr 11	Yr 7	Yr 10	Yr 8	Yr 12	Yr 5	Yr 6	All Coaches and Managers for AIC meets	
Time	3:30-5pm	3:30-5:15pm	3:30-5pm	3:30-5:15pm	3:30-5pm	3:30-5:15pm	3:30-4:30pm	3:30-4:30pm		
Coach	Jacob	David	Jacob	David	Jacob	David	Joel	Joel		
Manager	Gerad	Chris	Gerad	Chris	Gerad	Chris	Marie/Duncan	Marie/Duncan		

	Coach	Manager	AM Training Time	AM Training Day/s	PM Training Time	PM Training Day/s
Year 5	Joel	Marie/Duncan	7-8am	Monday	3:30-4:30pm	Thursday
Year 6	Joel	Marie/Duncan	7-8am	Tuesday	3:30-4:30pm	Thursday
Year 7	Jacob	Gerad	6:30-8am	Thursday	3:30-5:00pm	Tuesday
Year 8	Jacob	Gerad	6:30-8am	Tuesday	3:30-5:00pm	Wednesday
Year 9	Jacob	Gerad	6:30-8am	Friday	3:30-5:00pm	Monday
Year 10	David	Chris	6-7:45am	Friday	3:30-5:15pm	Tuesday
Year 11	David	Chris	6-7:45am	Thursday	3:30-5:15pm	Monday
Year 12	David	Chris	6-7:45am	Monday	3:30-5:15pm	Wednesday



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AIC CALENDAR

Day/Date	Event
Friday January 27th	Padua Swim Trials @ Padua
Friday February 3rd	AIC Meet @ Ashgrove Marist College (ASH, SEC, VILLA, PAD)
Friday February 10th	AIC Meet @ Centenary Pool
Thursday February 16th	House Carnival (Yr 5-8) Centenary Pool
Friday February 17th	House Carnival (Yr 9-12) Centenary Pool
Wednesday February 22nd	Met North Swimming Trials (10yrs-12yrs) Lawnton
Thursday February 23rd	Met North Swimming Trials (13yrs-Open) Lawnton
Friday February 24th	AIC Swim Meet @ Iona College (IONA, VILLA, SPC, PAD)
Friday March 3rd	AIC Swim Meet Padua v St Patricks College @ Centenary Pool
Monday March 6th	AIC Swimming Championships @ Chandler

We hope that everyone enjoys the season. Please don't hesitate to call me on 0466658733 between 9 and 3 Monday to Friday if you have any questions about training, competition or your child's progress.

Kind regards

David Barnes
Head Coach – Padua Swimming