

NewSPORT Swim Squads

Summer 2023 - Squad Timetable – Commencing Term 1 (Monday Jan 30th)

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	Swim 5:30 – 7:00am Dryland 7:00-7:30am	Swim 5:30 – 7:30am		Swim 5:30 – 7:30am	Swim 5:30 – 7:00am Dryland 7:00-8:00am	Swim 5:30 – 7:00am Gym – 7:00am – 8:00am
Silver	Swim 5:30 – 7:00am Dryland 7:00-7:30am	Swim 5:30 – 7:30am		Swim 5:30 – 7:30am	Swim 5:30 – 7:00am Dryland 7:00-8:00am	Swim 5:30 – 7:00am Gym – 7:00am – 8:00am
Bronze		Swim 6:00 – 8:00am		Swim 6:00 – 8:00am		Swim 5:30 – 7:00am Gym – 7:00am – 8:00am
College	Swim 5:30 – 7:00am Dryland 7:00-7:30am	Swim 5:30 – 7:30am		Swim 5:30 – 7:30am	Swim 5:30 – 7:00am Dryland 7:00-8:00am	
SwimFit			Swim 6:00am – 7:00am		Swim 6:00am – 7:00am	
Gold		Dryland 4:15 – 5:00pm Swim 5:00-6:15pm	Dryland 4:15 – 5:00 Swim 5:00 – 6:30pm	Dryland 4:15 – 5:00pm Swim 5:00-6:15pm		
Silver		Dryland 4:15 – 5:00pm Swim 5:00-6:15pm	Dryland 4:15 – 5:00 Swim 5:00 – 6:30pm	Dryland 4:15 – 5:00pm Swim 5:00-6:15pm		
Bronze	Dryland 4:45-5:30pm Swim 5:00-6:30pm		Swim 5:00-6:00pm		Swim 5:00-6:00pm	
Orange Squad	Dryland 4:45-5:30pm Swim 5:00-6:30pm	Swim 5:00-6:00pm		Swim 5:00-6:00pm	Swim 5:00-6:00pm	
Mini Squad (Prev Orange Beginner)	Swim 5:30-6:15pm	Swim 5:00-5:45pm		Swim 5:00-5:45pm	Swim 5:00-5:45pm	

2023 Term 1 - Schedule Notes:

- Senior Squads earlier starting times on Tue and Thurs allow students more time to eat breakfast and get prepared for school. We will also utilise this time for AAGPS meetings and additional training if necessary.
- Junior Squads – Slight change in Monday PM start time due to WP (Only Until Wk7)
- Competitive club swimmers are strongly encouraged to select 'Competitive Swimming' as their 2023 Winter Sport (Note: Only available for Yr9 and above)

Newington Swim Club:

- Membership to Newington Swim Club and attendance to both club nights and local swim meets are compulsory for all Bronze, Silver and Gold Squad Swimmers. Orange and Mini Squad members are encouraged to participate in club nights
- Club Nights held on Wednesday afternoons in Week 3, 6 and 9 of each school term.
- More details regarding the swim club can be found:
 - Website: <https://newington.swimmingclub.org.au/>
 - Download the **Stack Team App** and Search for **Newington Swimming Club**. https://www.teamapp.com/clubs/463390?_webpage=v1

Dryland Sessions:

- There will be 4 types of Dryland sessions, including:
 - Flexibility and Mobility
 - Core and Functional Movement Skills
 - Gym / Weights
 - Total Body Conditioning
- The session focus will depend on the stage of the season plan.

Contact Information:

General Inquiries

- swimschool@newington.nsw.edu.au
- 9568 9401

Head Swim Coach – Jared Goldthorpe

- jgoldthorpe@newington.nsw.edu.au
- 9568 9346

GOLD SQUAD INFORMATION

General	Newington Swim Club	Training
<ul style="list-style-type: none">• 5 – 7 sessions recommended (1 x Dryland per week)• Leadership shown within the squads and club• Strong parent/coach/swimmer communication	<ul style="list-style-type: none">• Compulsory membership of Newington Swimming Club and regularly attending targeted carnivals• Aiming to achieve NSW State and National qualifying times• A strong commitment to develop as a competitive swimmer	<ul style="list-style-type: none">• Able to handle the demands of high volume and intensity of training both physically and mentally• Knowledge of all fundamentals of swimming, including heart rate, training plans, recovery etc• An exceptional commitment, attitude, and behaviour towards training

SILVER SQUAD INFORMATION

General	Newington Swim Club	Training
<ul style="list-style-type: none">• 4 – 6 sessions recommended (1 x Dryland per week)• Leadership shown within the squads and club• Strong communication with Head Coach	<ul style="list-style-type: none">• Compulsory membership of Newington Swimming Club and regularly attending targeted carnivals• Aiming to achieve NSW State qualifying times• A commitment to developing as a competitive swimmer• Aiming to achieve Gold and Silver JX Standard times in all 4 strokes	<ul style="list-style-type: none">• Able to comprehensively understand the pace clock• Able to swim 200m FS, BK and BRST with good technique and efficiently• Able to perform all starts, turns, and finishes• Being coachable - responds well to feedback and works well with coaching staff Newington Swim Club

BRONZE SQUAD INFORMATION

General	Newington Swim Club	Training
<ul style="list-style-type: none">• Regularly attending a minimum of 3 and a maximum of 5 training sessions per week• Non-disruptive, motivated, and aiming to develop as a competitive swimmer	<ul style="list-style-type: none">• Compulsory membership of Newington Swimming Club.• Attending club nights and targeted carnivals• Aiming to achieve NSW State qualifying times• Aiming to achieve a minimum blue JX Standard time in all 4 strokes	<ul style="list-style-type: none">• Able to swim 100m FS, BK and BRST with good technique and efficiently• Able to swim FS and BK with good body position, kick and breathing• Able to swim BRST with a correct kick and BFLY with correct timing

ORANGE SQUAD INFORMATION

General	Training
<ul style="list-style-type: none">• Regularly attending a minimum of 2 and a maximum of 4 training sessions per week• Enjoys swimming and being a part of the team• Must be an existing member or interested in joining Newington Swimming Club	<ul style="list-style-type: none">• Able to swim 100m FS, BK and BRST continuously with good technique and efficiently• Able to swim FS and BK continuously with good tumble turns, body position, kick and breathing• Able to swim BRST with a correct kick

MINI SQUAD INFORMATION

General	Training
<ul style="list-style-type: none">• Regularly attending with a maximum of 2 sessions per week• Enjoys swimming and being a part of the team	<ul style="list-style-type: none">• Desired skills shown in all 4 strokes including a continuous 100m IM• Have a working understanding of butterfly

COLLEGE SQUAD INFORMATION (Newington College Students Only)

General

- Swimmers in the College Squad must have made the current years Newington Swim Team
- College Squad is integrated into senior competitive squad timetable but may see swimming as a secondary sport of choice.
- College Squad members are encouraged to be a registered member of the Newington Swim Club as some swimmers may be asked to compete in external swimming meets (e.g., State Relays)

Requirements to maintain a position in this squad

- Newington Character Values must be upheld
- Unexplained absences of two consecutive weeks or longer may result in your enrolment being withdrawn

SWIMFIT SQUAD INFORMATION (Newington College Students Only)

Newington College Sports Selection:

- Swimfit is a seasonal sport which is conducted by Newington College. Swimmers can select if either Competitive or non-competitive swimfit.
- Swimmers who select Competitive SwimFit will train in our competitive squad program.
- All students, regardless of seasonal sport selection are welcome to attend non-comp SF sessions at any time. We ask that all students express their interest by emailing staff before attending.

General Information

- All swimmers are expected to maintain regular attendance of 3 session per week on site
- Newington Character Values must be always upheld
- Unexplained absences will be dealt with by the College