

# NewSPORT Swim Squads

SPRING 2023 - Squad Timetable – Commencing Monday 28<sup>th</sup> August

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	Swim 5:30 – 7:00am Dryland/Gym 7:00-7:30am	Swim 5:30 – 7:30am	Circuit/Mobility 4:30-5:00 Swim 5:00 – 6:30pm	Swim 5:30 – 7:30am	Swim 5:30-7:00 Physio/Dryland 7:00-8:00am	Swim 6:00 – 8:30am
		Weights 4:00pm Swim 5:00-6:15pm		Weights 4:00pm Swim 5:00-6:15pm		
Silver	Swim 5:30 – 7:00am Dryland/Gym 7:00-7:30am	Swim 5:30 – 7:30am	Circuit/Mobility 4:30-5:00 Swim 5:00 – 6:30pm	Swim 5:30 – 7:30am	Swim 5:30 – 7:00am Physio/Dryland 7:00-8:00am	Swim 6:00 – 8:30am
		Weights 4:00 – 5:00pm Swim 5:00-6:15pm		Weights 4:00 – 5:00pm Swim 5:00-6:15pm		
Bronze	Dryland 4:30-5:00pm Swim 5:00-6:00pm	Swim 6:00 – 7:30am	Swim 5:00-6:00pm	Swim 6:00 – 7:30am	Swim 5:00-6:00pm	Swim 6:00 – 8:30am
Orange Squad	Dryland 4:30-5:00pm Swim 5:00-6:00pm	Swim 5:00-6:00pm	Swim 6:00-7:00am Combined with Mini	Swim 5:00-6:00pm	Swim 5:00-6:00pm	x
Mini Squad	Swim1 - 5:00-5:45pm Swim2 - 5:45-6:30pm	Swim1 - 5:00-5:45pm Swim2 - 5:45-6:30pm	Swim 6:00-7:00am Combined with Orange	Swim1 - 5:00-5:45pm Swim2 - 5:45-6:30pm	Swim 5:00-5:45pm	x
College	Swim 5:30 – 7:00am Dryland/Gym 7:00-7:30am	Swim 6:00 – 8:00am	Swim 6:00-7:00am	x	Swim 6:00 – 7:00am Physio 7:00-7:30am	x
Newington Swimfit			Swim 6:00-7:00am		Swim 6:00-7:00am	

## Schedule Notes:

- Slight changes with start and finish times due to shared lane space with Newington College Water Polo.
- Note: Timing for Saturday morning sessions are due to change in Term 4 when WP competition commences.

## Coaching Staff Update:

- Congratulations to Coach **Byron Li** who has been appointed as the new **Assistant Head Coach of Newington Swimming**.
- Coach **Thomas Oates** will now be taking over as Bronze Squad coach.
- **Dominic Goonan** will remain as Orange Squad Coach, and
- welcome new coach **Archie Craig** who will be overseeing Mini Squads.

### **Newington Swim Club:**

- Membership to *Newington Swim Club* and attendance at both club nights and local swim meets are expected for all Bronze, Silver and Gold Squad Swimmers. Orange and Mini Squad members are encouraged to participate in club nights held on Wednesdays in Week 3, 6 and 9 of each school term.
- Where clashes occur, **Newington Students** must follow sport leave request guidelines outlined on New Spaces.
  - [New Spaces - Absence and Leave \(newington.nsw.edu.au\)](https://newington.nsw.edu.au)
- 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
  - Physio – Directed by athletes needs
  - Weights – Heavy Gym
  - Dryland - Total body conditioning
- The session focus will depend on the stage of the season plan.

### **Staff Contact Information:**

#### **General Swimming Inquiries**

- [swimschool@newington.nsw.edu.au](mailto:swimschool@newington.nsw.edu.au)
- 9568 9401

#### **Head Swim Coach – Jared Goldthorpe**

- [jgoldthorpe@newington.nsw.edu.au](mailto:jgoldthorpe@newington.nsw.edu.au)
- 9568 9346

#### **Assistant Head Coach – Byron Li**

- [bli2@newington.nsw.edu.au](mailto:bli2@newington.nsw.edu.au)
- 9568 9346

## GOLD SQUAD INFORMATION

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

## SILVER SQUAD INFORMATION

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

## BRONZE SQUAD INFORMATION

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

## ORANGE SQUAD INFORMATION

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

## MINI SQUAD INFORMATION

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

## 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