

NewSPORT Swim Squads

Autumn 2024 – Squad Timetable – Commencing Monday 11th March

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	Swim 5:30 – 7:30am Stretch 7:30am	Swim 5:30 – 7:30am	Activation 4:15pm Swim 4:30 – 6:15pm	Swim 5:30 – 7:30am	Swim 5:30-7:00 Physio Mobility 7:00-7:30am	Weights (B) 6:30-7:15am Swim 7:15 – 8:45am
		Swim 4:00-5:00pm Weights (A) 5:00-6:00pm		Swim 4:00-5:00pm Dryland 5:00-6:00pm		
Silver	Swim 5:30 – 7:30am Stretch 7:30am	Swim 5:30 – 7:30am	Activation 4:15pm Swim 4:30 – 6:15pm	Swim 5:30 – 7:30am	Swim 5:30 – 7:00am Physio Mobility 7:00-7:30am	Weights (B) 6:30-7:15am Swim 7:15 – 8:45am
		Swim 4:00-5:00pm Weights (A) 5:00-6:00pm		Swim 4:00-5:00pm Dryland 5:00-6:00pm		
Bronze	Dryland 4:00-4:30pm Swim 4:30-5:30pm	Swim 6:00 – 7:30am	Activation 4:15pm Swim 4:30 – 5:45pm	Swim 6:00 – 7:30am	Swim 4:15-5:30pm	Gym 6:30-7:15am Swim 7:15 – 8:45am
Orange Squad	Dryland 4:00-4:30pm Swim 4:30-5:30pm	Swim 4:30-5:30pm	Swim 6:30-7:30am Combined with Mini	Swim 4:30-5:30pm	Swim 4:30-5:30pm	x
Mini Squad	Swim 1 – 4:00-4:45pm Swim2 - 4:45-5:30pm	Swim 1 – 4:00-4:45pm Swim2 - 4:45-5:30pm	Swim 6:30-7:30am Combined with Orange	Swim1 - 4:00-4:45pm Swim2 - 4:45-5:30pm	Swim 4:00-4:45pm	x
College (+Swim Team)	General Fitness Swim 6:00 – 7:30am	Swim Team 6:00 – 7:30am	General Fitness Swim 6:00-7:30am	Swim Team 6:00 – 7:30am Team Meeting 7:30-8:00a	General Fitness Swim 6:00 – 7:30am	x
Newington Swimfit	x	x	Swim 7:00-8:00am	x	Swim 7:00-8:00am	Training TBC

Schedule Notes:

- Separate mini squad sessions now offered in the afternoons. Earlier start times from 4:00pm. More communication to come.
- College Squad: some sessions are specifically for the swim team only. Other sessions are for generalised fitness swimming.
- Activation Routine to be introduced into regular routine for all Competitive Squads (Bronze, Silver and Gold).
- NEWSC Club Nights – Start times will remain to be 5:00pm Warm Up.

Newington Swim Club:

- Membership to **Newington Swim Club** and attendance at 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 NewSpaces.
 - [New Spaces - Absence and Leave \(newington.nsw.edu.au\)](https://www.newington.nsw.edu.au/new-spaces-absence-and-leave)
- More details regarding the swim club can be found:
 - Website: <https://newington.swimmingclub.org.au/>
 - TeamApp:
 - Download the **Stack TeamApp** <https://www.teamapp.com/clubs/463390?webpage=v1>
 - Once downloaded search for *Newington Swimming Club*.

Staff Contact Information:

General Swimming Inquiries

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

Head Swim Coach – Jared Goldthorpe

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

Assistant Head Coach – Byron Li

- bli2@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 weights session per week)• Leadership shown within the squads and club• Strong parent/coach/swimmer communication	<ul style="list-style-type: none">• Aiming to achieve NSW State and National Age qualifying times• Compulsory membership of Newington Swimming Club and regularly attending targeted carnivals• A strong commitment to develop as a competitive swimmer	<ul style="list-style-type: none">• Able to handle the demands of high volume 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 weights session per week)• Leadership shown within the squads and club• Strong communication with Head Coach	<ul style="list-style-type: none">• Aiming to achieve NSW State qualifying times• Compulsory membership of Newington Swimming Club and regularly attending targeted carnivals• 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.• Aiming to achieve NSW State qualifying times• Aiming to achieve a minimum blue JX standard time in all 4 strokes• Attending club nights and targeted carnivals	<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 per week.
- Newington Character Values must always be upheld
- If you have selected SwimFit as your sport, all unexplained absence will be dealt with by the College