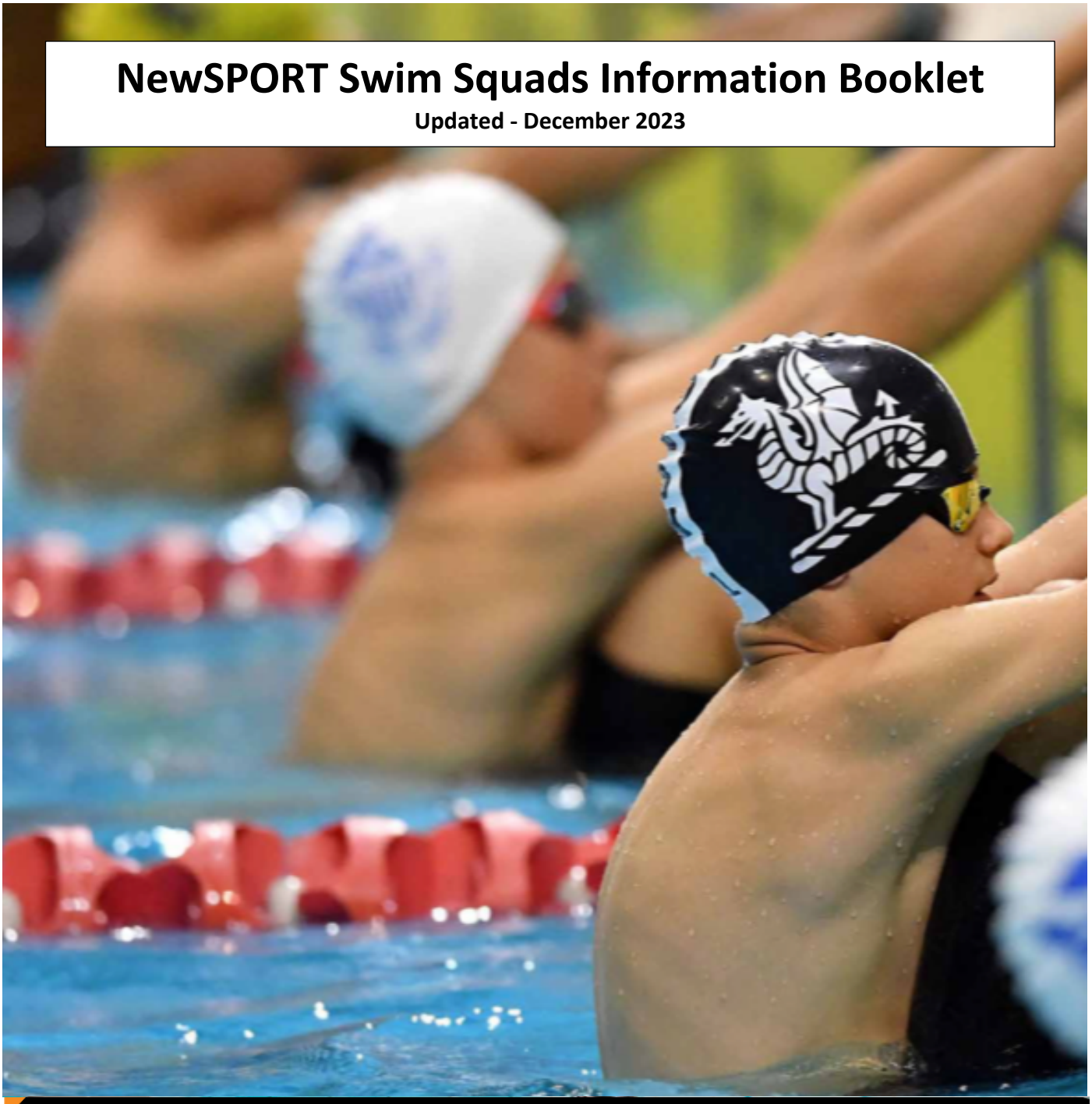
NewSPORT Swim Squads Information Booklet

Updated - December 2023



Newington College

IN FIDE SCIENTIAM

WELCOME NEWINGTON SWIMMING

Information booklet

Introduction

Welcome to NewSport Swimming. We are located on the beautiful Newington College Campus in the Taylor Sport Centre, Stanmore. Our indoor, 25 metre, 8 lane, heated pool, hosts swimming programs for all abilities from Learn to Swim to National level swimming. Our programs include:

- A comprehensive Learn to Swim program, from non-swimmers to preparation for squads
- A three tier Junior Competitive Squad program, building on the foundations of skill acquisition and development.
- A two tier Senior Competitive Squad program for our State and National age group swimmers.
- A fitness swimming program for Newington College secondary school swimmers who enjoy training to keep swim fit and enhance their skills in other sports, such as water polo, tennis, and rugby.

Overview of the Squads and Competitive Swimming Program:

NewSPORT Swim Squads (Training) are available onsite for all ability levels. To be involved all swimmers will first be assessed by a coach and placed into a squad. It is recommended that if swimmers are looking to join the squads, they join in a holiday period, so they are settled in and comfortable before the following school term starts. The holiday schedule is attached.

Newington College Swim Team (School Racing) is a representative team which competes against other schools during Term 1. To be selected on the swim team, swimmers must compete in the Newington Age Championships which are held in the first week of Term 1 each year.

Newington Swimming Club (External Racing) is separate to the Swim Team. The Swim Club governed by Swimming NSW and is for all levels of ability. The main purpose of the club is to gain some racing experience and test your current personal best times in each event. Club Racing Nights are held every school term in weeks 3,6 & 9

New Squad Members

Swimmers are welcome to join our squads at any point throughout the year. To minimise disruptions with the existing squads we recommend members join at certain times of the year. For Junior Squad swimmers we recommend you join or transition between squads during the holidays or at the beginning of each term. Our Senior Squad swimmers are encouraged to join or move between competition seasons (this would be at the beginning of January, late April and September after NSW State Age Championships and National Age Championships).

Season 1	Season 2	Season 3
Jan – April (Term 1)	May – Aug/Sept (Term 2 – 3)	Sept – Dec (Term 3 – 4)
Championships Meet: Summer Long Course -National Age Champs	**Championships Meet:** Winter (Short Course) -NSW State SC Champs	**Championships Meet:** Summer Long Course -NSW State Champs

Squad Assessments

Email swimschool@newington.nsw.edu.au to arrange an assessment time. These are typically conducted each weekday afternoon Monday - Thursday. On the day, please bring goggles, appropriate swim wear, and a towel. After your assessment you will be contacted by a NewSPORT staff member with all the information about your new squad. From there we will ask you to register.

Squad Registration/Enrolment:

To sign up to our online payment (UDIO) system, use the following instructions:

1. Click link: https://newsport-swim-school.accounts.ud.io/login/
2. Create new account "SIGN UP" and login
3. Update family details
4. Create a new ***Student*** account with adding your swimmers' details.
5. Select the Squad that you have been assigned.
6. Select the sessions you wish to attend. These can be changed on a later date if needed.
7. Confirm booking **or** add an additional student/swimmer booking.
8. Please send an email to swimschool@newington.nsw.edu.au once you have finished your online registration.
9. **Newington Senior Campus** Students receive a discount which is not available for the first month's fees. To redeem you will need email Swim School or Head Coach once you complete your registration/booking.

Enrolments

All squad enrolments are perpetual and run year-round. Enrolments are accepted at any time during the year and all new members must complete an online registration including contact details and emergency information. Bookings will continue on a perpetual basis, meaning you retain you place within the squad without the need to re-enrol, until cancellation is advised. See cancellation process for further information. Note: this means squad training will continue during the holidays, unless otherwise advised.

Returning Enrolments

For families that are returning to the program after a break of less than 6 months, you must email swimschool@newington.nsw.edu.au to confirm the re-enrolment process. All swimmers returning after a break longer than 3 months will be required to be re-assesed to confirm their squad level again. Re-enrolment booking can be made by staff.

Squad Schedules/Timetables

All squad schedules and timetables will be posted on SPACES, TeamApp and emailed out to UDIO enrolled squad families. Be sure to email staff if you are unsure of the schedule

Squad Monthly Pricing Structure

Squad	External Swimmers	Newington Students (20% Discount)
Mini Squad	$87.00	$69.60
Orange Squad	$100.00	$80.00
Bronze Squad	$111.00	$88.80
Silver Squad	$121.00	$96.80
Gold Squad	$129.00	$103.20
College Squad	N/A	$75.00

- Members of the *Newington Swim Team* will receive a reduction in squad fees leading into and during the AAGPS competition season. February, March April… November, December, January (following year)
- Newington Students who select *Swimming* as their seasonal sport in either summer or winter, will also receive a reduction in squad fees during that specific season.

Squad Fees

Newington Swimming only accepts direct debit as its method of payment. Fees are calculated monthly and are payable in advance on the 1st of each month. A pro-rata amount will apply if enrolment commences part way though the month.

Active Kids Vouchers

Newington Swimming accepts Service NSW Active Kids Vouchers.
Contact swimschool@newington.nsw.edu.au to speak to staff about redeeming your voucher.

Payment of Fees

To confirm a place in Newington Squads, payment is required at the time of booking. Families will be charged an initial pro-rated fee if commencing part way through the month. Subsequent monthly fees will be deducted on the 1st of each month. Accounts must be settled on this day. Customers should ensure sufficient available funds in their nominated account. Please note that ongoing outstanding fees may result in your child's enrolment being discontinued. Families should contact staff if they anticipate difficulty in settling accounts by the due date.

Direct Debit Payments

Direct debit is our only method of payments for squads. By completing the direct debit authorisation in the customer portal, parents/guardians acknowledge that squad fees will automatically be debited from their nominated account on the first of each month.

If the debit is declined, the bill payer:

- Will be automatically notified by email
- Will be charged a merchant dishonour fee
- May be charged additional fees by their financial institution

Customers with current Direct Debit Authorities in place should note that any outstanding fees owing will automatically generate a direct debit deduction/payment, regardless of the due date of the fees.

Cancellations

Request for enrolment cancellation must be made via email to swimschool@newington.nsw.edu.au by the 21st of the month to cancel from the following month. Cancellations received after the 21st of any month, may not processed prior to the following month.

Credits

Requests for credit will only be considered for children who have sustained injury or illness which has prevented them from swimming for a minimum of four consecutive weeks.

Requests should be made to Newington staff via email prior to the completion of the enrolled month. Please attach a medical certificate to your request. Credits may then be applied to future months fees. Credit will only be calculated based on fees already paid, up to a maximum of six (6) weeks.

Refunds

Requests for refunds will only be considered when a swimmer has sustained a major injury or illness which will require withdrawal from the program. All requests should be sent to staff via email and should be accompanied by supporting medical documents. Request should be submitted within 2 weeks of form the date of the injury.

Attendance

It is expected that swimmers maintain a consistent and regular attendance. This will maximise skill development and acquisition. Each squad has a recommended number of sessions for you to attend (see below Squads Overview). This recommendation is guided by the Australian Swim Coaches and Teachers Association (ASCTA). These recommendations are designed to not only optimise skill development but also focused on continually developing a stronger aerobic capacity for young swimmers throughout the season (fitter = faster).

Transition Between Squads

After the initial assessment and squad allocation, swimmers in each squad are continuously assessed by their coach at every session. Those swimmers who show the desired improved skill development required to move to the next level will be advanced to the higher squad level. You will be informed of this via email, as well as receiving the new squad session timetable and any other information relevant to the new squad. Confirmation of acceptance of promotion is required by replying to the email.

If you have any questions, queries or would like to talk to your child's coach please email swimschool@newington.nsw.edu.au We do ask that you do not approach your child's coach during any training session. We are happy to organise a time suitable for you to meet with your child's coach. If you feel you would prefer to speak with the Head Coach or other senior staff member this can also be arranged through the email above.

Australian Swimming FTEM Framework

Following the Australian Swimming Framework, Newington Swimming aims to provide swimmers with the tools and education to progress to elite level swimming teams. We currently have several elite swimmers on Junior State teams representing Newington. We aim to continue this trend for these swimmers to one day become an Australian Open Elite Level Athletes.

Squad Pathways

GOLD SQUAD INFORMATION

General

- 5 – 7 sessions recommended (1 x Dryland per week)
- Leadership shown within the squads and club
- Strong parent/coach/swimmer communication

Newington Swim Club

- **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

Training

- 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

- 4 – 6 sessions recommended (1 x Dryland per week)
- Leadership shown within the squads and club
- Strong communication with Head Coach

Newington Swimming Club

- **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

Training

- 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

BRONZE SQUAD INFORMATION

General

- 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
- Being coachable - responds well to feedback and works well with coaching staff

Newington Swim Club

- **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

Training

- 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 & MINI SQUAD INFORMATION

General

- 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**

Training

- 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
- Have a working understanding of butterfly

COLLEGE SQUAD INFORMATION (Newington College Students Only)

General Information

- Swimmers in the College Squad must have made the current years Newington Swim Team.
- College Squad is integrated into senior competitive squad timetable, but athletes may see swimming as a secondary sport of choice.
- College Squad members are encouraged to be a registered member of the Newington Swim Club

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

FITNESS / GENERAL SWIMMING INFORMATION (Newington College Students Only)

Swimming is a seasonal sport which is conducted by Newington College. All students, regardless of seasonal sport selection are welcome to attend selected training sessions. We ask that all students express their interest by emailing staff before attending. Our more advance competitive student swimmers will have the option to select swimming and continue with their normal swim squad training schedule. Student's obligations will be outlined by staff at the start of the season.

Newington Swim Club

NewSC is a year-round sport for students and non-students to compete in external swim meets governed by Swimming NSW. Membership of the Newington Swimming Club is compulsory for all swimmers who select to swim in our competitive squad program (Gold, Silver, and Bronze Squad). Swimmers in Orange squad are encouraged to participate in club night racing and eventually join the club. Membership for non-competitive (fitness) swimmers is also welcome. For information about The Newington Swimming Club and how to join please follow this link:
https://newington.swimmingclub.org.au/

DOWNLOAD APP:

Stack TeamApp/*Newington Swimming Club* – to keep updated with all the latest news, events, schedules and much more look up Newington Swimming Club on TeamApp.

Newington College Swim Team

Each year a team of students are selected to represent Newington at the AAGPS championships. AAGPS swimming is a representative summer sport held in Term 4 and Term 1 of the school year. Swimmers selected in the team will be asked to juggle this commitment with their selected summer sport. The Swim Team is selected based on results from Newington Age Championships held in the first week of Term 1. These results, in conjunction with displayed character, are compiled to determine who will represent Newington College.

Socials

- Instagram: @NewingtonSwimming
- Facebook: Newington Swimming Club.
- Club Website: https://newington.swimming.org.au/
- Spaces: *Newington Swim Team* & *NewSPORT*

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