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Welcome

Swimming has a strong tradition among the PSA schools and remains one of the key sports the PSA schools and our old boys measure their sporting prowess by.

The past 10 years has seen Christ Church win the PSA swimming title, the Dr K G Tregonning Cup, on five successive occasions and finish in the top three in all other years. The Christ Church swim team has achieved this success by focussing on all swimmers, particularly relay swimmers, and offering quality and specific training for all swimming abilities. The development of the Christ Church aquatic’s team culture, ensuring the water polo boys and the swimmers feel part of one overall aquatics team, has also been a major beneficial focus for our team’s success.

As a CCGS old boy and Olympic Gold Medallist (Sydney, 2000), I have brought to the School considerable experience and drive since joining the staff in 2002. Together with Head of Aquatics, Luke Farmer and our dedicated and talented staff we have created a great environment for those participating in the CCGS swimming program.

At our sessions, we welcome boys with a desire to be part of what is truly an exciting team. We have had the pleasure in coaching boys who start the season with a very low level of swimming experience or ability, and finish the season representing Christ Church at the PSA Swimming Carnival.

The school program at the elite end has been equally as rewarding with many of our boys establishing themselves as national and international level swimmers, with three of our swimmers having gone on to represent Australia at the Olympics.

Since 2010, Christ Church has been host to the Westside Christ Church Aquatic Swimming Club, which being affiliated with Swimming WA and boasting Swimming WA’s 2015 Coach of the Year, has become one of WA’s premier A grade swimming clubs. The sessions provided at the School pool are a draw card for many swimmers wishing to further their studies and swimming.

Good luck and enjoy the season ahead.

Bill Kirby
Head Swimming Coach
Welcome

Water polo at Christ Church has achieved great success since the introduction of the Dickinson Shield in 2002. The School has won four titles and finished either first or second in every season for the last 10 years, making Christ Church the most successful school in the PSA in recent years. Christ Church has produced several National League and Australian representatives who have enjoyed illustrious careers since graduating.

The model of success has relied on a number of factors:

• A positive relationship with the various water polo clubs in the community who communicate with the coaches and provide external training options to the boys
• Compulsory swimming commitment to the School, exposing the boys to world-class conditioning and coaching
• Unrivalled support from the parent group who make significant allowances to get the boys to training during the holiday period
• Strong developmental pathway from juniors to seniors, where boys receive the required conditioning and fundamentals leading to success at a senior level
• Elite training camps over the summer holidays, where players train with premier league athletes and play in international tournaments
• A relationship with the Western Australian Institute of Sport, where boys are given master class sessions from various Australian athletes throughout the season
• A strong old boy culture where many boys return to the School as coaches and maintain the same values and attitudes of previous year groups

Christ Church water polo has built its success on a distinctive style of play. The boys are exceptionally fast in the water, which is a product of the strength of the swimming program at the School. This speed makes the Christ Church teams particularly high scoring and difficult to score against.

The boys are rigorously conditioned to have strong legs, high mobility and outstanding endurance. A strong team defense culturally underpins the Christ Church team. The boys are extremely motivated to succeed and spend many hours analysing footage and training as a group, to perfect their structure. The First VI boys build resilience and determination throughout a rigorous pre-season training program where they become incredibly conditioned and unified as a team.

Christ Church water polo aims to continue its great success and tradition for many years to come. The goal is always to build a team of boys who will win the PSA competition. With this motive and pursuit in mind, Christ Church will continue to develop boys with resilience, determination, self-esteem, friendship and leadership skills.

Enjoy the season ahead.

Scott Chrystal
Head Water Polo Coach
Year group co-ordinators and contact details

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7:</td>
<td>Ms Katie Williams</td>
<td>9442 1680</td>
<td><a href="mailto:kwilliams@ccgs.wa.edu.au">kwilliams@ccgs.wa.edu.au</a></td>
</tr>
<tr>
<td>Year 8:</td>
<td>Ms Katy Brooks</td>
<td>9442 1612</td>
<td><a href="mailto:kbrooks@ccgs.wa.edu.au">kbrooks@ccgs.wa.edu.au</a></td>
</tr>
<tr>
<td>Year 9:</td>
<td>Ms Gabrielle Williams</td>
<td></td>
<td><a href="mailto:gwilliams@ccgs.wa.edu.au">gwilliams@ccgs.wa.edu.au</a></td>
</tr>
<tr>
<td>Year 10:</td>
<td>Ms Megan Pentony</td>
<td>9442 1623</td>
<td><a href="mailto:mpentony@ccgs.wa.edu.au">mpentony@ccgs.wa.edu.au</a></td>
</tr>
<tr>
<td>Year 11 and 12</td>
<td>Mr Neil Saggers</td>
<td>9442 1557</td>
<td><a href="mailto:nsaggers@ccgs.wa.edu.au">nsaggers@ccgs.wa.edu.au</a></td>
</tr>
<tr>
<td>Head of Aquatics</td>
<td>Mr Luke Farmer</td>
<td>9442 1745</td>
<td><a href="mailto:lfarmer@ccgs.wa.edu.au">lfarmer@ccgs.wa.edu.au</a></td>
</tr>
</tbody>
</table>
Training and selection for the PSA Inters Swimming Team

At CCGS, the option of becoming part of the swimming squad is open to all boys, including those who chose swimming as a second sport. We have many boys who participate in other summer sports including rowing, water polo and cricket and they are more than welcome to get involved in swimming as a second sport.

Swimming squad training commences in Term 4, 2015 and continues into the holidays over summer. Pre-season training begins on Monday 4 January, Monday, Wednesday and Friday Mornings 7.00am to 8.30am. The training schedule is attached. All boys in the swimming squad are encouraged to participate in as many training sessions as possible over summer.

From the squad, boys are selected for the inter-school teams based on their performances in several informal inter-school meets prior to the major events, the Quadrangular meet and the PSA Swimming Carnival. If boys do not compete at the meets they will miss selection.

Boys who are selected as reserves are an integral part of the team and must continue to train and attend the meets. There have been occasions when the reserve has been required to swim in the Quadrangular or PSA meets, and their commitment to attendance and competition is greatly appreciated. Every single point is important in these events.

Any boy who is a member of a registered swimming club should notify Luke Farmer and Bill Kirby. They are encouraged to attend at least one school training session per week to promote camaraderie and spirit. Boys who have chosen swimming as a second sport are also asked to attend at least one session per week with the swimming squad, with many doing more to increase their chances of team selection.

Any more specific queries about the swimming program and training can be directed to your year group co-ordinator in the first instance, and then Luke Farmer or Bill Kirby.
Swimming uniform

Boys must wear school bathers at all meets. Normal physical education uniform must be worn for the informal meets.

Those boys who are selected to be part of the inter-school squad in Week 4 must wear an inter-school top (bright yellow), available at the uniform shop. This includes reserves and must be worn at all times when not competing.

Inter-school bathers are only available to the inter-school squad and may be purchased from the uniform shop when boys are selected for the Quadrangular Team. (See picture of bathers below). These bathers are compulsory for the Quads and PSA Inters. Caps are provided by the meet school.

Please ensure all items of clothing are clearly labelled including towels.

Captain of Swimming

The Captain of Swimming is democratically selected by a vote from staff and Year 8 to 12 Aquatics members. The Captain will be announced in Week 2 of Term 1. This boy is chosen to be the Christ Church swimming team spokesperson and leader when at swim meets. This role includes encouraging younger swimmers and setting an example of enthusiasm and hard work.

There may also be a select group of Year 12 boys who assist the Captain in organising events.
Parent helpers

Parent helpers are greatly appreciated by the swimming staff. Parent help is especially needed to perform timekeeping duties at the informal school meets. Please be willing to assist when the call goes out for helpers.

For those selected in the inter-school squad, there is a pasta night held on the Wednesday afternoon/evening prior to Inters in Week 6 of Term 1. This is organised by the Teacher in Charge of Aquatics with the assistance of the parent(s) of the Captain of Swimming. We ask parents of the swimming team members to assist by providing pasta for the evening. This is greatly appreciated by the staff and students of the swimming team.

Please note that after the inter-school meet, there is a presentation evening held in the School Refectory to celebrate achievements and award individual boys. Further information will be given regarding this as the time approaches.

Breakfast

It is important that all boys eat a nutritious breakfast after their morning training sessions. Breakfast is available at Sandover Hall under the supervision of the swimming staff. The cost is approximately $9.50 and is paid with your smartcard.
Competitions

The Christ Church swimming squad will be involved in several competitions in the lead-up to the PSA Swimming Carnival, and all members of the swimming squad are expected to attend each event. Competitions allow you to monitor your progress and aid in the final selection of the PSA inter-school swim team. It is vital for all swimmers to gain race practice and consistency in relay teams.

The scheduled competitions are:

- **Week 1:** Friday 5 February, St Hilda’s swim meet, 5.00pm at St Hilda’s
- **Week 2:** Friday 12 February, Valentine’s swim meet, 4.30pm at CCGS
- **Week 3:** Sunday 21 February, Independent Swim Team Relays at HBF Stadium
- **Week 4:** Tuesday 23 February, House Swimming Carnival, 5.45pm at HBF Stadium
- **Week 5:** Tuesday 1 March, Quadrangular swim meet, 6.00pm at HBF Stadium (CCGS, Scotch, Wesley and Trinity)

**Mid term break 4 to 7 March**

Please note there is compulsory swimming training over the mid term break.

- **Friday 4 March,** 7am to 3pm, Year 7 to 12 Boot Camp at CCGS
- **Monday 7 March,** 3.00pm to 5.00pm, Year 7 to 12 at CCGS

- **Week 6:** Thursday 10 March, PSA Inters Swimming Carnival, 5.15pm at HBF Stadium

The meets at St Hilda’s and CCGS are time trials and do not require an admission fee or entry form. These are fun social meets with a sausage sizzle after the races. Christ Church will cover entry fees for all other meets during the season.

Boys must be picked up from the venue at the conclusion of all the meets.

Teams for the Relay Championship in Week 3 will be selected from the results of the informal meets at St Hilda’s and CCGS. These relay teams will be announced at the beginning of Week 3.

The School team for the Quadrangular meet will be announced at the end of Week 4.

The School team for the PSA Inters Carnival will be announced at the start of Week 6.
St Hilda’s Swim Meet
Date: Friday 5 February 2016
Time: 5.00pm (warm-up) to 8.15pm
Location: St Hilda’s swimming pool
Schools participating: CCGS, Scotch College, PLC and St Hilda’s
Food: Sausage sizzle available at the meet
Uniform: School bathers and cap, School PE uniform. Please note that it can be cold in the evening and the School tracksuit is recommended.

CCGS Valentines Swim Meet
Date: Friday 12 February 2016
Time: 4.30pm (warm-up) to 8.15pm
Location: CCGS Pool
Schools participating: CCGS, Iona and MLC
Food: Sausage sizzle available at the meet
Uniform: School bathers and cap, School PE uniform. Please note that it can be cold in the evening and the School tracksuit is recommended.

Mid term break
Compulsory training sessions for those in the PSA inter-school team

Date: Friday 4 March
Time: 7.00 to 3.00pm
Location: Year 7 to 12 at the CCGS pool

Date: Monday 7 March
Time: 3.00 to 5.00pm
Location: Year 7 to 12 at the CCGS pool

Pasta night
The aim of the pasta night is to bring the swimmers together to hear from a guest speaker and focus on the job ahead. Traditionally, a pasta night is held the evening prior to the PSA Inter-School Carnival. All swimmers who have been selected to represent the School at the meet are expected to attend. Year 7 to 9 boys have a relay training session at 3.15pm before the pasta night. The Year 10 to 12 boys have a relay session before school at 7.15am.

Boys are expected to gather in the School Refectory at 4.15pm for a talk by the Head of Aquatics, the Head Coach and a guest speaker. Dinner will follow the presentations before boys are dismissed at approximately 5.45pm. Boys must be collected at the conclusion of the event.

We request that parents contacted by the Captain of Swimming’s Mother, assist by making a pasta dish for this evening. This is a great opportunity for parents to witness what it means to be part of the Christ Church Swimming Squad and to meet other parents of swimming boys.

We will provide more information about the evening closer to the event.
PSA inter-school competition

Date: Thursday 10 March

Boys in the PSA inter-school team are permitted to wear their inter-school top (bright yellow) to school on Thursday 10 March.

Immediately after school, the team meets on the oval by the side of the CCGS pool. Students will warm-up at the pool before being transported to HBF Stadium. Please provide your boys with a snack to eat after school.

Parents of boys in the team are able to collect tickets to the PSA Inter-school Competition from Monday afternoon of Week 6. There is generally a limit of one ticket per family for Year 7 to 9 boys and two tickets per family for Year 10 to 12 boys (due to limitations on numbers at HBF stadium). Tickets are required for admission to the Stadium on the night. Please sit in the CCGS designated area, which will be opposite the boys.

At the conclusion of the carnival, all students are required to dress in the yellow inter-school top, PE shorts and school tracksuit. They will be transported back to school for presentations, where pizza and soft drinks will be provided. The swimming leadership team will collect a small fee for the evening in the week prior. The evening will conclude at approximately 11.00pm. Parents are invited to join this celebration.

Cut off times

Swimmers must make these cut-off times either in the previous season or before the end of Week 1, Term 1 2016 to be eligible to continue training for the CCGS swim team in all sessions offered.

<table>
<thead>
<tr>
<th>Age cut-offs</th>
<th>U/13</th>
<th>U/14</th>
<th>U/15</th>
<th>U/16</th>
<th>U/17</th>
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</thead>
<tbody>
<tr>
<td>Freestyle</td>
<td>1 July 2016</td>
<td>1 July 2016</td>
<td>1 July 2016</td>
<td>1 July 2016</td>
<td>1 July 2016</td>
<td>1 July 2016</td>
</tr>
<tr>
<td>Breaststroke</td>
<td>42 sec</td>
<td>39 sec</td>
<td>36 sec</td>
<td>34 sec</td>
<td>33 sec</td>
<td>33 sec</td>
</tr>
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<td>Backstroke</td>
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<td>44 sec</td>
<td>42 sec</td>
<td>41 sec</td>
<td>41 sec</td>
</tr>
<tr>
<td>Butterfly</td>
<td>48 sec</td>
<td>45 sec</td>
<td>41 sec</td>
<td>39 sec</td>
<td>38 sec</td>
<td>38 sec</td>
</tr>
</tbody>
</table>

Note: Swimmers only need to achieve one stroke’s cut-off time. They do not need to meet the cut-off times for all strokes (eg a great backstroker may not be able to meet the other times but he is still eligible to train with the team).
CCGS Swim Team qualifying standards

In 2016 CCGS swim team training sessions will become limited to swimmers that reach the CCGS swim team qualifying standards. Coaches will assess times set at the St Hilda’s swim meet, as well as times achieved from the previous season.

Only swimmers who make these qualifying times (set by Head Coach Bill Kirby) train in the School’s swim team sessions. Swimmers who show evidence of being able to meet the qualifying standards that are unable to make the first swim meet are given extra time to make those times at one of the upcoming school meets. Swimmers outside these times are given a specified session each week to continue to develop their swimming skills.

Attendance

Ensure that you are at the pool ready to start promptly at 6.00am for morning sessions and 3.15pm for afternoon sessions. Morning sessions conclude at 7.30am and afternoon sessions by 4.30pm.

Swimmers must complete a required number of sessions. This will provide the best opportunity for improvement and for the team to do as well as in previous years. The number of required sessions for the senior swimmers has an implication on eligibility for swimming Colours and Honours.

Although we would like students to select swimming as their priority sport, special training arrangements can be made for those students who are doing swimming as an additional sport. Please see Luke Farmer to organise a suitable training schedule (usually two sessions per week).

Friday afternoon sessions
When swimming is chosen as a first sport, Year 7, 8 and 9 students swim Friday afternoon as per the program.

Compulsory sessions (mid term break)
Note that on Friday 4 March and Monday 7 March there are compulsory swimming sessions for all boys pushing for selection in the PSA Inter-school team.

Swim meets (representing Christ Church)
For weekly meets, you must wear your school swim tops and blue tracksuit bottoms or shorts and runners. Swim tops are available from the Uniform Shop.

All competitions meets must be swum in school bathers. Quads and Inters require school swim caps (provided by the School).

Communication
Please communicate freely and regularly with your year group co-ordinator. Often problems can be easily sorted out in advance. Your year group co-ordinator is your first point of contact.

Check the School Bulletin and your School email account regularly for specific notices.
Pre-season training commences on Monday 4 January 2016. Sessions are every Monday, Wednesday and Friday at the CCGS pool, 7.00am to 8.30am.

In Term 1, **Firsts sport swimmers** are required to complete the following training sessions:

- Year 7: Swim sessions on Monday, Thursday and Friday
- Year 8: Swim sessions on Tuesday, Thursday and Friday
- Year 9 to 12: Three out of four swim sessions: Monday, Tuesday, Wednesday and/or Thursday

**In Term 1, Firsts sport water polo swimmers are required to complete the following swim training sessions as well as their CCGS water polo skills session.**

- Year 7: Swim session on Monday or Thursday
- Year 8: Swim session on Tuesday or Thursday
- Year 9: Any session out of Monday, Tuesday or Thursday
- Year 10 to 12: Swim session on Wednesday

In Term 1, Year 7 to 9 water polo players with club water polo commitments are required to complete one swimming session unless you speak with Luke Farmer first.

Boys doing swimming as a second sport eg. playing cricket and wanting to make the PSA Swim Team, are welcome to attend any session. Speak to Luke Farmer or Bill Kirby if you cannot find a session that suits you.

Boys wanting to train at more sessions need to speak to Bill Kirby first.
Christ Church Aquatics Schedule – Term 1 2016

Pre-season training commences Monday 4 January every Monday, Wednesday and Friday at the CCGS pool from 7.00am to 8.30am.

**Morning training 6.00am to 7.30am | Afternoon training 3.15pm to 4.30pm**

### Week 1

<table>
<thead>
<tr>
<th></th>
<th>Mon 1 Feb</th>
<th>Tues 2 Feb</th>
<th>Wed 3 Feb</th>
<th>Thurs 4 Feb</th>
<th>Fri 5 Feb</th>
<th>Sat 6 Feb</th>
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</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>No swimming</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Prep swimming CCGS 7.30am</td>
<td>Year 7 to 9 WP (UWA) All teams Prep WP CCGS 7.30am</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Aquatics meeting after Chapel</td>
<td>Firsts WP CCGS 7.00-8.00am</td>
<td>Senior WP CCGS v Aquinas</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>No swimming Aquatics meeting CCGS 3.15pm</td>
<td>Year 7 and 8 Swimming Year 7 will train today as no swimming on Monday (yesterday)</td>
<td>Year 9 to 12 Swimming (Unless invited)</td>
<td>Year 7 and 8 Swimming</td>
<td>Year 7 to 9 Swimming 1.30-3.00pm</td>
<td>Year 7 to 9 WP CCGS v Aquinas 2.00-4.00pm</td>
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### Week 2

<table>
<thead>
<tr>
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<th>Mon 8 Feb</th>
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<tbody>
<tr>
<td><strong>AM</strong></td>
<td>Year 9 to 12 Swimming and WP session Gym 6.15-7.00am Swim 7.00-7.45am Year 7 to 9 WP (UWA) E and F teams only</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Prep swimming CCGS 7.30am</td>
<td>Year 7 to 9 WP (UWA) A to D teams only Prep WP CCGS 7.30am</td>
<td>Year 9 to 12 Swimming Senior WP (UWA)</td>
<td>Firsts WP CCGS 7.00-8.00am</td>
<td>Senior WP CCGS v Guildford</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>Year 7 Swimming</td>
<td>Year 8 Swimming</td>
<td>Year 9 to 12 Swimming (Unless invited)</td>
<td>Year 7 and 8 Swimming</td>
<td>Year 7 to 9 Swimming 1.30-3.00pm</td>
<td>Year 7 to 9 WP CCGS v Guildford 2.00-4.00pm</td>
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</table>

Valentines Swim Meet CCGS 4.30-8.00pm
# Christ Church Aquatics Schedule – Term 1 2016

**Morning training 6.00am to 7.30am | Afternoon training 3.15pm to 4.30pm**

## Week 3

<table>
<thead>
<tr>
<th>Mon 15 Feb</th>
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<th>Wed 17 Feb</th>
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<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 9 to 12 Swimming and WP session (gym and swim) Gym 6.15-7.00am Swim 7.00-7.45am Year 7 to 9 WP (UWA) E and F teams only</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Prep swimming CCGS 7.30am</td>
<td>Year 7 to 9 WP (UWA) A - D teams only Prep WP CCGS 7.30am</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Prep WP CCGS 7.30am</td>
<td>Firsts WP CCGS 7.00-8.00am</td>
<td>PSA Bye Relays swim meet at HBF Stadium Time TBC</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 7 Swimming</td>
<td>Year 8 Swimming</td>
<td>Year 9 to 12 Swimming (Unless invited)</td>
<td>Year 7 and 8 Swimming</td>
<td>Year 7 to 9 Swimming 1.30-3.00pm Year 7 to 9 WP CCGS v CCGS UWA 2.00-4.00pm</td>
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## Week 4

<table>
<thead>
<tr>
<th>Mon 22 Feb</th>
<th>Tues 23 Feb</th>
<th>Wed 24 Feb</th>
<th>Thurs 25 Feb</th>
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<tbody>
<tr>
<td><strong>AM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 9 to 12 Swimming and WP session Gym 6.15-7.00am Swim 7.00-7.45am Year 7 to 9 WP (UWA) E and F teams only</td>
<td>No swimming Firsts WP (UWA) Prep swimming CCGS 7.30am</td>
<td>Year 7 to 9 WP (UWA) A - D teams only Prep WP CCGS 7.30am</td>
<td>Year 9 to 12 Swimming Senior WP (UWA) Prep WP CCGS 7.30am</td>
<td>Firsts WP CCGS 7.00-8.00am</td>
<td>Senior WP CCGS v Scotch</td>
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<tr>
<td><strong>PM</strong></td>
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</tr>
<tr>
<td>Year 7 and 8 Swimming</td>
<td>CCGS House Swimming Carnival HBF Stadium 6.00pm Year 9 to 12 Swimming (Unless invited)</td>
<td>Year 7 and 8 Swimming</td>
<td>Year 7 to 9 Swimming 1.30-3.00pm Year 7 to 9 WP CCGS v Scotch 2.00-4.00pm</td>
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# Christ Church Aquatics Schedule – Term 1 2016

**Morning training 6.00am to 7.30am | Afternoon training 3.15pm to 4.30pm**

## Week 5

<table>
<thead>
<tr>
<th></th>
<th>Mon 29 Feb</th>
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<th>Fri 4 Mar</th>
<th>Sat 5 Mar</th>
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</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>Year 9 to 12 Swimming and WP session Gym 6.15-7.00am Swim 7.00-7.45am Year 7 to 9 WP (UWA) E and F teams only</td>
<td>No Swimming No WP Prep swimming CCGS 7.30am</td>
<td>No WP Prep WP CCGS 7.30am</td>
<td>Year 9 to 12 Swimming Senior WP (UWA)</td>
<td>Compulsory boot camp swimming for Inters team Year 7 to 12 CCGS 7.00am-3.00pm</td>
<td>No PSA game Mid term break</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>Year 7 and 8 Swimming</td>
<td><strong>Quads Swim Meet HBF Stadium 6.00pm</strong></td>
<td>Year 9 to 12 Swimming (Unless invited)</td>
<td>Year 7 and 8 Swimming</td>
<td></td>
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## Week 6

<table>
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<tr>
<th></th>
<th>Mon 7 Mar</th>
<th>Tues 8 Mar</th>
<th>Wed 9 Mar</th>
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<th>Fri 11 Mar</th>
<th>Sat 12 Mar</th>
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</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>No Swimming</td>
<td>Senior WP (UWA)</td>
<td>Inters team training Year 10 to 12 CCGS 6.45-7.30am No WP (Prep or Senior)</td>
<td>No Swimming</td>
<td>Firsts WP CCGS 7.00-8.00am</td>
<td>Senior WP CCGS v Wesley</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>Compulsory swimming for Inters team Year 7 to 12 CCGS 3.00-5.00pm</td>
<td>No Swimming</td>
<td>Inters team training Year 7 to 9 CCGS 3.15-4.15pm Pasta night School Refectory 4.30-6.30pm</td>
<td><strong>PSA Swimming Carnival HBF Stadium 5.00pm</strong></td>
<td>Year 7 to 9 Swimming 1.30-3.00pm</td>
<td>Year 7 to 9 WP CCGS v Wesley 2.00-4.00pm</td>
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</table>
Christ Church Aquatics Schedule – Term 1 2016

Morning training 6.00am to 7.30am | Afternoon training 3.15pm to 4.30pm

Week 7

<table>
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<tr>
<th></th>
<th>Mon 14 Mar</th>
<th>Tues 15 Mar</th>
<th>Wed 16 Mar</th>
<th>Thurs 17 Mar</th>
<th>Fri 18 Mar</th>
<th>Sat 19 Mar</th>
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<td><strong>AM</strong></td>
<td>No swimming</td>
<td>No swimming</td>
<td>Year 7 to 9 WP (UWA) E and F teams only</td>
<td>No swimming</td>
<td>No swimming</td>
<td>Firsts WP CCGS 7.00 – 8.00am</td>
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<td>Year 7 to 9 WP (UWA) E and F teams only</td>
<td>Year 7 to 9 WP (UWA) A to D teams only</td>
<td>Prep swimming CCGS 7.30am</td>
<td>Prep WP CCGS 7.30am</td>
<td>Prep WP CCGS 7.30am</td>
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<td>Year 7 to 9 swimming 1.30-3.00pm</td>
<td>Year 7 to 9 WP CCGS v Trinity 2.00-4.00pm</td>
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Week 8

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<td>No swimming</td>
<td>Year 7 to 9 WP (UWA) E and F teams only</td>
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<td>Good Friday</td>
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<td>Prep WP CCGS 7.30am</td>
<td>Prep WP CCGS 7.30am</td>
<td>Prep WP CCGS 7.30am</td>
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<td>Firsts WP swimming</td>
<td>No swimming</td>
<td>Good Friday</td>
<td>Good Friday</td>
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## Christ Church Aquatics Schedule – Term 1 2016

**Morning training 6.00am to 7.30am | Afternoon training 3.15pm to 4.30pm**

### Week 9

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<tr>
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<td>Firsts WP CCGS 7.00-8.00am</td>
<td>Senior WP CCGS v Hale</td>
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<td>Year 7 to 9 swimming 1.30-3.00pm</td>
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<td>Year 7 to 9 WP CCGS v Hale 2.00-4.00pm</td>
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