Swimmers must make these cut-off times before the end of Week 1, Term 1 2015 to be eligible for the Christ Church Swim Team.

<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>
<th>OPEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 JULY 2002</td>
<td>42 sec</td>
<td>50 sec</td>
<td>48 sec</td>
<td>48 sec</td>
<td>48 sec</td>
<td>1 JULY 1997 - 30 JUNE 1998</td>
</tr>
<tr>
<td>OR AFTER</td>
<td>39 sec</td>
<td>47 sec</td>
<td>45 sec</td>
<td>43 sec</td>
<td>40 sec</td>
<td>33 sec</td>
</tr>
<tr>
<td>1 JULY 2001 - 30 JUNE 2002</td>
<td>36 sec</td>
<td>44 sec</td>
<td>41 sec</td>
<td>36 sec</td>
<td>36 sec</td>
<td>33 sec</td>
</tr>
<tr>
<td>1 JULY 2000 - 30 JUNE 2001</td>
<td>34 sec</td>
<td>42 sec</td>
<td>39 sec</td>
<td>36 sec</td>
<td>36 sec</td>
<td>33 sec</td>
</tr>
<tr>
<td>1 JULY 1999 - 30 JUNE 2000</td>
<td>33 sec</td>
<td>41 sec</td>
<td>38 sec</td>
<td>36 sec</td>
<td>36 sec</td>
<td>33 sec</td>
</tr>
<tr>
<td>1 JULY 1998 - 30 JUNE 1999</td>
<td>33 sec</td>
<td>41 sec</td>
<td>38 sec</td>
<td>36 sec</td>
<td>36 sec</td>
<td>33 sec</td>
</tr>
<tr>
<td>1 JULY 1997 - 30 JUNE 1998</td>
<td>33 sec</td>
<td>41 sec</td>
<td>38 sec</td>
<td>36 sec</td>
<td>36 sec</td>
<td>33 sec</td>
</tr>
</tbody>
</table>

Note: Swimmers only have 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).
**Swim Season 2014-2015**

1. **New CCGS Swim Team qualifying times**
   - In 2015 CCGS Swim Team training sessions will become limited to those swimmers that reach the [CCGS Swim Team Qualifying Standards](#). Coaches will be going through the times set at the Swim Meet in Week 1 of Term 1. Only swimmers who make those qualifying times (set by Head Coach Bill Kirby) are to train in the School's swim team sessions. Swimmers that show evidence of being able to meet the qualifying standards that can not make the first swim meet are given extra time to make those times at one of the upcoming school meets.

2. **Attendance**
   - Ensure that you are at the pool ready to start promptly at 6.00am for morning sessions and 3.15pm in the afternoon. Morning sessions conclude at 7.30am and afternoon sessions by 4.30pm.
   - Special meet sessions are [compulsory](#) and do not count towards your required number of sessions.
   - Required number of sessions need to be held by all swimmers. This will provide the best opportunity for you to improve 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.

3. **Compulsory sessions (Mid-Term Break)**
   - Note that on Friday 27 February and Monday 2 March there are compulsory swimming sessions for all boys pushing for selection in the Quads and Inters.

4. **Swim Meets (representing your school)**
   - Dress for weekly meets needs to be school swim tops and blue tracksuit bottoms or shorts and runners. Swim tops are available from the Uniform Shop.
   - Competition meets to be swim in school bathers.
   - Quads and Inters require school swim caps ([provided by the school](#)).

5. **Breakfast**
   - Breakfast in Sandover Dining Hall will be available from Tuesday 3 February for all swimmers training in the morning. A cost of about **$9.00** will apply to every swimmer and students must have money on their Smartcard as per Canteen access.
   - Do not enter Sandover Dining Hall until a swimming staff member or kitchen staff invite you in (approximately 7.45am).

6. **Friday PM Sessions**
   - This session will be available for Years 7, 8 and 9 students that choose swimming as a first sport.

7. **Swimming as a second sport**
   - 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 Mr Farmer to organise a suitable training schedule (usually two sessions per week).

8. **Communication**
   - Please communicate freely and regularly with your Age Group Manager. Often any problems can be easily sorted out in advance. Your Age Group Manager is your first point of contact.
   - **Check the School Bulletin regularly for any specific notices and your school email account**

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Mr S Chrystal</th>
<th>Year 10/11</th>
<th>Mr N Siggers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>Ms K Brooks</td>
<td>Years 12</td>
<td>Ms M Pentony</td>
</tr>
<tr>
<td>Year 9</td>
<td>Ms J Head</td>
<td>TIC</td>
<td>Mr L Farmer</td>
</tr>
</tbody>
</table>

**Finally**

Most importantly we are here to improve and enjoy ourselves. We look forward to building on the success of previous years but it is important that we still have fun. We are a team so please ask your fellow swimmers, Age Group Managers or me if you have questions. If you have any suggestions for this season please share these ideas with your coaches. Best wishes and good luck for the 2015 season!
PRE-SEASON TRAINING COMMENCES MONDAY 5 JANUARY
EVERY MONDAY, WEDNESDAY AND FRIDAY AT CCGS POOL, 7.00AM TO 8.30AM

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

Year 7  Swim sessions on Monday PM, Thursday PM and Friday 1.30pm to 3.00pm

Year 8  Swim sessions on Tuesday PM, Thursday PM and Friday 1.30pm to 3.00pm

Years 9 to 12  Three out of the following four swim sessions: Monday AM, Tuesday AM, Wednesday PM, Thursday AM

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

Year 7  Swim session on Monday PM or Thursday PM

Year 8  Swim session on Tuesday PM or Thursday PM

Year 9  Any session out of Monday AM, Tuesday AM, Thursday AM

Years 10 to 12  Swim session on Wednesday PM

In Term 1, Years 7 to 9 water polo players with club water polo commitments are required to complete one swim training session unless you speak with Mr Farmer first.

Boys doing swimming as a second sport (eg. playing cricket and want to make the PSA Inters Swim Team):
All year groups come to any session that you can make. Speak to Mr Farmer or Bill 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 2015

**PRE-SEASON TRAINING COMMENCES MONDAY 5 JANUARY**
**EVERY MONDAY, WEDNESDAY AND FRIDAY AT CCGS POOL, 7.00AM TO 8.30AM**

**WEEK 1**  
**MORNING TRAINING 6.00AM TO 7.30AM**  
**AFTERNOON TRAINING 3.15PM TO 4.30PM**

<table>
<thead>
<tr>
<th>MON 2 FEB</th>
<th>TUE 3 FEB</th>
<th>WED 4 FEB</th>
<th>THU 5 FEB</th>
<th>FRI 6 FEB</th>
<th>SAT 7 FEB</th>
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</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
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<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
<td><strong>AM</strong></td>
</tr>
</tbody>
</table>
| NO SWIM TRAINING | SWIM TRAINING  
Years 9 to 12  
SENIOR WP (UWA)  
PREP SWIMMING  
7.30am (CCGS) | Years 7 to 9 WP (UWA)  
PREP WATER POLO  
7.30am (CCGS) | SWIM TRAINING  
Years 9 to 12  
SENIOR WP (UWA)  
AQUATICS MEETING AFTER CHAPEL | FIRSTS WP TRAINING  
7.00am to 8.00am (CCGS) | SENIOR WP V GUILDFORD |
| **PM**    | **PM**    | **PM**    | **PM**    | **PM**    | **PM**    |
| NO SWIM TRAINING  
AQUATICS MEETING  
3.15pm, CCGS POOL | SWIM TRAINING  
Years 7 and 8  
*Year 7 will train today as no swimming yesterday - Monday* | SWIM TRAINING  
Years 9 to12  
(unless invited)  
FIRSTS WP  
Video session  
4.45pm | SWIM TRAINING  
Years 7 and 8 | Years 7 to 9 Swimming:  
1.30pm to 3.00pm  
Years 7 to 9 WP V GUILDFORD  
2.00pm to 4.00pm | |
|            |            |            |            |            | CCGS Swim Meet  
V ST HILDA’S (St Hilda’s)  
5.30pm to 8.00pm |
## CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

**WEEK 2**

**MORNING TRAINING 6.00AM TO 7.30AM**

<table>
<thead>
<tr>
<th>Mon 9 Feb</th>
<th>Tue 10 Feb</th>
<th>Wed 11 Feb</th>
<th>Thu 12 Feb</th>
<th>Fri 13 Feb</th>
<th>Sat 14 Feb</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>SWIM &amp; GYM TRAINING Years 9 to 12</td>
<td>SWIM TRAINING Years 9 to 12</td>
<td>Years 7 to 9 WP (UWA)</td>
<td>SWIM TRAINING Years 9 to 12</td>
<td>FIRSTS WP Training 7.00am to 8.00am (CCGS)</td>
<td>SENIOR WP CCGS BYE</td>
</tr>
<tr>
<td>Including any WATER POLO (WP) PLAYERS</td>
<td>SENIOR WP (UWA)</td>
<td>PREP WATER POLO 7.30am (CCGS)</td>
<td>PREP WATER POLO 7.30am (CCGS)</td>
<td>FIRSTS WP Training 7.00am to 8.00am (CCGS)</td>
<td></td>
</tr>
<tr>
<td>6.15am – 7am GYM 7am – 7.45am SWIM</td>
<td>PREP SWIMMING 7.30am (CCGS)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>PM</td>
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<td></td>
</tr>
<tr>
<td>SWIM TRAINING Year 7</td>
<td>SWIM TRAINING Year 8</td>
<td>SWIM TRAINING Years 9 to 12 (unless invited)</td>
<td>SWIM TRAINING Years 7 and 8</td>
<td>Years 7 to 9 Swimming: 1.30pm to 3.00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>FIRSTS WP Video session 4.45pm</td>
<td></td>
<td>Years 7 to 9 WP BYE 2.00pm to 4.00pm</td>
<td></td>
</tr>
</tbody>
</table>

**AFTERNOON TRAINING 3.15PM TO 4.30PM**

- **CCGS Valentines Swim Meet**
  - St Hilda's, MLC, IONA, 5.15pm to 8.00pm (CCGS)
# CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

**WEEK 3**  
**MORNING TRAINING 6.00AM TO 7.30AM**  
**AFTERNOON TRAINING 3.15PM TO 4.30PM**

<table>
<thead>
<tr>
<th>MON 16 FEB</th>
<th>TUE 17 FEB</th>
<th>WED 18 FEB</th>
<th>THU 19 FEB</th>
<th>FRI 20 FEB</th>
<th>SAT 21 FEB</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>SENIOR WP</strong></td>
</tr>
</tbody>
</table>
| SWIM & GYM TRAINING  
Years 9 to 12  
Including any WATER POLO (WP) PLAYERS  
6.15am – 7am GYM  
7am – 7.45am SWIM | SWIM TRAINING  
Years 9 to 12  
SENIOR WP (UWA)  
PREP SWIMMING  
7.30am (CCGS) | Years 7 to 9 WP (UWA)  
PREP WATER POLO  
7.30am (CCGS) | SWIM TRAINING  
Years 9 to 12  
SENIOR WP (UWA) | FIRSTS WP Training  
7.00am to 8.00am (CCGS) | **RELAYS SWIM MEET @ CHALLENGE STADIUM**  
**Time** - **TBC** |
| **PM**     |            |            |            |            | **SENIOR WP** |
| SWIM TRAINING  
Year 7 | SWIM TRAINING  
Year 8 | SWIM TRAINING  
Years 9 to 12  
(unless invited)  
FIRSTS WP Video session  
4.45pm | SWIM TRAINING  
Years 7 and 8 | SWIM TRAINING  
Years 7 to 9 Swimming:  
1.30pm to 3.00pm  
Years 7 to 9 WP  
V SCOTCH  
2.00pm to 4.00pm |
## CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

### WEEK 4

**MORNING TRAINING 6.00AM TO 7.30AM**

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON 23 FEB</th>
<th>TUE 24 FEB</th>
<th>WED 25 FEB</th>
<th>THU 26 FEB</th>
<th>FRI 27 MAR</th>
<th>SAT 28 FEB</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>SWIM &amp; GYM TRAINING Years 9 to 12</td>
<td>NO SWIM TRAINING</td>
<td>Years 7 to 9 WP (UWA)</td>
<td>SWIM TRAINING Years 9 to 12</td>
<td>COMPULSORY SWIM TRAINING FOR QUADS TEAM 7.00AM TO 9.00AM</td>
<td>SENIOR WP PSA BYE</td>
</tr>
<tr>
<td></td>
<td>Including any WATER POLO (WP) PLAYERS</td>
<td></td>
<td>PREP WATER POLO 7.30am (CCGS)</td>
<td>SENIOR WP (UWA)</td>
<td>Yrs 10-12 @ CCGS POOL</td>
<td>LABOUR DAY LONG WEEKEND</td>
</tr>
<tr>
<td></td>
<td>6.15am – 7am GYM 7am – 7.45am SWIM</td>
<td></td>
<td>AQUATICS MEETING AFTER CHAPEL</td>
<td></td>
<td>Yrs 7-9 @ IONA POOL</td>
<td></td>
</tr>
<tr>
<td>PM</td>
<td>SWIM TRAINING Year 7</td>
<td>NO SWIM TRAINING</td>
<td>SWIM TRAINING Years 9 to12 (unless invited)</td>
<td>SWIM TRAINING Years 7 and 8</td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>FIRSTS WP Video session 4.45pm</td>
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<td></td>
</tr>
</tbody>
</table>
# CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

## WEEK 5

**MORNING TRAINING 6.00AM TO 7.30AM**

**AFTERNOON TRAINING 3.15PM TO 4.30PM**

<table>
<thead>
<tr>
<th></th>
<th>MON 2 MAR</th>
<th>TUE 3 MAR</th>
<th>WED 4 MAR</th>
<th>THU 5 MAR</th>
<th>FRI 6 MAR</th>
<th>SAT 7 MAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SWIM TRAINING</td>
<td>Years 9 to 12</td>
<td>Years 7 to 9 WP (UWA)</td>
<td>NO SWIM TRAINING</td>
<td>FIRSTS WP Training 7.00am to 8.00am (CCGS)</td>
<td>SENIOR WP V WESLEY</td>
</tr>
<tr>
<td></td>
<td>SENIOR WP (UWA)</td>
<td>PREP WATER POLO 7.30am (CCGS)</td>
<td>SENIOR WP (UWA)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PREP SWIMMING 7.30am (CCGS)</td>
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<td></td>
</tr>
<tr>
<td>PM</td>
<td>COMPULSORY SWIM TRAINING FOR QUADS TEAM</td>
<td>SWIM TRAINING</td>
<td>SWIM TRAINING</td>
<td>QUADS SWIM MEET (CHALLENGE STADIUM)</td>
<td>Years 7 to 9 Swimming: 1.30pm to 3.00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.00PM TO 5.00PM</td>
<td>Year 8</td>
<td>Years 9 to 12 (unless invited)</td>
<td>Warm up at CCGS</td>
<td>Years 7 to 9 WP V WESLEY</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yrs 7-9 @ CCGS POOL</td>
<td>*Year 7 will train today as no swimming yesterday - Monday</td>
<td>FIRSTS WP Video session 4.45pm</td>
<td>Meet starts 6.00pm</td>
<td>2.00pm to 4.00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yrs 10-12 @ IONA POOL</td>
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</tr>
</tbody>
</table>
# CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

## WEEK 6

**MORNING TRAINING 6.00AM TO 7.30AM**

**AFTERNOON TRAINING 3.15PM TO 4.30PM**

<table>
<thead>
<tr>
<th></th>
<th>MON 9 MAR</th>
<th>TUE 10 MAR</th>
<th>WED 11 MAR</th>
<th>THU 12 MAR</th>
<th>FRI 13 MAR</th>
<th>SAT 14 MAR</th>
</tr>
</thead>
</table>
| **AM** | SWIM & GYM TRAINING  
Years 9 to 12  
Including any WATER POLO (WP) PLAYERS  
6.15am – 7am GYM  
7am – 7.45am SWIM | SWIM TRAINING  
Years 9 to 12  
SENIOR WP (UWA)  
PREP SWIMMING  
7.30am (CCGS) | INTERS TEAM TRAINING  
Years 10 to 12  
6.45am to 7.30am  
NO WP TRAINING  
Years 7 to 9  
NO PREP WATER POLO | NO SWIM TRAINING  
NO SENIOR WP TRAINING | NO FIRSTS WP TRAINING | SENIOR WP  
V TRINITY |
| **PM** | SWIM TRAINING  
Year 7 | SWIM TRAINING  
Year 8 | INTERS TEAM TRAINING  
Years 7 to 9  
3.15pm to 4.15pm | INTERS SWIM MEET  
(CHALLENGE STADIUM)  
Warm up at CCGS  
Meet starts 5.15pm | Years 7 to 9 Swimming:  
1.30pm to 3.00pm  
Years 7 to 9 WP  
V TRINITY  
2.00pm to 4.00pm |
# CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015

## WEEK 7

<table>
<thead>
<tr>
<th></th>
<th>MON 16 MAR</th>
<th>TUE 17 MAR</th>
<th>WED 18 MAR</th>
<th>THU 19 MAR</th>
<th>FRI 20 MAR</th>
<th>SAT 21 MAR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>NO SWIM TRAINING</td>
<td>NO SWIM TRAINING</td>
<td>Years 7 to 9 WP (UWA)</td>
<td>NO SWIM TRAINING</td>
<td>FIRSTS WP Training 7.00am to 8.00am (CCGS)</td>
<td>SENIOR WP V HALE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>PREP WATER POLO 7.30am (CCGS)</td>
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<td></td>
<td>SENIOR WP (UWA)</td>
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<td></td>
<td></td>
<td></td>
<td>PREP SWIMMING 7.30am (CCGS)</td>
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<tr>
<td><strong>PM</strong></td>
<td>NO SWIM TRAINING</td>
<td>NO SWIM TRAINING</td>
<td>SWIM TRAINING For Firsts WP Only</td>
<td>NO SWIM TRAINING</td>
<td>Years 7 to 9 Swimming: 1.30pm to 3.00pm</td>
<td>SUN 23 MAR</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>FIRSTS WP Video session 4.45pm</td>
<td></td>
<td>Years 7 to 9 WP V HALE 2.00pm to 4.00pm</td>
<td></td>
</tr>
</tbody>
</table>
**CHRIST CHURCH AQUATICS SCHEDULE – TERM 1 2015**

**WEEK 8**

**MORNING TRAINING 6.00AM TO 7.30AM**

**AFTERNOON TRAINING 3.15PM TO 4.30PM**

<table>
<thead>
<tr>
<th>MON 23 MAR</th>
<th>TUE 24 MAR</th>
<th>WED 25 MAR</th>
<th>THU 26 MAR</th>
<th>FRI 27 MAR</th>
<th>SAT 28 MAR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>Years 7 to 9 WP (UWA)</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>FIRSTS WP Training</strong> 7.00am to 8.00am (CCGS)</td>
</tr>
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<td></td>
<td></td>
<td><strong>SENIOR WP</strong> V AQUINAS</td>
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<td></td>
<td></td>
<td><strong>TEAM SPRINT CUP CHARITY EVENT</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>SENIOR WP (UWA)</strong></td>
<td></td>
<td><strong>SENIOR WP (UWA)</strong></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>PREP SWIMMING 7.30am (CCGS)</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>PM</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>SWIM TRAINING For Firsts WP Only</strong></td>
<td><strong>NO SWIM TRAINING</strong></td>
<td><strong>Years 7 to 9 Swimming:</strong> 1.30pm to 3.00pm</td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td><strong>Years 7 to 9 WP V AQUINAS</strong> 2.00pm to 4.00pm</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><strong>FIRSTS WP Video session 4.45pm</strong></td>
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</tbody>
</table>