



Christ Church
Grammar School
PERTH, WESTERN AUSTRALIA

Senior School Aquatics Handbook

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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 12 years has seen Christ Church win the PSA swimming title, the Dr K G Tregonning Cup, on eight 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 Christ Church 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 Christ Church 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 swimmers and one water polo player 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, 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 six titles and finished either first or second in every season for the last 11 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 compete 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 defence 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 VII 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.

Alex Gunnell

Head Water Polo Coach

Contact details

Head of Aquatics

Mr Luke Farmer

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Head Swimming Coach

Mr Bill Kirby

Head Water Polo Coach

Mr Alex Gunnell



Training and selection for the PSA Inters Swimming Team

At Christ Church, the option of becoming part of the swimming squad is open to all boys, including those who choose 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, 2019 and continues into the holidays over summer. Pre-season training begins on Monday 6 January and takes place each Monday, Wednesday and Friday morning between 7.00am to 8.30am. The training schedule is included on the back of this handbook. 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 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 where reserves have 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 or 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.

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 Christ Church school bathers at all meets. Normal physical education uniform must be worn for 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 from the Uniform Shop. This includes reserves and must be worn at all times when not competing.

Inter-school racing jammers are only available to the inter-school squad and will be distributed in Week 3. Boys may borrow these or purchase them to keep. These bathers are compulsory for the Quads and PSA Inters. Caps are provided by the School (the old stripey CCGS bathers are used for training and to wear under the new CCGS jammer style bather).

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 Years 8 to 12 Aquatics members. The Captain will be announced in Term 4 2019. This boy is chosen to be the Christ Church swimming team spokesperson and leader 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 Head of Aquatics with the assistance of the parent(s) of the Captain of Swimming. We ask parents of 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 provided 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 Dining Hall under the supervision of the swimming staff. The cost is approximately \$9.50 and is paid with a smartcard. Alternatively, the Canteen is open in the morning for boys to purchase food.



Competitions

The Christ Church swimming squad will be involved in several competitions in the lead-up to the PSA Swimming Carnival. All members of the swimming squad are expected to attend each event. Competitions allow members to monitor self 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 7 February, CCGS/MLC Swim Meet, 4.45pm at CCGS

Week 2: Friday 14 February, Valentine's Swim Meet, 4.45pm at CCGS

Week 3: Tuesday 18 February, House Swimming Carnival, 5.45pm at HBF Stadium

Week 4: Tuesday 25 February Quadrangular Swim Meet, 6.00pm at HBF Stadium
(CCGS, Scotch, Wesley and Guildford)

Mid term break - 28 February to 2 March

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

Friday 28 February, Open Water Swim and BBQ at North Cottesloe Surf Club, 8.00am to 11.00am

Monday 2 March at Christ Church, Years 7 to 12, 4.30pm to 6.00pm

Week 6: Thursday 12 March, PSA Inters Swimming Carnival, 5.15pm at HBF Stadium

The meets at Christ Church 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 meets.

The School team for the Quadrangular meet will be announced at the end of Week 3 and the School team for the PSA Swimming Carnival will be announced at the end of Week 5.



CCGS/MLC Swim Meet

Date: Friday 7 February 2020
Time: 4.45pm (warm-up) to 8.00pm
Location: CCGS swimming pool
Schools participating: CCGS 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.

CCGS Valentines Swim Meet

Date: Friday 14 February 2020
Time: 4.30pm (warm-up) to 8.00pm
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 28 February 2020
Time: 8.00am to 11.00am
Location: North Cottesloe Surf Club

Date: Monday 2 March 2020
Time: Years 7 to 12, 4.30pm to 6.00pm
Location: CCGS pool

Pasta night

The aim of the pasta night is to bring 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. Years 7 to 9 boys have a relay training session at 3.15pm before the pasta night and Years 10 to 12 boys have a relay session before school at 6.45am.

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 the 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 12 March 2020

Boys in the PSA inter-school team are permitted to wear their inter-school top (bright yellow) to school on Thursday 12 March.

Immediately after school, the team meets on the oval by the side of the Christ Church 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.

On Thursday 12 March, the Public Schools' Association (PSA) will hold the Interschool Swimming Carnival at HBF Stadium in Mount Claremont. On Monday 24 February, the PSA will provide Christ Church and all other competing schools with a set number of tickets for spectators.

Distribution of tickets

Christ Church will offer the tickets firstly to the parents of Year 12 swimmers, as this is the final year that they will have the opportunity to witness their boy(s) swim (two tickets per family).

Tickets will then be offered to the parents of boys in the swim team from Years 7 to 11 (one ticket per family).

All allocated tickets are to be collected from the School's Main Reception on presentation of an Eventbrite booking form.

At the conclusion of the carnival, all students are required to wear the School yellow inter-school top, PE shorts and 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 2, Term 1 2020 to be eligible to continue training for the Christ Church swim team in all sessions offered.

	U/13	U/14	U/15	U/16	U/17	OPEN
Age cut-offs	1 July 2020	1 July 2020	1 July 2020	1 July 2020	1 July 2020	1 July 2020
Freestyle	42 sec	39 sec	36 sec	34 sec	33 sec	33 sec
Breaststroke	50 sec	47 sec	44 sec	42 sec	41 sec	41 sec
Backstroke	48 sec	45 sec	41 sec	39 sec	38 sec	38 sec
Butterfly	48 sec	43 sec	40 sec	36 sec	36 sec	36 sec

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 is still eligible to train with the team).

CCGS swim team qualifying standards

In 2020, Christ Church swim team training sessions will become limited to swimmers that reach the CCGS swim team qualifying standards. Coaches will assess times set at the CCGS 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 and 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.

Training expectations

All swimming and water polo training sessions will occur in the CCGS MLC Aquatic Precinct.

Swimmers are required to be at the pool ready to start promptly at 6.00am for morning sessions and 3.15pm for afternoon sessions. Morning sessions conclude at 7.45am 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, Years 7 to 9 students swim Friday afternoon as per the program.

Compulsory sessions (mid term break)

Note that on Friday 28 February and Monday 2 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, swimmers must wear their school swim top, blue tracksuit bottoms or PE shorts and runners. Swim tops are available from the Uniform Shop.

All competition meets require 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 6 January 2020. Sessions are held every Monday, Wednesday and Friday at the School swimming pool from 7.00am to 8.30am.

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

- | | |
|---------------|---|
| Year 7 | Swim session on Monday, Tuesday, Wednesday or Thursday from 3.15pm to 4.30pm and Friday from 1.30pm to 3.00pm |
| Year 8 | Swim session on Monday, Tuesday, Wednesday or Thursday from 3.15pm to 4.30pm and Friday from 1.30pm to 3.00pm |
| Years 9 to 12 | Three out of the following four swim sessions: Monday and Wednesday morning from 6.15am to 7.45am or Tuesday and Thursday from 3.15pm to 4.30pm |

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

- | | |
|---------------|--|
| Year 7 | Swim session on Monday, Tuesday and Wednesday or Thursday from 3.15pm to 4.30pm |
| Year 8 | Swim session on Monday, Tuesday and Wednesday or Thursday from 3.15pm to 4.30pm |
| Years 9 to 12 | Any session out of Monday and Wednesday morning from 6.15am to 7.45am or Tuesday, Thursday from 3.15pm to 4.30pm |

In Term 1, Years 7 to 9 water polo players with club water polo commitments are required to complete one swimming session unless they speak with Luke Farmer in the first instance.

Boys doing swimming as a second sport (eg. playing cricket and wanting to make the PSA swim team) are welcome to attend any session and are asked to contact Luke Farmer or Bill Kirby if they cannot find a session that suits them.

Boys wanting to train at more sessions will need to speak to Bill Kirby.



Christ Church Aquatics schedule – Term 1 2020

Pre-season training commences from Monday 6 January and is held every Monday, Wednesday and Friday at the School swimming pool from 7.00am to 8.30am.

Week 1

	Mon 3 Feb	Tues 4 Feb	Wed 5 Feb	Thurs 6 Feb	Fri 7 Feb	Sat 8 Feb
AM	No swimming	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am Swim Training Years 9-12 6.15am - 7.45am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Water Polo 1st - 4th Fixtures v Wesley 8.45am - 1pm
PM	No swimming	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training Years 7 - 8 3.15pm - 4.30pm A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Wesley Years 7 - 9 A - F Teams 1.00pm - 4pm CCGS Swim Meet at CCGS Pool 4.30-8.00pm	

Week 2

	Mon 10 Feb	Tues 11 Feb	Wed 12 Feb	Thurs 13 Feb	Fri 14 Feb	Sat 15 Feb
AM	Swim Training Years 9-12 6.15am - 7.45am C's & D's Water Polo 6.15am - 8am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am Swim Training Years 9-12 6.15am - 7.45am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Bye CCGS v Old Boys
PM	Swim Training Years 7 - 8 3.15pm - 4.30pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training Years 7 - 8 3.15pm - 4.30pm A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Bye Internal Water Polo Fixtures Years 7 - 9 A - F Teams 1.00pm - 4pm Valentines Swim Meet at CCGS Pool 4.30-8.00pm	

Christ Church Aquatics schedule – Term 1 2020

Week 3

	Mon 17 Feb	Tues 18 Feb	Wed 19 Feb	Thurs 20 Feb	Fri 21 Feb	Sat 22 Feb
AM	Swim Training Years 9-12 6.15am - 7.45am C's & D's Water Polo 6.15am - 8am	No Swim Training 1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am Swim Training Years 9-12 6.15am - 7.45am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Water Polo 1st - 4th Fixtures v Guildford 8.45am - 1pm
PM	Swim Training Years 7 - 8 3.15pm - 4.30pm	CCGS House Swimming Carnival HBF Stadium 6.00pm	Swim Training Years 7 - 8 3.15pm - 4.30pm A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Guildford Years 7 - 9 A - F Teams 1.00pm - 4pm	

Week 4

	Mon 24 Feb	Tues 25 Feb	Wed 26 Feb	Thurs 27 Feb	Fri 28 Feb	Sat 29 Feb
AM	Swim Training Years 9-12 6.15am - 7.45am C's & D's Water Polo 6.15am - 8am	No Swim Training 1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am Swim Training Years 9-12 6.15am - 7.45am	1st & 2nd Water Polo 6.15am - 8.00am	Open Water Swim and BBQ at North Cottesloe Surf Club 8.00am-11.00am	No PSA game Mid term break
PM	Swim Training Years 7 - 8 3.15pm - 4.30pm	Quads Swim meet at HBF Stadium 6.00pm	Swim Training Years 7 - 8 3.15pm - 4.30pm A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm	Swim Training Years 7 - 12 3.15pm - 4.30pm		

Christ Church Aquatics schedule – Term 1 2020

Week 5

	Mon 2 Mar	Tues 3 Mar	Wed 4 Mar	Thurs 5 Mar	Fri 6 Mar	Sat 7 Mar
AM	Swim Training Years 9-12 6.15am - 7.45am C's & D's Water Polo 6.15am - 8am	No Swim Training 1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am Swim Training Years 9-12 6.15am - 7.45am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Water Polo 1st - 4th Fixtures v Trinity 8.45am - 1pm
PM	Compulsory swimming for Inters team at CCGS Years 7 to 12 4.30-6.00pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training Years 7 - 8 3.15pm - 4.30pm A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Trinity Years 7 - 9 A - F Teams 1.00pm - 4pm	

Week 6

	Mon 9 Mar	Tues 10 Mar	Wed 11 Mar	Thurs 12 Mar	Fri 13 Mar	Sat 14 Mar
AM	Swim Training Years 9-12 6.15am - 7.45am C's & D's Water Polo 6.15am - 8am	No Swim Training 1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am Inters team training Years 10 to 12 CCGS 6.45-7.30am	Aquatics meeting after Chapel	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am	PSA Water Polo 1st - 4th Fixtures v Hale 8.45am - 1pm
PM	Swim Training Years 7 - 8 3.15pm - 4.30pm	Swim Training Years 7 - 12 3.15pm - 4.30pm	Inters team training Years 7 to 9 CCGS 3.15-4.15pm Pasta Night School Refectory 4.30-6.30pm	PSA Inters Swimming Carnival HBF Stadium 5.00pm Swimming Presentation Night Refectory 9pm - 11pm	Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Hale Years 7 - 9 A - F Teams 1.00pm - 4pm	

Christ Church Aquatics schedule – Term 1 2020

Week 7

	Mon 16 Mar	Tues 17 Mar	Wed 18 Mar	Thurs 19 Mar	Fri 20 Mar	Sat 21 Mar
AM	C's & D's Water Polo 6.15am - 8am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Water Polo 1st - 4th Fixtures v Scotch 8.45am - 1pm
PM			A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm		Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Scotch Years 7 - 9 A - F Teams 1.00pm - 4pm	

Week 8

	Mon 23 Mar	Tues 24 Mar	Wed 25 Mar	Thurs 26 Mar	Fri 27 Mar	Sat 28 Mar
AM	C's & D's Water Polo 6.15am - 8am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training & Water Polo Years 5 & 6 6.45am - 8.00am E's & F's Water Polo 6.15am - 8.00am	1st & 2nd Water Polo 6.15am - 8.00am	Swim Training Years 4-6 Swim Team Invite Only 7.30am - 8.15am 3rd's & 4th's Water Polo 6.15am - 8.00am	PSA Water Polo 1st - 4th Fixtures v Aquinas 8.45am - 1pm
PM			A's & B's Water Polo 3.15pm - 5pm 1st Squad Water Polo 3.15pm - 5pm		Swim Training 1st Sport Swimmers Yrs 7-9 1.30pm - 3pm PSA Water Polo Fixtures v Aquinas Years 7 - 9 A - F Teams 1.00pm - 4pm	



Christ Church Swimming Records

Open events

200m Freestyle	1:58.66	2019	H W Moran (Wolsey)
100m Freestyle	53.59	2019	H W Moran (Wolsey)
50m Freestyle	23.97	2017	J T A Blake (Romsey)
100m Breaststroke	1:08.44	2012	D A Hoey (Romsey)
50m Breaststroke	30.12	2012	D A Hoey (Romsey)
100m Backstroke	1:02.44	2011	A B Mitchell (Noake)
50m Backstroke	28.90	1987	P G Galvin (Noake)
50m Butterfly	26.52	2007	T W D'Orsogna (Craigie)
4 x 50m Medley Relay	1:59.02	2012	Romsey House
4 x 50m Freestyle Relay	1:45.34	2018	Jupp House (J Hobson, A Schrauth, W Stockwell, E Taranto)

Under 17 Events

100m Freestyle	54.83	2018	H W Moran (Wolsey)
50m Freestyle	24.76	2016	J T A Blake (Romsey)
100m Breaststroke	1:15.95	2016	B M Cunningham (Jupp)
50m Breaststroke	32.62	2016	J T A Blake (Romsey)
50m Backstroke	29.26	2018	H W Moran (Wolsey)
50m Butterfly	26.48	2019	J Y Lu (Moyes)
4 x 50m Medley Relay	2:04.40	2018	Romsey House (T Ball, J Bonadeo, O Sheldrick, H White)
4 x 50m Freestyle Relay	1:51.99	2019	Noake House (C Brogan, M Divirgilio, C Emanuel, T Keogh)

Under 16 Events

100m Freestyle	53.93	2019	K A Wylie (Noake) Quads Record
50m Freestyle	24.47	2019	K A Wylie (Noake)
100m Breaststroke	1:11.80	2006	T W D'Orsogna (Craigie)
50m Breaststroke	32.89	2019	N E Johns (Wolsey)
50m Backstroke	29.48	2013	L P Mitchell (Noake)
50m Butterfly	26.60	2019	K A Wylie (Noake)
4 x 50m Medley Relay	2:05.12	2006	Craigie House (T D'Orsogna, L Cooke, S James, B Humpfry)
4 x 50m Freestyle Relay	1:50.41	2008	Moyes House (L Basson, O Basson, R Erbe, M Palleros)

Under 15 Events

100m Freestyle	57.22	2010	J A Raymond (Hill)
50m Freestyle	25.69	2018	K A Wylie (Noake)
50m Breaststroke	33.01	2001	C S Wiener (Noake)
50m Backstroke	29.34	2005	T W D'Orsogna (Craigie) Quads archived
Record			
50m Butterfly	27.57	2000	J Y Y Chang (Walters)
4 x 50m Medley Relay	2:11.21	1990	Wolsey House
4 x 50m Freestyle Relay	1:54.72	2007	Moyes House (L Basson, O Basson, R Erbe, M Palleros)



Under 14 Events

50m Freestyle	26.51	2017	K A Wylie (Noake)	PSA Record
50m Breaststroke	33.62	1988	S A Song (Romsey)	Quads archived Record
50m Backstroke	31.06	2004	T W D'Orsogna (Craigie)	
50m Butterfly	28.69	1988	S A Song (Romsey)	
4 x 50m Medley Relay	2:20.11	2006	Moyes House (L Basson, O Basson, M Palleros, A Woodman)	
4 x 50m Freestyle Relay	1:51.95	1988	Jupp House	

Under 13 Events

50m Freestyle	27.85	2016	K A Wylie (Noake)	
50m Breaststroke	36.50	1988	A B Bloomfield (Jupp)	
50m Backstroke	32.52	1987	S A Song (Romsey)	
50m Butterfly	31.15	1987	S A Song (Romsey)	
4 x 50m Medley Relay	2:30.15	1988	Wolsey House (D Cross, D Curnow, J Millar, M Starceвич)	
4 x 50m Freestyle Relay	2:12.38	1992	Romsey House	

School Team Records

4 x 50m Medley Relay				
Open	1:52.76	2012	C A Campbell, T H Cunningham, S J Hall, D A Hoey	#
Under 17	1:59.63	2014	A Antoci, B G S Hall, L P Mitchell, G T van Beem	
Under 16	1:57.71	2011	C A Campbell, T H Cunningham, S J Hall, D A Hoey	##
Under 15	1:58.80	2005	T W D'Orsogna, C W Harvey, S A James, H D Rose	##
Under 14	2:06.11	2004	T W D'Orsogna, C W Harvey, H D Rose, T D Swift	##
Under 13	2:14.17	1999	M J Cottee, M N Jones, J P McDonald, C S Wiener	##
4 x 50m Freestyle Relay				
Open	1:39.58	2007	T W D'Orsogna, S A James, H D Rose, S P Tomasich	
Under 17	1:44.47	2019	C J Brogan, F P B Kelly, T E A Keogh, J T Shipton	
Under 16	1:42.26	2011	T H Cunningham, T B England, C W R Foster, J A Raymond	**
Under 15	1:45.11	2007	L W C Fisher, M M Palleros, J Q Webster, A J Woodman	
Under 14	1:51.80	2009	W H Brogan, T H Cunningham, T H England, J K Richardson	##
Under 13	2:02.01	2005	J M Bishop, L W C Fisher, M M Palleros, J Q Webster	

- # PSA Record
- ## PSA archived Record
- * Quads Record
- ** Quads archived Record



1975 G.G.S. 1980 G.G.S. 1981 G.G.S. 1982 G.G.S. 1983 G.G.S. 1984 G.G.S. 1985 G.G.S. 1986 G.G.S. 1987 G.G.S. 1988 G.G.S. 1989 G.G.S. 1990 G.G.S. 1991 G.G.S. 1992 G.G.S. 1993 G.G.S. 1994 G.G.S. 1995 G.G.S. 1996 G.G.S. 1997 G.G.S. 1998 G.G.S. 1999 G.G.S. 2000 G.G.S. 2001 G.G.S. 2002 G.G.S. 2003 G.G.S. 2004 G.G.S. 2005 G.G.S. 2006 G.G.S. 2007 G.G.S. 2008 G.G.S. 2009 G.G.S. 2010 G.G.S. 2011 G.G.S. 2012 G.G.S. 2013 G.G.S. 2014 G.G.S. 2015 G.G.S. 2016 G.G.S. 2017 G.G.S. 2018 G.G.S. 2019 G.G.S. 2020 G.G.S. 2021 G.G.S. 2022 G.G.S. 2023 G.G.S. 2024 G.G.S. 2025 G.G.S.

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