

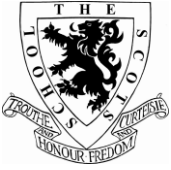
Swimming Program Information 2017 - 2018

The Scots School Swimming Squads Term 4 2017 and Term 1 2018

The Scots School Swimming Squad Program 2017-18 and will offer the following range of swimming squads. All squads will begin on Tuesday 10th October, 2017 and continue through Term 4 until Tuesday 5th of December 2017. Squads will then resume in 2018 from Tuesday 6th of February and continue through Term 1 until the 22nd of March, 2018. Term 4 is an eight week block (October to December) and Term 1 a seven week block in February and March.

The swimming squads will be coached by Mrs Sharon Inwood. She has been the lead coach of the Scots Swimming Program for the past five seasons and has helped build and develop our swimming program.

If you would like to discuss your child's swimming needs, please email Mrs Inwood at swimming@scots.nsw.edu.au



Swimming Program Information 2017 - 2018

Junior Swimming Squad

Students in Years 2-6 who can competently swim 25 - 50 metres unaided are invited to join our Junior Swimming Squad. This exciting new goal orientated program aims to encourage our swimmers to aim high and pursue their goals.

Intermediate Swimming Squad

The program will see students refine their strokes, develop their endurance and improve their times as they move through a series of levels throughout their time in the program. Thus squad is ability based and is aimed at taking the students above being just an average swimmer. Focus on technique in all strokes and building endurance are the aims.

Senior Squad

This program is aimed at our best swimmers who will be pushed in all strokes to develop stronger techniques and high levels of endurance. The sessions are longer and the intensity expected is far greater than an average swimmers abilities.

Please note that students will be assessed in the first weeks to grade them into the appropriate squad.

All squads are on Tuesday and Thursday afternoons in the Scots Indoor swimming pool.

Squad	Start	Finish	Session length
Junior	4.35pm	5.05pm	30 minutes
Intermediate	5.00pm	5.45pm	45 minutes
Senior	5.15pm	6.15pm	1 hour

Note: There is an overlap – this is intentional and the time will be used as part of the warmup for the following squad.

Mr. Adams