

# LINDFIELD PUBLIC SCHOOL SWIMMING

Squad Grading Day is Friday 14<sup>th</sup> October 2011 from 3pm for anyone new to our squads

## JUNIOR SQUAD

4.45-5.15pm Monday to Thursday

The junior squad introduces swimmers to a squad environment where their fitness and stamina are increased. Swimmers have their first experience of being coached from within and without the water. The squad focuses on improving technique in all four competitive strokes, while developing the basic fundamentals for swimming.

## INTERMEDIATE SQUAD

7.45-8.30am Monday Tuesday Thursday Friday

5.15-6.00pm Monday to Thursday

The intermediate squad introduces swimmers to a competitive swimming environment. The squad focuses on establishing good training habits, incorporating development across all four strokes with a general increase in volume and intensity (swimming up to 1.5 km in 45 mins). Swimmers will be introduced to racing skills and encouraged to attend Friday Afternoon Races.  
swimmers can swim up to 1.5km in distance.

## SENIOR SQUAD

6.45-7.45am Monday Tuesday Thursday Friday

6.00 -7.00pm Tuesday Wednesday Thursday

The senior squad is designed for swimmers aiming to be competitive at the school swimming carnival and invitational carnivals. The squad is focused on refining technique, improving race skills and introducing swimmers to more advanced drills while improving training habits. Swimmers are capable of swimming multiple laps and are looking to be challenged physically during training. Sessions are run for 1 hour and swimmers will swim up to 2.0km in distance.

Term 4 2011 Monday 17<sup>th</sup> October until Thursday 15<sup>th</sup> December  
Term 1 2012 Monday 6<sup>th</sup> February until Thursday 29<sup>th</sup> March

Junior Season Pass \$350 (Term Pass \$200)  
Intermediate Season Pass \$380 (Term Pass \$215)  
Senior Season Pass \$400 (Term Pass \$225)

Please enroll and pay via our online service.  
You will receive confirmation and receipt by email  
[www.lpspandc.org.au](http://www.lpspandc.org.au)  
select 'Activities' and then 'Swimming' and 'book online here'.

For help please contact the Swimming Administrator  
Jo Carmody  
[Jo.Lilley@gmail.com](mailto:Jo.Lilley@gmail.com)