



23 January 2020

Dear Parents

### Villanova College AIC Swimming Squad (Year 5 - 12) 2020

I wish to welcome all students and their families to Villanova College for the commencement of the 2020 year. As always, the AIC swim season in Term 1 is rather short and hectic. We trust that many of our swimmers were able to participate in our extensive pre-season program dating back to Term 4 last year. This letter invites all students from Year 5 - 12 who can swim at a proficient level to join the AIC Villanova College Swim Squad in 2020.

Boys who are keen to become involved are asked to commit to as many training days as possible. All sessions will be held at Langlands Park Pool until February 28 (not the College Pool). More details about the final week of training will be communicated closer to the time. We expect that all AIC squad members will make themselves available to attend the weekly Friday evening AIC Swim Meets. This is necessary to ensure swimmers gain race practice and record times in each stroke for them to be considered for Villanova's 2020 swim team. The swim team will then compete at the annual AIC Swim Championships to be held at the Chandler Pool on Monday 2 March 2020.

Please note that due to large numbers we have split our swim squad into two squads, a Year 5 - 7 squad and a Year 8 - 12 squad. These squads will train separately under different coaches and managers for our squad to be closely monitored and for staff to extract the very best from each squad member. Be advised that both squads travel and compete together at all Friday afternoon AIC Invitational meets. All sessions are free of charge to all AIC squad members.

### AIC Swimming Training Schedule – Commencing Wednesday 29 January 2020

SESSION TIMES		
Day	Year 5 - 7 Students	Year 8 -12 Students
Monday	-	6.30am - 8:00am
Tuesday	7.00am - 8.00am	-
Wednesday	-	6.30am - 8.00am
Thursday	7.00am - 8.00am	-
Friday (compulsory session)	6.30am - 8.00am	6.30am - 8.00am

### Important Information for Year 5 Students

Year 5 students will start training from Tuesday 4 February. Mr Chris Everding will be selecting boys who are not already training that can swim 50 metres freestyle in 45 seconds or quicker from the time trials on Wednesday 29 January and the Junior School Swimming Carnival on Friday 31 January to join the AIC Villanova College Swim Squad. Year 5 swimmers are invited to attend the first two Friday afternoon AIC Swim Meets and can wear any swim togs along with their Villanova sports uniform. On Monday 10 February, students will be notified as to who is required to attend the last three Friday AIC Swim Meets. These students can then purchase the Villanova swim uniform for the remainder of the season.



## AIC Swim Coaches and Managers

Listed below are the names of the AIC coaches and managers. Should you have any questions regarding absenteeism or any other issues, please direct them to the Swimming Coordinator - Mrs Juanita Jacobs. The contact details of both coaches are listed in case you wish to enrol your son in other swim sessions available at Langlands Pool. Enquiries regarding the program should be directed to the Coordinator in the first instance.

### Villanova Swim Coordinator

Mrs Juanita Jacobs - Mob 0417 777 501 [jjacobs@vnc.qld.edu.au](mailto:jjacobs@vnc.qld.edu.au)

### Year 5 - 7 Swim Squad Coach

Ms Kerry Holland - Mob 0413 445 515 [kerry4960@hotmail.com](mailto:kerry4960@hotmail.com)

### Year 8 - 12 Swim Squad Coach

Mr Guilly Santos - Mob 0404 200 42 [Gui a santos@hotmail.com](mailto:Gui_a_santos@hotmail.com)

### Assistant Coaches

Mr Augusto (Toca) Bones

Mr Nic Elsey

Mr Andrew Vick

### Swimming Managers

Miss Kirstina Dawson - Junior School

Mrs Terri Dillon - Middle School

Mrs Theresa Henry - Senior School

Boys who are already heavily committed to their own swim clubs must notify their respective Swim Manager to inform them of their training program and their availability to the Villanova training sessions offered. We are happy to work in with other clubs and coaches. However, it is necessary that students spend time with the Villa squad in order to build a positive team culture, therefore, we ask that the **Friday morning sessions for both squads are compulsory.**

## Further Training on Offer - Langlands Park Pool Swim Sessions

Villanova College is aware that many students may be involved in other co-curricular activities and clashes may occur with training. For our boys to have access to more training sessions throughout the season, families may choose to avail themselves of this offer. Langlands Park Pool will offer further training sessions as listed below to all Villanova students at a cost of \$100 for the month of February. This will cover most of the AIC swim season.

All interested students must confirm with their coach (Kerry or Guilly) which is the most suitable squad for them to join. Parents should meet with the coaches directly after training in the morning to confirm this with the coaches (not in the afternoon).

### Bronze Squad

- Monday to Friday 3.30pm – 4.30pm

### Target, Silver and Gold Squads

- Monday to Friday 4.30pm - 6.30pm
- Tuesday and Thursday 5.00am - 7.15am



## Villanova Swim Uniform

Each student is required to purchase and wear the following swim uniform, which is non-negotiable and is to be worn to all AIC Swim Meets. We ask parents to support the College to ensure that their son is dressed in the correct uniform. High uniform standards and dress is important as it reflects the pride we have in ourselves and Villanova College. All items are available from the College Uniform Shop. Please note that for Year 5 swimmers they are to wear any swim togs for the first two AIC Swim Meets and then as mentioned earlier they are to only purchase the uniform once they have been notified on Monday 10 February of their participation in the last three AIC Swim Meets. Prices are approximate only.

- Villanova togs (\$35.00), Villanova racers (\$85.00 - \$90.00) or any plain black togs
- Villanova warm-up shirt (\$50.00)
- Villanova green PE shorts (\$40.00)
- Villanova swim cap (this will be given out free of charge to all squad members)

The final AIC swimming race nominations will not be announced until later in the 2020 season. Only the fastest or those swimmers best suited to each stroke will be nominated to represent Villanova College in events on the day of the AIC Championship on Monday 2 March at Chandler. Despite these race nominations, be assured that all students who have trained throughout the season will attend the Championship as a reserve and in support of the team. The final competitors for each event will be selected at the discretion of the Swimming Managers and Coaches. Therefore, it is important that all students continue to train hard and attend all weekly carnivals in order to post good times.

## AIC Swim Calendar

Date	Location	Transport
Friday 31 January	Villa at Langlands Pool 3.30pm - 5.00pm	N/A
Friday 7 February	St Peter's Lutheran College	Bus provided to and from Villanova College
Friday 14 February	Iona College	Bus provided to Iona. Please plan to have your son collected from Iona at the conclusion of this meet
Friday 21 February	St Peter's Lutheran College	Bus provided to and from Villanova College
Friday 28 February (final team time trial and barbecue)	Villa at Langlands Pool 3.15pm - 5.00pm	N/A
Monday 2 March	AIC Championship Chandler	Bus provided to and from Villanova College

Please note that all meets are held on a Friday afternoon from approximately 4.00pm - 6.00/30pm (excluding the meet on 31 January). Villanova College will supply bus transportation for all squad members to and from SPLC but will only transport swimmers to Iona College. Parents are responsible for making return transport arrangements from Iona. The bus will depart Villanova College at 3:10pm and return to the College at approx. 6.45pm depending on the weekly schedule. The boys are asked to meet the team managers at the front of the College. The weekly AIC swim schedule will be posted on the web and will be published in the weekly newsletter, Villa View.



Parents are most welcome to attend the swim meets. The managers will require the assistance of parents to record and time keep. If you can do so, please notify one of our Swim Managers. Your help will be greatly appreciated.

We would also appreciate the assistance of parents to prepare and cook the breakfasts supplied each Friday morning to our swim squad. The cost of the breakfast will be \$20.00 per student for the entire season. A separate note with all details of the breakfast has been distributed to all swimmers together with this form.

We look forward to a successful and rewarding season. If you have any concerns or questions, please do not hesitate to contact us.

Yours sincerely

Juanita Jacobs  
Villanova AIC Swimming Coordinator

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## Villanova College AIC Swim Squad

### Permission Note to Attend Weekly AIC Swim Meets

**Please return to the Sports Office or to your son's Swim Manager before Thursday 6 February 2020.**

My son \_\_\_\_\_ (name) would like to join the 2020 AIC Swim Squad and I give him permission to catch the weekly bus provided by Villanova College to and from each AIC Swim Meet as stated in the information letter of 23 January 2020.

Signed \_\_\_\_\_ (Parent)

