



VILLANOVA COLLEGE

24 February 2020

Dear Parents/Guardians

AIC Swim Championship – Monday 2 March 2020

Your son has been an active member of the 2019/2020 Villanova Swimming Squad. The swim season will reach its conclusion on Monday, 2 March at the AIC Swimming Championships to be held at Chandler. This letter will outline some important details regarding arrangements we have in place up until the day of the Championships.

This Friday, 28 February, all members of the AIC Swim Squad will be acknowledged at our College Assembly which will be held in Goold Hall from midday. Parents are more than welcome to attend, with seating available on the mezzanine level.

Our final swim team, who will compete at the AIC Swimming Championships, will be selected based on times recorded at the AIC swim meets held throughout the season. Unfortunately, not every student who has trained throughout the season will swim on the day of the Championship. We do, however, recognise each swimmer's importance within our squad and the efforts they have made, so every member of the will be acknowledged at this week's assembly. Only the 'A Squad' members who were selected to attend the Friday night meets will travel to Chandler next Monday either as a competitor or a reserve. Buses will transport your son to and from Chandler on the day of the Championship.

The full list of the Villanova College Swim Team, including the competitor list for each event, can be found on the College website.

This Friday, 28 February, Villanova will hold its final swim meet at Langlands Pool from 3.30 - 4.30pm. This meet is important as it is the final time trial for coaches to confirm a swimmer's place in an event. At the conclusion of this week's meet we will provide a hamburger and drink to all AIC squad members as a way of celebrating the season.

Normal training times will continue until this Friday 28 February. We ask all 'A' squad members from Years 5 - 12 to attend a full and final compulsory team session at the Villanova Pool this Friday morning, beginning at 6.30am followed by the usual 'Friday Brekky'. It is important that ALL MEMBERS of the AIC swim squad attend so that we are able to practice relay changes, starts and finishes for the Championships. It is critical that the boys arrive on time for training, that is, by 6.20am at the pool, so that warm up can begin promptly at 6.30am.

This year the AIC Championship will be a Twilight event. Next Monday 2 March, the boys are asked to attend school in their swim uniform (Villanova squad shirt and PE shorts) at the normal time and participate in the first 3 periods of the school day. At first break (11.25am) all swimmers are to meet in the Middle School Quadrangle for final team instructions and a team photo before departing the College for Chandler at 12.15pm. The carnival will conclude by 6.30pm. We ask all swimmers to travel as a team to the Championships on the buses provided. Parents may transport their son/s home directly after the carnival.



All students are to wear the College squad shirt and their College sports shorts to the AIC Championship – NO EXCEPTIONS. If your son has not yet purchased his shirt, he must do so immediately from the College Uniform Shop. The boys must compete in Villanova racing togs/or jammers or any plain colored togs (no multi-colored togs are permitted in the AIC rules) and the Villanova swim cap. The swim cap was distributed free of charge to all swimmers earlier in the season. Please be aware that only one pair of togs may be worn, to meet with QSA and AIC regulations.

Boys should bring their own after afternoon tea and plenty of water to drink on the day of the Championships. Food for the day should be light and easily digestible. As we are trying to encourage our athletes to follow a healthy diet, we ask our swimmers not to buy any food at the canteen until after their events.

Please find attached an 'order of events' and a 'timing of events' schedule for the Championships. Parents are most welcome to attend the Carnival. We ask our parent spectators to sit in the same section allocated to Villanova College, however we ask parent to sit in the top tier as our student spectators and swimmers will sit in the lower section. In case of an emergency on the day of the Championship please call Mrs Juanita Jacobs 0417 777 501.

AIC Swimming – Key Dates

Friday 28 February

- Final compulsory team session at Villanova Pool 6:30am
- College Assembly at 12.00 midday in Goold Hall to acknowledge swimmers
- Final time trial at Langlands Pool followed by a barbecue

Monday 2 March - AIC Swim Championships at Chandler Pool

- All AIC swim squad members to arrive at school at the normal time and participate in the first three periods
- The swim squad meets in the middle school quadrangle at 11.25am for a team brief and photo
- Bus departs the College for Chandler at 12.15pm
- Arrive at Chandler 12.45pm, warm up 1.00-1.30pm, first event at 1.40pm
- Bus departs Chandler at 6.40pm for return to College
- Parents to collect their son from Chandler or back at the College at 7.00pm

We wish our entire squad the very best in the lead up to the Championships and on the day itself. I hope the boys enjoy the experience of representing their College. Please be assured that the entire College community is behind the team and wishes them all the best.

Yours sincerely

Mrs Juanita Jacobs
Villanova Swimming Coordinator

Mr Craig Stariha
Director of Sport



AIC Swim Championship - Event Schedule Swimming 2020

<u>Event No</u>	<u>Distance</u>	<u>Stroke</u>	<u>Age</u>	<u>Division</u>
1	4 x 50m	Medley Relay	Open	Division 1
2	4 x 50m	Medley Relay	16 Years	Division 1
3	4 x 50m	Medley Relay	15 Years	Division 1
4	4 x 50m	Medley Relay	Year 5	Division 1
5	4 x 50m	Medley Relay	Year 6	Division 1
6	4 x 50m	Medley Relay	12 Years	Division 1
7	4 x 50m	Medley Relay	13 Years	Division 1
8	4 x 50m	Medley Relay	14 Years	Division 1
9	200m	Individual Medley	Open	
10	100m	Freestyle	Year 5	Division 1
11	100m	Freestyle	Year 6	Division 1
12	100m	Freestyle	12 Years	Division 1
13	100m	Freestyle	13 Years	Division 1
14	100m	Freestyle	14 Years	Division 1
15	100m	Freestyle	15 Years	Division 1
16	100m	Freestyle	16 Years	Division 1
17	100m	Freestyle	Open	Division 1
18	50m	Breaststroke	Year 5	Division 2
19	50m	Breaststroke	Year 5	Division 1
20	50m	Breaststroke	Year 6	Division 2
21	50m	Breaststroke	Year 6	Division 1
22	50m	Breaststroke	12 Years	Division 2
23	50m	Breaststroke	12 Years	Division 1
24	50m	Breaststroke	13 Years	Division 2
25	50m	Breaststroke	13 Years	Division 1
26	50m	Breaststroke	14 Years	Division 2
27	50m	Breaststroke	14 Years	Division 1
28	50m	Breaststroke	15 Years	Division 2
29	50m	Breaststroke	15 Years	Division 1
30	50m	Breaststroke	16 Years	Division 2
31	50m	Breaststroke	16 Years	Division 1
32	50m	Breaststroke	Open	Division 1
33	100m	Breaststroke	Open	
34	50m	Freestyle	Year 5	Division 8
35	50m	Freestyle	Year 5	Division 7
36	50m	Freestyle	Year 5	Division 6
37	50m	Freestyle	Year 5	Division 5
38	50m	Freestyle	Year 5	Division 4
39	50m	Freestyle	Year 5	Division 3
40	50m	Freestyle	Year 5	Division 2
41	50m	Freestyle	Year 5	Division 1
42	50m	Freestyle	Year 6	Division 8



43	50m	Freestyle	Year 6	Division 7
44	50m	Freestyle	Year 6	Division 6
45	50m	Freestyle	Year 6	Division 5
46	50m	Freestyle	Year 6	Division 4
47	50m	Freestyle	Year 6	Division 3
48	50m	Freestyle	Year 6	Division 2
49	50m	Freestyle	Year 6	Division 1
50	400m	Freestyle	Open	
51	50m	Freestyle	12 Years	Division 4
52	50m	Freestyle	12 Years	Division 3
53	50m	Freestyle	12 Years	Division 2
54	50m	Freestyle	12 Years	Division 1
55	50m	Freestyle	13 Years	Division 4
56	50m	Freestyle	13 Years	Division 3
57	50m	Freestyle	13 Years	Division 2
58	50m	Freestyle	13 Years	Division 1
59	50m	Freestyle	14 Years	Division 4
60	50m	Freestyle	14 Years	Division 3
61	50m	Freestyle	14 Years	Division 2
62	50m	Freestyle	14 Years	Division 1
63	50m	Freestyle	15 Years	Division 4
64	50m	Freestyle	15 Years	Division 3
65	50m	Freestyle	15 Years	Division 2
66	50m	Freestyle	15 Years	Division 1
67	50m	Freestyle	16 Years	Division 4
68	50m	Freestyle	16 Years	Division 3
69	50m	Freestyle	16 Years	Division 2
70	50m	Freestyle	16 Years	Division 1
71	50m	Freestyle	Open	Division 4
72	50m	Freestyle	Open	Division 3
73	50m	Freestyle	Open	Division 2
74	50m	Freestyle	Open	Division 1
75	50m	Backstroke	Year 5	Division 2
76	50m	Backstroke	Year 5	Division 1
77	50m	Backstroke	Year 6	Division 2
78	50m	Backstroke	Year 6	Division 1
79	50m	Backstroke	12 Years	Division 2
80	50m	Backstroke	12 Years	Division 1
81	50m	Backstroke	13 Years	Division 2
82	50m	Backstroke	13 Years	Division 1
83	50m	Backstroke	14 Years	Division 2
84	50m	Backstroke	14 Years	Division 1
85	50m	Backstroke	15 Years	Division 2
86	50m	Backstroke	15 Years	Division 1
87	50m	Backstroke	16 Years	Division 2
88	50m	Backstroke	16 Years	Division 1



89	50m	Backstroke	Open	Division 1
90	100m	Backstroke	Open	
91	200m	Freestyle	15 Years & Under	
92	50m	Butterfly	Year 5	Division 2
93	50m	Butterfly	Year 5	Division 1
94	50m	Butterfly	Year 6	Division 2
95	50m	Butterfly	Year 6	Division 1
96	50m	Butterfly	12 Years	Division 2
97	50m	Butterfly	12 Years	Division 1
98	50m	Butterfly	13 Years	Division 2
99	50m	Butterfly	13 Years	Division 1
100	50m	Butterfly	14 Years	Division 2
101	50m	Butterfly	14 Years	Division 1
102	50m	Butterfly	15 Years	Division 2
103	50m	Butterfly	15 Years	Division 1
104	50m	Butterfly	16 Years	Division 2
105	50m	Butterfly	16 Years	Division 1
106	50m	Butterfly	Open	Division 1
107	100m	Butterfly	Open	
108	4 x 50m	Freestyle Relay	Year 5	Division 2
109	4 x 50m	Freestyle Relay	Year 6	Division 2
110	4 x 50m	Freestyle Relay	12 Years	Division 2
111	4 x 50m	Freestyle Relay	13 Years	Division 2
112	4 x 50m	Freestyle Relay	14 Years	Division 2
113	4 x 50m	Freestyle Relay	15 Years	Division 2
114	4 x 50m	Freestyle Relay	16 Years	Division 2
115	4 x 50m	Freestyle Relay	Open	Division 2
116	4 x 50m	Freestyle Relay	Year 5	Division 1
117	4 x 50m	Freestyle Relay	Year 6	Division 1
118	4 x 50m	Freestyle Relay	12 Years	Division 1
119	4 x 50m	Freestyle Relay	13 Years	Division 1
120	4 x 50m	Freestyle Relay	14 Years	Division 1
121	4 x 50m	Freestyle Relay	15 Years	Division 1
122	4 x 50m	Freestyle Relay	16 Years	Division 1
123	4 x 50m	Freestyle Relay	Open	Division 1

TIMING

Warm Up	30mins	1.00pm - 1.30pm
Events 1-9	35mins	1.40pm - 2.15pm
Events 10-33	45mins	2.15pm - 3.00pm
Events 35-50	45mins	3.00pm - 3.45pm
Events 51-74	30mins	3.45pm - 4.15pm
Events 75-90	30mins	4.15pm - 4.45pm
Events 91-107	30mins	4.45pm - 5.15pm
Events 108-123	45mins	5.15pm - 6.00pm



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Presentations

15mins

6.15pm – 6.30pm

