

Senior School  
Swimming  
Summer Term 2019

SCOTCH  
COLLEGE



## Senior School Swimming 2019

The Captains of the Scotch College Swimming Team will be elected in Week 1 of Summer Term.

### Champion Boys in 2018

U/13: Zachary Mills (Bruce)

U/14: Seamus Walton (Andrew)

U/15: Ruan van der Riet (Ross)

U/16: Nicolas Monger Molowny (Alexander)

U/17: Hugo Clegg (Shearer)

Open: Matthew Murphy (Shearer)

In 2019, the Swimming Champion Boy awards will be selected using the following criteria:

- Number of points attained at the Inter-School Swimming Carnival
- Division of events that swimmer has competed in (Division 1 or 2)  
Place(s) achieved in the 200m races, School Age Championships, Quads and Inter-School Carnivals
- Number of events competed in
- Versatility of the swimmer
- Training attendance and attitude
- Overall contribution to the Swimming Team

**Decision on Champion Boy is at the Swimming Coaches' discretion.**

**The age cut offs for 2019 are as follows:**

| Year Level | Age Group | Age Cut Off dates                                      |
|------------|-----------|--|
| Year 7     | U13       | Born on or after 1 July 2006 – U/13 @ 30 June 2019     |
| Year 8     | U14       | Born 1 July 2005 to 30 June 2006 – U/14 @ 30 June 2019 |
| Year 9     | U15       | Born 1 July 2004 to 30 June 2005 – U/15 @ 30 June 2019 |
| Year 10    | U16       | Born 1 July 2003 to 30 June 2004 – U/16 @ 30 June 2019 |
| Year 11    | U17       | Born 1 July 2002 to 30 June 2003 – U/17 @ 30 June 2019 |
| Year 12    | OPEN      | Born on or before 30 June 2002                         |

School records can be broken at the following meets: the Inter-House Carnival, School Age Championships, Quads and the Inter-School Carnival.

# Senior School Swimming 2019

## Scotch Aquatic Supporters:

Mrs Cristina Molowny Martinon is the coordinator of the Scotch Aquatic Supporters group this season. This group has been of enormous help in running meets in the past and I would like to encourage all parents to be actively involved. Cristina may be in touch with you in regard to helping with timekeeping, recording, starting or running and organising the barbecues for some of the upcoming meets this season. These meets could not run without the help of parents and we would love to see as many parents as possible, from different year groups, become involved. If you are willing to lend a hand, please email Cristina [cristina.molowny@gmail.com](mailto:cristina.molowny@gmail.com)

## Training:

The training sessions are outlined in the swimming calendar. Please note that irrespective of which Summer Sport a student undertakes all students in Years 7 to 12 are welcome to attend Scotch swimming training in Summer Term.

**Boys who choose swimming as a sport are expected to attend at least three sessions per week at Scotch and other members of the squad are required to attend at least 12 sessions in Summer Term. Boys who are members of outside squads must contact Ceinwen Roberts to organise their training requirements. Any boy who does not meet the training requirements will not be eligible for Colours.**

Morning sessions at Scotch start at 6.30am sharp and run until 7.45am.

All boys are expected to bring a drink bottle to training. The rehydration process is very important; however, it is very disruptive to have swimmers constantly leaving the pool to get a drink. Drink bottles should be left at the end of the pool lane.

Be sure to check the training programme in the swimming calendar at the back of the booklet.

## Breakfast:

Breakfast is available after training sessions at the Senior School canteen; boys are reminded to please use their best manners.

## Uniform:

All boys are expected to attend all meets in their school tracksuits or blue PE shorts, maroon school shirt or tracksuit top and, if they chose to wear a hat, it must be a school one.

**Racing: No team member will be able to swim at the Quads or Inter-School Carnival unless he is wearing Scotch swimming squad bathers and a Scotch swimming cap. These are available from the Uniform Shop. Only boys selected for the Quads and Inter-School team are entitled to purchase the Scotch swimming cap. For all other swim meets maroon bathers are appropriate.**

## Meets:

All squad members are expected to attend every meet on the calendar unless they have contacted Ceinwen Roberts beforehand. We need to make some sacrifices with our time this year and unless there are exceptional circumstances, or a boy has other PSA sport commitments, all squad members must be in attendance.

# Senior School Swimming 2019

## Event Descriptions

### Week 1

#### **Whole squad training and breakfast: Tuesday 29/01/19**

To start the Summer Term programme we are having a whole squad training session. Every boy who was involved in 2018 swimming or who would like to be involved in 2019 is invited to attend. This will be a great opportunity for boys to mingle with fellow swimmers, set goals and commit to specific training sessions with swimming staff. At the end of the session the Scotch Aquatic Supporters are providing breakfast for all of the boys.

### Week 1

#### **Year 7 and new student time trials: Wednesday 30 and Thursday 31 January 2019 during lunch in the school pool.**

All Year 7 boys and new students interested in swimming are encouraged to attend during one of the lunchtimes above. Students have the opportunity to be timed for each of their 50m strokes. Students can set goals based on the times that they achieve and plan which days they would like to attend training with fellow swimmers. Times will be posted on the Swimming Noticeboard.

### Week 1

#### **Scotch College Meet: Friday 1/02/19**

**Venue: Scotch College**

**5.15pm warm up**

**5.30pm start**

**7.00pm finish approx.**

Scotch swimmers will compete against one another in age divisions in every stroke. This is another opportunity for us to gather times and have racing practice. No points or places are kept.

At the end of the event there will be an opportunity to post a 200m time for points towards the Champion Boy award.

Food and drinks will be available for purchase after the boys have swum.

Boys do not need to put their name on a list to attend this meet.

### Week 2

#### **Middle School Inter-House Swimming Carnival: Tuesday 5/02/19**

**Venue: HBF Stadium**

**8.30am warm up**

**9.00am start**

School records can be broken at this event. Touch pads are used and the times from this carnival will be collated and posted on the Swimming Noticeboard.

Times from the carnival will be used for selection into the School Age Championships. The Inter-House Carnival is about participation and often students will not be able to swim their best stroke or all strokes. For this reason, it is important that students post times at the swim meets and contact Ceinwen Roberts if they have not had the opportunity to post a time in all of their strokes.

# Senior School Swimming 2019

## Week 2

**Senior School Inter-House Swimming Carnival: Wednesday 6/02/19**

**Venue: HBF Stadium**

**8.30am warm up**

**9.00am start**

Boys will represent their House and the final results count towards the Staff Trophy for 2019. School records can be broken at this event. House Heads select the teams for this event. Touch pads are used and the times from this carnival will be collated and posted on the Swimming Noticeboard.

Times from the carnival will be used for selection into the School Age Championships. This carnival is about participation and often students will not be able to swim their best stroke or all strokes. For this reason, it is important that students post times at the swim meets and contact Ceinwen Roberts if they have not had the opportunity to post a time in all of their strokes.

## Week 2

**St Hilda's Swim Meet: Friday 8/02/19**

**St Hilda's/Iona/Scotch College and Christ Church**

**Venue: St Hilda's**

**5.30pm warm up**

**6.00pm start**

**8.15pm finish approx.**

Scotch swimmers will compete against Christ Church swimmers in this meet and the two girls' schools will swim against each other. Times will be recorded and posted on the Swimming Noticeboard. This is a great meet to start off the year and food and drinks will be available for purchase after the boys have swum.

Boys do not need to put their name on a list to attend this meet.

Boys need to arrange their own transport to and from St Hilda's.

## Week 3

**200m Races Years 7 - 12 at training (part of the School Age Championships)**

Boys can post a 200m time at training on Monday 11, Tuesday 12 or Wednesday 13 February. Points are awarded for the fastest eight times and these count towards the Champion Boy award.

## Week 3

**School Age Championships: Thursday 14/02/19 (with PLC)**

**Venue: HBF Stadium**

**6.30pm warm up**

**7.00pm start**

This is a very important meet for the boys. They will be selected in certain events and swim against only Scotch competitors. It is designed to help in the selection process for the Quads and Inter-School Carnivals. These results are considered for the Champion Boy award for each age group for 2019. Points are awarded in every event based on a comparison of electronic times.

## Senior School Swimming 2019

### Week 5

**Quads: Tuesday 26/02/19 (Scotch, Wesley, Christ Church, Trinity)**

**Venue: HBF Stadium**

**Warm up at Scotch, details to be advised**

**6.00pm start**

**9.30pm finish**

This is the second most important meet of the year. It is very competitive in its own right, but it also doubles as a selection guide for the Inter-School Carnival. We select two boys in each division for every individual event (ie two boys in U/13 50m Freestyle A Division and another two in B Division). There are also two Freestyle and two Medley Relays in each age group. Boys can only swim in one relay, which means at least 16 boys in each age group will swim.

School records can be broken at this event. Touch pads are used and the times from this Carnival will be collated and posted on the Swimming Noticeboard. Boys' individual times are considered for Champion Boy awards for each age group for 2019.

### Week 7

**Inter-School Carnival: Thursday 14/03/19 (all PSA Schools)**

**Venue: HBF Stadium**

**Warm up at Scotch, details to be advised**

**5.15pm start**

This is the most important event of the year. Only one boy swims in each division at the Inter-School Carnival. There are four relays in each age group (two Freestyle and two Medley Relays) and again each boy can only swim in one relay. Our depth is vital, as we need at least 16 swimmers in each year group. The Inter-School Carnival is followed by a get together for the whole team at the Gooch Pavilion, which will include presentations. Details of the wind-up will be sent home to all swimmers who are selected in the team.

School records can be broken at this event. Touch pads are used and the times from this Carnival will be collated and posted on the Swimming Noticeboard. The number of points and individual times attained at the Inter-School Swimming Carnival contributes to the Champion Boy award for each age group for 2019.

**Please refer to the Summer Term Swimming Calendar.**