

# ~ Swimming Training 2011 - To Week 3 Term I ~



Week 1

Week 2

Week 3

**Head Coach:** Mr Chris Twomey      **Assistant Coaches:** Emily Wiener, Ryan Steenkamp, Katherine Loughnan, Brielle Jarrett, Hanna Girling  
**Teachers in Charge:** Miss Megan O'Leary and Mrs Kelly Parker      **Director of Sport:** Mrs Sue Wiener - 0407 987 111

**Iona - IGSSA Champions 2008, 2009, 2010**  
**Where dreams become goals**

	Monday 3 January	Tuesday 4 January	Wednesday 5 January	Thursday 6 January	Friday 7 January
	Public Holiday		Swimming Training commences @ College Pool 8.00am - 9.30am		Swimming Training @ College Pool 8.00am - 9.30am
	Monday 10 January	Tuesday 11 January	Wednesday 12 January	Thursday 13 January	Friday 14 January
	Swimming Training @ College Pool 8.00am - 9.30am		Swimming Training @ College Pool 8.00am - 9.30am		Swimming Training @ College Pool 8.00am - 9.30am
	Monday 17 January	Tuesday 18 January	Wednesday 19 January	Thursday 20 January	Friday 21 January
	Swimming Training @ College Pool 8.00am - 9.30am		Swimming Training @ College Pool 8.00am - 9.30am		Swimming Training @ College Pool 8.00am - 9.30am
	Monday 24 January	Tuesday 25 January	Wednesday 26 January	Thursday 27 January	Friday 28 January
	Swimming Training @ College Pool 8.00am - 9.30am		Australia Day No Training	Swimming/Volleyball Camp commences 11am Sports Centre	Swimming/Volleyball Camp concludes @ 1pm
	Monday 31 January	Tuesday 1 February	Wednesday 2 February	Thursday 3 February	Friday 4 February
Week 1	Swimming Training @ College Pool 8.00am - 9.30am	School commences Years 7, 11 & 12  Swimming Training @ Claremont Pool 6.30am	School commences Years 8, 9 & 10  Swimming Trials Years 7 & 8	Swimming Trials Years 9 & 10 and new students in 11 & 12	Swimming Training @ College Pool 6.30am - 8.00am  Iona v MLC/SMC @ Iona 4.30pm
	Monday 7 February	Tuesday 8 February	Wednesday 9 February	Thursday 10 February	Friday 11 February
Week 2	Swimming Training @ College Pool 6.30am - 8.00am	Swimming Training @ Claremont Pool 6.30am	Swimming Training @ College Pool 6.30am - 8.00am		No Training House Swimming Carnival 9am - 3pm @ Challenge 10 lane pool.
	Monday 14 February	Tuesday 15 February	Wednesday 16 February	Thursday 17 February	Friday 18 February
Week 3	Swimming Training @ College Pool 6.30am - 8.00am	Swimming Training @ Claremont Pool 6.30am  Bell Meet 4pm Challenge Stadium	Swimming Training @ College Pool 6.30am - 8.00am	IGSSA Quad Meet 4pm-8pm Challenge Stadium	Swimming Training @ College Pool 6.30am - 8.00am  Iona v Aquinas / CCGS Sprint Meet @ Iona