

2011 YEAR SEVEN - SWIMMING INFORMATION



Dear Parent/Guardian,

Your daughter is about to embark on an exciting new experience as a Year Seven student.

In order to make the transition as smooth as possible, I would like to give you details of what is happening during the **School Holidays** and in **Term One, 2011**.

SWIMMING

The calendar for Swimming training (see attached training schedule) starts at the beginning of January and continues throughout the holiday period. Your daughter is invited to join the holiday program if she is a **competent** swimmer. Under the guidance of expert coach **Chris Twomey**, the holiday training has been designed specifically to increase cardiovascular endurance and provide advanced skill development specific for Interschool Squad swimmers with the aim of improvement at the House Swimming Carnival and the Interschool Carnivals .

When purchasing requirements for swimming, please consider the need for the compulsory house swimming cap and also, the students chosen for the Inter-school Swimming Squad, will require the Inter-school Competitive Bathers. These can be purchased from the Uniform Shop (\$68) after the team selection has been made. The normal school bathers cost \$57.

The holiday training sessions are not swimming lessons.

Please contact Mrs Sue Wiener 0407 987 111 for any additional information.



2011 SWIM CAMP

In consultation with Mrs Sue Wiener, Director of Sport, Iona Presentation College is once again holding a swimming camp to conclude our Holiday Swim Program.

With the beautiful facilities, now in our back yard, we will be conducting an overnight Swim Camp for all swimmers in years 7-12.

We strongly encourage and hope that as many girls as possible avail themselves of this opportunity, to build the team and experience the Iona Spirit.

There will also be the option of only attending during the day and not staying overnight, for those who prefer.

Date and Time:

11am Thursday 27th January 2011 to 1pm Friday 28th January 2011.

Venues:

Home Base:

Iona Sports Centre and Pool

+ Claremont Pool

+UWA Pool

Other Venues:

Challenge Stadium Pool and Cottesloe Beach



Our time will be spent swimming training, listening to motivational guest speakers, fitness work and most importantly activities for building team spirit and having lots of fun!!!!

Support from our parents is very much encouraged and if any of you could give us some assistance during this time, perhaps in food donation/preparation/serving etc, it would be very much appreciated.

Further information will be given out during the holidays and if there are any other concerns please contact me on 9285 5267 or 0407 987 111 or swiener@iona.wa.edu.au

Mrs Sue Wiener
2011 Director of Sport
Iona Presentation College



IONA
PRESENTATION COLLEGE



Swimming Camp
&
Volleyball Camp 2011

Commences 11am Thursday 27 January
Concludes 1pm Friday 28 January

Please collect your camp permission slips
from the College Reception.

Thank you.