



Ravenswood

SWIMMING PROGRAM
INFORMATION BOOKLET





The Ravenswood Swimming Program is dedicated to providing an opportunity for swimmers of all levels to realise their potential, providing a balanced curriculum encompassing skill and technique – *Always towards better things.*

Our teaching and coaching philosophy encompasses the five Guiding Principles of Ravenswood School for Girls:

| | |
|-------------------|--|
| EXCELLENCE | We value excellence and the fulfilment of our potential within and beyond the classroom in study and play, individually and in teams, at school and in our community, and in local, national, and international contexts. We recognise the pathway to personal excellence is pathed of grit. |
| RESPECT | We are fair minded in our thinking and actions and foster acceptance, tolerance and understanding. We acknowledge and celebrate diversity because we respect ourselves, others, and the world around us. |
| OPTIMISM | We are purposeful and positive in our outlook on life, believing in and understanding our unique capabilities as individuals and as a country to make a difference to contribute to humanity, to craft our own destiny. Our motto is <i>always towards better things.</i> |
| COURAGE | We have courage of conviction, confidence to ask the hard questions, to be enquiring of the world, advocate, and act independently with resilience in the face of adversity. |
| COMPASSION | We are other person-centered giving of our time and energy, our emotions, and friendships, and we foster caring thoughtful relationships. |

Our Program runs year-round, offering Learn to Swim (LTS) and Squad Programs for Ravenswood students and the community, operating out of our six lane 25m indoor heated pool at Ravenswood School for Girls. The Program caters for swimmers in Prep (4 years old) through to Year 12; from complete beginner to advanced Squad training. The Ravenswood Swimming Program Staff hold AUSTSWIM / Swim Australia or ASCTA accreditation.

All new and returning swimmers require a swim assessment prior to enrolment.

For all enquiries or to book an assessment, please contact swimming@ravenswood.nsw.edu.au.



LEARN TO SWIM

The Ravenswood Swimming Learn to Swim Program caters for swimmers who are 4 years old and above. The learn to swim journey commences at complete beginner and takes swimmers through to transitioning into the squad program.

Our Learn to Swim Program provides swimmers with an opportunity to learn the valuable skills of water safety and fundamental stroke mechanics in a safe, fun, and friendly environment.

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | LEVEL 6 | LEVEL 7 | LEVEL 8 |
|----------------------------|------------------|-------------------|-------------------|---------------------|------------------------|----------------------------|--------------------------|----------------------------|
| LEVEL NAME | Starfish | Tadpole | Frog | Goldfish | Turtle | Seahorse | Barramundi | Marlin |
| NUMBER OF SESSION PER WEEK | 1+ | 1+ | 1+ | 1+ | 1+ | 1+ | 1+ | 2+ |
| LESSON FOCUS | Water confidence | Introduce kicking | Introduce strokes | Introduce breathing | Introduce breaststroke | Introduce stroke endurance | Develop stroke endurance | Prepare for squad training |
| EQUIPMENT | Cap Goggles | | | | | | | |
| MAXIMUM LESSON SIZE | 3 | 3 | 3 | 4 | 4 | 6 | 8 | 8 |

Senior School Learn to Swim

| LEVEL NAME | SNR LTS | SNR LTS Advanced | SNR Development |
|----------------------------|--------------------------------------|---|--|
| NUMBER OF SESSION PER WEEK | 1+ | 1+ | 1+ |
| LESSON FOCUS | Water confidence & introduce strokes | Confidence in deep water & stroke endurance | Building stroke endurance across 25m-50m distances |
| EQUIPMENT | Cap Goggles | | |
| MAXIMUM LESSON SIZE | 4 | 6 | 8 |

LTS lesson fee structure per week

| | First Lesson | Second Lesson | Third Lesson | | First Lesson | Second Lesson | Third Lesson |
|------------|--------------|---------------|--------------|-----------|--------------|---------------|--------------|
| Ravenswood | \$22.97 | \$20.67 | \$20.67 | Community | \$27.70 | \$24.93 | \$24.93 |



1. Starfish

Aim: Starfish is the entry level for the Learn to Swim Program. Swimmers are introduced to the water, learning how to submerge and blow bubbles, float, kick and paddle, how to enter and exit the swimming pool safely.

The long-term athlete development focus for this level is: '**water confidence**'.

Assessment Criteria:

| | |
|--|---|
| Submerge | whole body submerged under the water |
| Bubbles | blow bubbles from mouth and nose while fully submerged |
| Front float with recovery – 5 seconds | floating in starfish with eyes down, long neck, long body, long limbs, blowing bubbles |
| Back float with recovery – 5 seconds | floating in starfish with eyes and chin up, long body, belly button and toes at surface, long limbs |
| Kick and paddle independently – 1m | kick and paddle without assistance with head in the water for 1m |
| Safety jump and return to wall | squat jump from side of pool, kick and paddle around teacher standing 1m from wall and back to side of pool |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | |
|------------------|---------|---------|---------|
| MONDAY | 3.30pm | | |
| WEDNESDAY | 4.00pm | 4.30 | 5.30pm |
| THURSDAY | 3.30pm | 6.00pm | |
| FRIDAY | 4.30pm | | |
| SATURDAY | 10.00am | 10.30am | 11.00am |



2. Tadpole

Aim: Tadpole is the second level for the Learn to Swim Program. Swimmers are introduced to torpedo push and glide, torpedo kicking, and soldier kick on their back. In this level swimmers will learn to hold different shaped floats in the water and how to perform a seated dive.

The long-term athlete development focus for this level is: '**introduce kicking**'.

Assessment Criteria:

| | |
|--------------------------|---|
| Torpedo kick – 5m | biceps on ears, elbows locked, one hand on top of the other, eyes down, kick with hips up, long legs and pointy toes, small splash at surface |
| Diving | complete a seated dive unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | |
|------------------|--------|----------------|
| MONDAY | 4.00pm | 5.00pm |
| WEDNESDAY | 3.30pm | |
| THURSDAY | 4.00pm | 5.00pm |
| FRIDAY | 4.00pm | 5.30pm |
| SATURDAY | 9.00am | 9.30am 10.00am |



3. Frog

Aim: Frog is the third level in the Learn to Swim Program. Swimmers are introduced to freestyle and backstroke arm strokes and continue to develop freestyle and backstroke kick. In this level, swimmers will learn how to perform a kneeling dive.

The long-term athlete development focus for this level is: '**introduce strokes**'.

Assessment Criteria:

| | |
|----------------------------------|---|
| Freestyle arms – 5m | streamline body at the surface, strong kick with long legs and pointy toes, long continuous arm strokes with head still |
| Soldier kick on back – 5m | long body, eyes and chin up, long legs with belly button up and pointy toes splashing at the surface, arms by side |
| Diving | complete a kneeling dive unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | | |
|------------------|--------|--------|---------|---------|
| MONDAY | 4.30pm | 5.30pm | | |
| WEDNESDAY | 3.30pm | 5.00pm | 6.00pm | |
| THURSDAY | 4.30pm | 5.30pm | | |
| FRIDAY | 3.30pm | 5.00pm | | |
| SATURDAY | 9.00am | 9.30am | 10.30am | 11.30am |



4. Goldfish

Aim: Goldfish is the fourth level in the Learn to Swim Program. Swimmers continue to develop their freestyle and backstroke arms, and are introduced to freestyle bilateral breathing, and breaststroke kick.

The long-term athlete development focus for this level is: '**introduce breathing**'.

Assessment Criteria:

| | |
|---|--|
| Freestyle bilateral breathing – 8m | complete 3 breath cycles with continuous freestyle arms, continuous freestyle kick, back of head on arm in breathing position with one eye in the water through the breath |
| Backstroke – 8m | long arms with eyes and chin up, long legs with belly button up and pointy toes splashing at the surface, pinkie enters in line with shoulder and hand exits past hip |
| Diving | complete a kneeling dive unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | | |
|------------------|--------|---------|---------|---------|
| MONDAY | 3.30pm | 4.30pm | 5.30pm | |
| WEDNESDAY | 3.30pm | 4.30pm | 5.30pm | |
| THURSDAY | 4.00pm | 5.00pm | | |
| FRIDAY | 3.30pm | 4.30pm | 5.30pm | |
| SATURDAY | 9.00am | 10.00am | 10.30am | 11.00am |



5. Turtle

Aim: Turtle is the fifth level in the Learn to Swim Program. Swimmers continue to develop their freestyle and backstroke arms and are introduced to breaststroke and dolphin kicking.

The long-term athlete development focus for this level is: '**introduce breaststroke**'.

Assessment Criteria:

| | |
|---|--|
| Breaststroke – 3 complete cycles | complete 3 cycles of breaststroke, with correct timing, correct arm motion and toes pointed out during the kick phase |
| Streamline backstroke kick – 8m | long body with eyes and chin up, long legs with belly button up and pointy toes splashing at the surface, tight streamline with one hand on top of the other and biceps squeezing ears |
| Dolphin kick at surface – 5m | remain on the surface, undulating from the belly button, hips and knees with feet kicking down and up |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | | |
|------------------|--------|---------|---------|---------|
| MONDAY | 4.00pm | 5.00pm | | |
| WEDNESDAY | 4.00pm | 5.00pm | | |
| THURSDAY | 3.30pm | 4.30pm | 5.30pm | |
| FRIDAY | 4.00pm | 5.00pm | | |
| SATURDAY | 9.30am | 10.00am | 10.30am | 11.30am |



6. Seahorse

Aim: Seahorse is the sixth level in the Learn to Swim Program, and the first with the teacher out of the water. Swimmers continue to develop freestyle, backstroke, and breaststroke technique as well as building endurance across these strokes. Swimmers progress to streamline underwater kick from the wall, and their dive progresses to a crouching dive.

The long-term athlete development focus for this level is: '**introduce stroke endurance**'.

Assessment Criteria: swimmers will be assessed across two components, training capacity and execution of technique under fatigue.

| | |
|--|---|
| 2x12.5m freestyle | bilateral breathing, long body, long neck, eyes down and hips up, arm stroke initiates the breath and remains in position for the duration of the breath, kick and arm strokes are continuous |
| 2x12.5m backstroke | long body, long legs and continuous kick, eyes and chin up, belly button and toes at the surface, continuous arm strokes with long arms brushing past ear entering with pinkie behind shoulder and exiting past hip, even rotation for every stroke |
| 2x12.5m breaststroke | hips at surface and arms at surface in a pull & breath – kick – glide pattern, with eyes down on the glide, correct timing for the breath as arms are pressing out to 'Y' position, toes turned out during kick |
| Dolphin kick at surface with breath – 10m | kicking at surface with undulation from belly button, hips and knees, feet kick up and down and are continuous through the breath |
| Diving | complete a standing dive from bulkhead unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinators discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | | | |
|------------------|---------|---------|---------|--------|--------|
| MONDAY | 3.30pm | 4.00pm | 4.30pm | 5.00pm | 5.30pm |
| WEDNESDAY | 3.30pm | 4.00pm | 4.30pm | 5.00pm | 5.30pm |
| THURSDAY | 3.30pm | 4.00pm | 4.30pm | 5.00pm | 5.30pm |
| FRIDAY | 3.30pm | 4.00pm | 4.30pm | 5.00pm | 5.30pm |
| SATURDAY | 10.00am | 10.30am | 11.00am | | |



7. Barramundi

Aim: Barramundi is the seventh level in the Learn to Swim Program. Swimmers begin to develop technique endurance for freestyle, backstroke, breaststroke, and dolphin kick, while continuing to develop their stroke. Swimmers are introduced to butterfly arms and progress to a standing dive.

The long-term athlete development focus for this level is: '**develop stroke endurance**'.

Assessment Criteria: swimmers will be assessed across two components, training capacity and execution of technique under fatigue.

| | |
|---------------------------|--|
| 2x25m freestyle | start with streamline push and glide, 4 underwater kicks and smooth breakout, long body with long neck and eyes down, strokes are long with arm remaining in position during breath, legs are long with strong kick at surface |
| 2x25m backstroke | start with streamline push and glide on back, 4 underwater kicks and smooth breakout, long body with long neck and eyes up, strokes are long with pinkie entry and hand exit past hips, legs are long with strong kick at surface |
| 2x25m breaststroke | start with streamline push and glide, breaststroke pull out and smooth breakout, correct timing for pull & breath + kick & glide, toes are turned out during kick, hips and arms remain at surface with eyes down during glide phase |
| 1x25m dolphin kick | maintain hip undulation and kicking up and down for the duration of the lap, keeping the kick going through the breath |
| Diving | complete a standing dive from bulkhead unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | |
|------------------|--------|---------|---------|
| MONDAY | 3.30pm | 5.45pm | |
| WEDNESDAY | 4.15pm | 5.45pm | |
| THURSDAY | 4.15pm | | |
| FRIDAY | 3.30pm | 5.45pm | |
| SATURDAY | 9.00am | 10.30am | 11.15am |



8. Marlin

Aim: Marlin is the eighth level in the Learn to Swim Program before transitioning into development squads. At this level, swimmers are introduced to drills working on specific aspects of their strokes, while continuing to develop technique endurance across all four strokes. Freestyle tumble turns racing dives are introduced.

The long-term athlete development focus for this level is: **'Prepare for squad training'**.

Assessment Criteria: swimmers will be assessed across two components, training capacity and execution of technique under fatigue.

| | |
|--|---|
| 2x50m freestyle | start each lap with streamline push and glide, 4 underwater kicks and smooth breakout, correct body position, long strokes with correct breath timing, strong kick. Arm stroke initiates tumble turn |
| 2x25m backstroke | start each lap with streamline push and glide on back, 4 underwater kicks and smooth breakout, correct body position, long strokes with correct hand entry and exit, strong kick with long legs, finish on back |
| 2x25m breaststroke | start each lap with streamline push and glide and smooth breakout, correct timing for pull & breath + kick & glide, toes are turned out during kick, hips and arms remain at surface with eyes down during glide phase, finish with 2 hands |
| 25m butterfly as 4 kicks 1 stroke | start with streamline push and glide, 4 underwater kicks and smooth breakout, acceleration of arms over water, correct shape of stroke under water, correct breath timing, finish with 2 hands |
| Diving | complete a standing dive unassisted from blocks with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | | | |
|------------------|--------|--------|---------|
| MONDAY | 4.15pm | | |
| WEDNESDAY | 3.30pm | 5.00pm | |
| THURSDAY | 3.30pm | 5.45pm | |
| FRIDAY | 4.15pm | | |
| SATURDAY | 9.00am | 9.45am | 11.15am |



Senior LTS

Aim: Senior LTS caters for swimmers in the senior school who are at an entry level for the Learn to Swim Program. Swimmers are introduced to the water, as well as developing freestyle and backstroke.

The long-term athlete development focus for this level is: '**water confidence**'.

Assessment Criteria:

| | |
|---|--|
| Submerge | whole body submerged under the water |
| Bubbles | blow bubbles from mouth and nose while fully submerged |
| Front float with recovery – 5 seconds | floating in starfish with eyes down, long neck, long body, long limbs, blowing bubbles |
| Back float with recovery – 5 seconds | floating in starfish with eyes and chin up, long body, belly button and toes at surface, long limbs |
| Torpedo kick – 5m | biceps on ears, elbows locked, one hand on top of the other, eyes down, kick with hips up, long legs and pointy toes, small splash at surface |
| Soldier kick on back – 5m | long body, eyes, and chin up, long legs with belly button up and pointy toes splashing at the surface |
| Freestyle bilateral breathing – 10 strokes | complete 3 breath cycles with continuous freestyle arms, continuous freestyle kick, back of head on arm in breathing position with one eye in the water through the breath |
| Backstroke arms – 8m | long arms with eyes and chin up, long legs with belly button up and pointy toes splashing at the surface, pinkie enters in line with shoulder and hand exits past hip |
| Safety jump and return to wall | squat jump from side of pool, kick and paddle around teacher standing 1m from wall and back to side of pool |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | |
|------------------|--------|
| MONDAY | 6.00pm |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | 6.00pm |
| SATURDAY | 9.00am |



Senior LTS Advanced

Aim: Senior LTS Advanced caters for swimmers in the senior school who are developing their strokes over 15m-25m distances. Swimmers gain confidence swimming in the deep water, as well as developing stroke endurance up to 25m.

The long-term athlete development focus for this level is: '**stroke development**'.

Assessment Criteria:

| | |
|-------------------------|---|
| 2x15m Freestyle | bilateral breathing, long body, long neck, eyes down and hips up, arm stroke initiates the breath and remains in position for the duration of the breath, kick and arm strokes are continuous |
| 2x15m backstroke | long body, long legs and continuous kick, eyes and chin up, belly button and toes at the surface, continuous arm strokes with long arms brushing past ear entering with pinkie behind shoulder and exiting past hip, even rotation for every stroke |
| Diving | complete a kneeling or standing dive from bulkhead unassisted with a tight streamline through arms and legs, feet together |

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | |
|------------------|--------|
| MONDAY | |
| WEDNESDAY | 6.00pm |
| THURSDAY | |
| FRIDAY | 6.00pm |
| SATURDAY | |



Senior Development

Aim: Senior Development caters for swimmers in the senior school who are at a stroke development level. Swimmers continue to develop their technique while building endurance over 25m-50m distances.

The long-term athlete development focus for this level is: '**stroke development**'.

Assessment Criteria:

| | |
|-------------------------------|--|
| 6x50 Freestyle on 1.20 | Maintain good body position, with strong kick and long strokes across all 6x50m efforts. Swimmers should be achieving 10+ seconds of rest on each repeat |
|-------------------------------|--|

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the LTS coordinator's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Term class schedule:

| | |
|------------------|--------|
| MONDAY | 5.00pm |
| WEDNESDAY | |
| THURSDAY | 5.00pm |
| FRIDAY | 5.00pm |
| SATURDAY | |



SQUADS

The Ravenswood Swimming Squad Program caters for swimmers who are beginning their journey as a squad swimmer through to those who are competing regularly at carnivals; squads are also available for senior school swimmers who wish to train for fitness but are less keen on competing.

Our squad program provides swimmers the opportunity to train and compete in a safe, fun, and friendly environment, and to develop skills valuable to both sport and life.

| | DEVELOPMENT | | JUNIOR | INTERMEDIATE | | SENIOR | FITNESS | |
|--------------------------|---|-------|--|--------------------------|--------------------------|--------------------------|-------------------------|-----------|
| LEVEL NAME | DEV II | DEV I | JNR | INTER II | INTER I | SNR | SNR TRANSITION | SNR FIT |
| SCHOOL YEAR | Year 3-7 | | Year 5-8 | Year 7-9 | | Year 10-12 | Year 7-12 | Year 8-12 |
| COMMITMENT | 2+ sessions per week | | 12-16 sessions per month | 12-16 sessions per month | 20-24 sessions per month | 20-24 sessions per month | 1+ session per week | |
| SQUAD FOCUS | Learn to Train | | Learn to Race | Train to Race | | | Train to Train | |
| COMPETITION REQUIREMENTS | Recommended | | Required to be members of the Ravenswood Swimming Club, racing regularly | | | | | Optional |
| EQUIPMENT | fins kick board snorkel pull buoy paddles* kit bag water bottle | | | | | | | |
| | *Intermediate and Senior levels only | | | | | | | |
| SQUAD SIZE | 12 swimmers per session | | 16 swimmers | 12 swimmers | 12 swimmers | 20 swimmers | 12 swimmers per session | |

Development & Fitness Squad Fees Prices per lesson

| | First Session | Second Session | Third Session | Fourth Session |
|------------|---------------|----------------|---------------|----------------|
| Ravenswood | \$21.80 | \$19.62 | \$19.62 | \$19.62 |
| Community | \$26.51 | \$23.86 | \$23.86 | \$23.86 |

Competitive Squad Fees Prices per week

| | JNR | INT II | INT I | SNR I |
|------------|---------|---------|---------|---------|
| Ravenswood | \$39.36 | \$39.36 | \$46.09 | \$47.24 |
| Community | \$50.62 | \$50.62 | \$46.09 | \$58.49 |



Development Squads

Aim: Development level squads are the first squads in our progression from the Learn to Swim levels. Swimmers continue to develop technique across all four strokes and are introduced to training techniques including time cycles (using the pace clock), and race techniques (starts, turns and finishes).

The long-term athlete development focus for this level is: **'Learn to Train'**.

| DEVELOPMENT II | DEVELOPMENT I |
|----------------------------|---------------------------------------|
| 2 sets of | 1 set of |
| 2x50m freestyle on 1.20 | 3x100m freestyle on 2.30 |
| 1x50m backstroke on 1.30 | 6x50m on 1.30 as odds: backstroke |
| 1x50m breaststroke on 1.30 | evens: breaststroke |
| 12x25m kick on 50 | 2x50m kick on 1.30 + 6x25m kick on 45 |

- Stage 1: **Introduction** to capacity and technique under fatigue
- Stage 2: **Progressing** capacity and technique under fatigue – achieve 5 seconds rest
- Stage 3: **Improving** capacity and technique under fatigue – achieve 10 seconds rest
- Stage 4: **Competent** capacity and technique under fatigue – achieve 15+ seconds rest

Promotion into the next squad is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current squad.

Swimmer Qualities

- School year: 3-7
- Readiness to further progress their swimming
- Interested in competitive swimming

Commitment

- Recommended: 2+ sessions per week
- Swimmers are encouraged to join the Ravenswood Swimming Club (RSC) and attend RSC club meets

Timetable:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------------|---------------|---------------|----------|---------------|
| DEV II | 3.30pm-4.30pm | 5.00pm-6.00pm | 4.30pm-5.30pm | | 3.30pm-4.30pm |
| DEV I | 4.30pm-5.30pm | 6.00pm-7.00pm | 3.30pm-4.30pm | | 4.30pm-5.30pm |



Senior Transition

Aim: Senior Transition caters for swimmers in the senior school who are progressing out of development level swimming into squad-based training. Swimmers continue to develop their technique while building endurance over 50m-100m distances.

The long-term athlete development focus for this level is: '**Learn to train**'.

Assessment Criteria:

| | |
|-------------------------------|--|
| 6x50 Freestyle on 1.00 | Maintain good body position, with strong kick and long strokes across all 6x50m efforts. Swimmers should be achieving 10+ seconds of rest on each repeat |
|-------------------------------|--|

- Stage 1: **Introduction** to the swimming skill
- Stage 2: **Progressing** the swimming skill
- Stage 3: **Improving** the swimming skill
- Stage 4: **Competent** in the swimming skill

Promotion into the next level is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current level.

Swimmer Qualities

- School year: 8-12
- Enjoyment for swimming and desire to continue personal improvement
- Develop habits for a sustainable active and healthy lifestyle

Commitment

- Recommended: 2+ sessions per week
- Swimmers are encouraged to join the Ravenswood Swimming Club (RSL) and attend RSC race meets

Term class schedule:

| | |
|------------------|--------|
| MONDAY | 5.30pm |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | 5.30pm |
| SATURDAY | |



Senior Fit

Aim: Senior Fit caters for Senior School students unable to commit to the demands of competitive swimming or athletes who have a focus in another sporting area. This squad has a fun, relaxed atmosphere where swimmers will continue to refine technique across all four strokes, as well as being challenged in training capacities.

The long-term athlete development focus for this level is: **'Train to Train'**.

| SENIOR FIT |
|---|
| 10x100m freestyle on 1.40 |
| 2x[2x100 kick on 2.10 + 4x50 kick on 1.05 |
| 6x100m IM on 2.00 |
| Racing externally with the Ravenswood Swimming Club |

- Stage 1: **Introduction** to capacity and technique under fatigue
- Stage 2: **Progressing** capacity and technique under fatigue – achieve 5 seconds rest
- Stage 3: **Improving** capacity and technique under fatigue – achieve 10 seconds rest
- Stage 4: **Competent** capacity and technique under fatigue – achieve 15+ seconds rest

Promotion into the next squad is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current squad.

Swimmer Qualities

- School year: 8-12
- Enjoyment for swimming and desire to continue personal improvement
- Develop habits for a sustainable active and healthy lifestyle

Commitment

- Recommended: 2+ sessions per week
- Swimmers are encouraged to join the Ravenswood Swimming Club (RSL) and attend RSC race meets

Timetable:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------|-------------|-------------|-------------|----------|-------------|----------|
| SNR FIT | 5.15-6.30pm | 5.00-6.00pm | 5.15-6.30pm | | 6.00-7.00am | |

Ravenswood IGSA Squad Timetable:

| THURSDAY | These training sessions will run in Terms 1 and 4 each year at Ku-Ring-Gai Aquatic Centre and are open to all Ravenswood Students in Senior Fit. |
|---------------|--|
| 6.15am-7.30am | |



Junior Squad

Aim: The Junior Squad level is the beginning of our competitive pathway. Swimmers in this level will learn the skills required for competitive swimming, as well as continuing to work on technique across all four strokes. Swimmers will be introduced to morning training, with a recommendation of attending at least two morning sessions during the school week.

The long-term athlete development focus for this level is: **'Learn to Race'**.

| JUNIOR |
|--|
| 10x100m freestyle on 1.50 OR 4x200 freestyle on 3.30 |
| 4x100 kick on 2.10 |
| 4x75 as 2x backstroke / 2x breaststroke on 1.45 |
| 6x100m IM on 2.10 |

- Stage 1: **Introduction** to capacity and technique under fatigue
- Stage 2: **Progressing** capacity and technique under fatigue – achieve 5 seconds rest
- Stage 3: **Improving** capacity and technique under fatigue – achieve 10 seconds rest
- Stage 4: **Competent** capacity and technique under fatigue – achieve 15+ seconds rest

Promotion into the next squad is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current squad.

Swimmer Qualities

- School year: 5-8
- Readiness to further progress their swimming
- Actively working towards competing at club and area level carnivals

Commitment

- Recommended: 12-16 sessions per month
- Swimmers are required to join the Ravenswood Swimming Club (RSC) and attend RSC race meets and targeted external carnivals

Timetable:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----|---------------|-------------|---------------|----------|-------------|---------------|
| JNR | 4.00pm-5.15pm | 6.00-7.00pm | 4.00pm-5.15pm | | 7.30-8.45am | 8.15am-9.30am |

Ravenswood IGSA Squad Timetable:

| THURSDAY | These training sessions will run in Terms 1 and 4 each year at Ku-Ring-Gai Aquatic Centre and are open to all Ravenswood Senior School Students in Junior. |
|---------------|--|
| 6.15am-7.30am | |



Intermediate Squads

Aim: Intermediate levels in our competitive pathway cater for swimmers in Years 7-9. Swimmers at this level are introduced to race specific training sets, while continuing to refine technique across all four strokes.

The long-term athlete development focus for this level is: **'Train to Race'**.

| INTERMEDIATE II | INTERMEDIATE I |
|---|--|
| 10x100m freestyle on 1.40 OR 5x200 freestyle on 3.20 | 10x100m freestyle on 1.30 OR 10x200 freestyle on 3.00 |
| 5x200m kick on 4.10 | 5x200m kick on 4.00 |
| 4x200m IM on 3.45 | 4x200m IM on 3.30 |

- Stage 1: **Introduction** to capacity and technique under fatigue
- Stage 2: **Progressing** capacity and technique under fatigue – achieve 5 seconds rest
- Stage 3: **Improving** capacity and technique under fatigue – achieve 10 seconds rest
- Stage 4: **Competent** capacity and technique under fatigue – achieve 15+ seconds rest

Promotion into the next squad is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current squad.

Swimmer Qualities

- School year: 7-9
- Readiness to further progress their swimming
- Actively working towards competing at area, state, or national competitions

Commitment

- Recommended sessions per month:
Inter II: 12-16 sessions / Inter I: 20-24 sessions
- Swimmers are required to join the Ravenswood Swimming Club (RSC) and attend RSC race meets and targeted external carnivals

Timetable:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------------|---|---------------|---------------|---------------|
| INT II | 5.45am-7.30am! 5.45am-7.45am!! | 5.45am-7.45am | 5.45am-7.30am^ 3.45pm-5.15pm^^ | 5.15pm-6.45pm | | 6.15am-8.15am |
| INT I | 5.45am-7.30am! 5.45am-7.45am!! 5.30pm-6.30pm* | 5.45am-7.45am | 5.45am-7.30am^ 5.45am-7.45am^^ 5.30pm-6.30pm* | 3.45pm-5.15pm | 5.45am-7.45am | 6.15am-8.15am |

! term 1 & term 4 session @ Ku-Ring-Gai | !! term 2 & term 3 session @ Ravo | ^ term 1 & term 4 session @ Mac Uni | ^^ term 2 & term 3 session @ Ravo | * Gym

Ravenswood IGSA Squad Timetable:

| THURSDAY |
|---------------|
| 6.15am-7.30am |

These training sessions will run in Terms 1 and 4 each year at Ku-Ring-Gai Aquatic Centre and are open to all Ravenswood School Students in Intermediate Squads.



Senior Squads

Aim: Senior levels in our competitive pathway cater for swimmers in Years 10-12. Swimmers at this level are introduced to race-specific training sets, while continuing to refine technique across all four strokes.

The long-term athlete development focus for this level is: **'Train to Race'**.

SENIOR I

(needs to be maintained to remain in Senior Squad)

10x100m freestyle on 1.30 OR 5x200 freestyle on 3.00

5x200m kick on 3.40

6x200m IM on 3.00

- Stage 1: **Introduction** to capacity and technique under fatigue
- Stage 2: **Progressing** capacity and technique under fatigue – achieve 5 seconds rest
- Stage 3: **Improving** capacity and technique under fatigue – achieve 10 seconds rest
- Stage 4: **Competent** capacity and technique under fatigue – achieve 15+ seconds rest

Promotion into the next squad is at the coach's discretion once a swimmer has achieved stage 4 within the assessment criteria of their current squad.

Swimmer Qualities

- School year: 10-12
- Readiness to further progress their swimming
- Actively working towards competing at area, state, or national competitions

Commitment

- Recommended: 20-24 sessions per month
- Swimmers are required to join the Ravenswood Swimming Club (RSC) and attend RSC race meets and targeted external carnivals

Timetable:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|---|---------------|---|---------------|---------------|---------------|
| SNR | 5.45am-7.30am! 5.45am-7.45am!! 5.30pm-6.30pm* | 5.45am-7.30am | 5.45am-7.30am^ 5.45am-7.45am^^ 5.30pm-6.30pm* | 3.45pm-5.15pm | 5.45am-7.45am | 6.15am-8.15am |

! term 1 & term 4 session @ Ku-Ring-Gai | !! term 2 & term 3 session @ Ravo | ^ term 1 & term 4 session @ Mac Uni | ^^ term 2 & term 3 session @ Ravo | * Gym

Ravenswood IGSA Squad Timetable:

| THURSDAY |
|---------------|
| 6.15am-7.30am |

These training sessions will run in Terms 1 and 4 each year at Ku-Ring-Gai Aquatic Centre and are open to all Ravenswood School Students in Senior.



RAVENSWOOD SWIMMING CLUB

All Ravenswood Swimming Program swimmers are encouraged to join the Ravenswood Swimming Club.

The Ravenswood Swimming Club works cohesively with the Ravenswood Swimming Program to provide opportunities for swimmers to gain race experience with an introduction to competitive swimming.

The Club holds regular race nights throughout the year in our 6 lane 25m indoor heated facility at Ravenswood School for Girls, catering for beginners to representative level competitors.

Past and present members of the Ravenswood Swimming Club have represented the Club at all levels of competition – local through to Olympic.

For more information about the Ravenswood Swimming Club you can visit www.ravenswoodswimclub.com.au or email ravoswimclub@ravenswood.nsw.edu.au