

# **TRARALGON SWIMMING CLUB**

- **competition calendar**
- **clinics**
- **camps**
- **teams**

**2009/2010**

# Traralgon Swimming Club

## 2009/2010 Season Calendar

### Meets, Camps, Activities, Clinics

Date	Day		Local	Out of Gippsland	Training/Camps/ Activities/Clinics
<b>2009</b>					
<b>MAY</b>	9 <sup>th</sup>	SAT			Official commencement of season.
	16 <sup>th</sup> – 17 <sup>th</sup>	SAT - SUN			Junior & Assistant Coaches Course – Churchill – Brian to hold
<b>JUNE</b>	20 <sup>th</sup>	SAT			Stroke Clinic – Churchill 3:00 pm – 7:00 pm
	28 <sup>th</sup>	SUN			Traralgon – Nunawading Duel Meet – Churchill 9:00 am
<b>JULY</b>	11 <sup>th</sup>	SAT	Entries close LCC 17/07		Stroke Clinic – Churchill 3:00 pm – 7:00 pm
	18 <sup>th</sup> – 19 <sup>th</sup>	SAT		<b>Victorian Open Short Course – MSAC</b> (Qualifying Swimmers)	
	25 <sup>th</sup>	SAT			Stroke Clinic – Churchill 3:00 pm – 7:00 pm
	26 <sup>th</sup>	SUN	<b>La Trobe City Cup - Churchill</b> (Compulsory Meet for all Traralgon Swimmers)		
<b>AUGUST</b>	2 <sup>nd</sup>	SUN	Oil City - Sale		
	8 <sup>th</sup> – 12 <sup>th</sup>	SAT – WED		<b>Australian SC Open - Hobart</b>	
	9 <sup>th</sup> – 10 <sup>th</sup>	SAT – SUN	Warragul Twilight		
	15 <sup>th</sup>	SAT			Stroke Clinic – Churchill 3:00 pm – 7:00 pm
	22 <sup>nd</sup> – 23 <sup>rd</sup>	SAT – SUN		<b>Victorian Country Short Course – Wangaratta</b>	
	29 <sup>th</sup>	SAT	Morwell 14/U Sprints		
<b>SEPTEMBER</b>	5 <sup>th</sup> – 6 <sup>th</sup>	SAT – SUN		<b>Victorian Age Short Course – MSAC</b> (Compulsory for all qualifying members)	
	13 <sup>th</sup>	SUN	EGWD – Bairnsdale		
	19 <sup>th</sup> – 21 <sup>st</sup>	SAT - MON		<b>Australian SC Age State Teams – AIS Canberra</b>	
	21 <sup>st</sup> – 25 <sup>th</sup>	MON – FRI			Senior, State & National Target Squad – Lakes Entrance Camp
	28 <sup>th</sup> – 2 <sup>nd</sup> Oct	MON – FRI			Academy of Sport & Target Squad – Runaway Bay, Qld
<b>OCTOBER</b>	3 <sup>rd</sup> – 4 <sup>th</sup>	SAT – SUN	Entries close 10 & Under 3/10		Victorian Swim Coaches Conference
	4 <sup>th</sup>	SUN	Warragul Junior Meet		Gippy's Target 1 & 2 Squad Camp Day
	10 <sup>th</sup>	SAT	<b>10/Under Novice – Churchill</b> (Compulsory meet for all Traralgon Swimmers 10 years and under)		
	17 <sup>th</sup> – 18 <sup>th</sup>	SAT – SUN	Victorian Open Water – Hazelwood		Masters Target Meet
	25 <sup>th</sup>	SUN	Meet No. 1 Morwell		

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<b>2009</b>				
<b>NOVEMBER</b>	7 <sup>th</sup> – 8 <sup>th</sup>	SAT – SUN		<b>Victorian Long Distance Meet – MSAC</b>
	8 <sup>th</sup>	SUN	Meet No. 2 – Leongatha	
	14 <sup>th</sup>	SAT		<b>Country 7-10 Encouragement Meet – MSAC</b>
	22 <sup>nd</sup>	SUN	Meet No. 3 – Warragul	
	28 <sup>th</sup> – 29 <sup>th</sup>	SAT – SUN		<b>December Comps - MSAC</b>
	29 <sup>th</sup>	SUN	Meet No. 4 – Morwell	
<b>DECEMBER</b>	5 <sup>th</sup> – 6 <sup>th</sup>	SAT – SUN		<b>December Comps – MSAC</b>
	6 <sup>th</sup>	SUN	Meet No. 5 – Warragul	
	13 <sup>th</sup>	SUN	Meet No. 6 – Sale	
	19 <sup>th</sup>	SAT	Meet No. 7 – Sale (hosted EGWD)	
	19 <sup>th</sup> – 20 <sup>th</sup>	SAT – SUN		<b>Victorian 11/U &amp; 12 years – MSAC</b> (Compulsory for all qualified swimmers)
<b>2010</b>				
<b>JANUARY</b>	6 <sup>th</sup> – 10 <sup>th</sup>	WED – SUN		<b>Victorian Age (13-18 years) – MSAC</b> (Compulsory for all qualified swimmers)
	9 <sup>th</sup>	SAT	Meet No. 8 – Traralgon	
	15 <sup>th</sup> – 17 <sup>th</sup>	FRI – SUN		<b>Victorian Open – MSAC</b> (Compulsory for all qualified swimmers)
	16 <sup>th</sup>	SAT	Meet No. 9 – Moe	
	23 <sup>rd</sup> – 25 <sup>th</sup>	FRI – SUN		<b>Victorian Country Championships – Warrnambool</b> (Compulsory for all qualified swimmers) (Target 70 Traralgon Swimmers)
	30 <sup>th</sup>	SAT	Meet No. 10 – Sale	
<b>February</b>	6 <sup>th</sup>	SAT	Meet No. 11 – Bairnsdale	
	13 <sup>th</sup> – 14 <sup>th</sup>	SAT – SUN		<b>Victorian State Sprints - MSAC</b>
	14 <sup>th</sup>	SUN	Meet 12- Moe	
	20 <sup>th</sup>	SAT	Meet No. 13 – All Junior Selection – Traralgon	
	27 <sup>th</sup>	SAT		<b>Country Inter-district – MSAC</b>
<b>MARCH</b>	6 <sup>th</sup> – 8 <sup>th</sup>	SAT – MON	<b>Gippsland Champs – SALE – EGWD host –</b> (Target 130 Traralgon Swimmers)	
	13 <sup>th</sup> – 14 <sup>th</sup>	SAT – SUN		<b>All Junior – MSAC</b>
	23 <sup>rd</sup> – 30 <sup>th</sup>	TUE – TUE		<b>Australian Open – Sydney</b>
<b>APRIL</b>	5 <sup>th</sup> – 10 <sup>th</sup>	MON – SAT		<b>Australian Age – TBA</b>
<b>MAY</b>	1 <sup>st</sup>	SAT		<b>Presentation Night</b>

# TRARALGON SWIMMING CLUB

## STROKE CLINICS:

Saturday	20 June 2009
Saturday	11 July 2009
Saturday	25 July 2009
Saturday	15 August 2009

Four (4) Stroke Clinics are planned for the first three (3) months of the swim season to assist our younger swimmers develop their strokes in a specific and concentrated learning environment.

The Clinics may be taken by our group of Coaches from the panel or external Coaches brought in to offer variety and different methods in teaching the strokes.

## CAMPS:

**1. State, Senior and National Target Squads – Lakes Entrance  
Monday 21 – Friday 25 September 2009**

A maximum of 30 swimmers will participate in a 5 day camp with Coaches and Team Managers. The camp is full of team building and swim based challenges in a competitive environment designed to improve the swimmer both in and out of the pool.

**2. Academy of Sport and Target Squad – Runaway Bay  
Monday 28 September – Friday 2 October 2009**

National qualified swimmers and athletes nominated from the Gippsland Target Squad will be involved in a 5 day camp full of intense training and team building activities designed to take the swimmer to a new level of training and commitment.

## COMPETITION TEAMS:

**1. Australian Open Short Course Championships  
Monday 21 – Friday 25 August 2009**

Qualified swimmers will compete and stay together as a team at the highest level of competition in Australia.

**2. Victorian Country Short Course - Wangaratta  
Saturday 8 – Wednesday 12 August 2009**

Swimmers who have qualified for a minimum of 2 races will form part of this team travelling by bus to Wangaratta with Coaches and Team Managers. National Swimmers, Brayden Waltham and Alice Lieshout will captain the team with the aim of winning the overall team trophy.

**3. Warragul Junior Meet  
Sunday 4 October 2009**

Swimmers in the Gippy's Target 1 & 2 and Country Target Squads will be transported to Warragul from Traralgon by bus in a team environment with Coaches and Team Managers only. Parents can attend the meet travelling separately. The meet is used to get swimmers used to a team environment without their parents.

**4. Victorian 11/U and 12 Year Champs – MSAC  
Saturday 19 – Sunday 20 December 2009**

All swimmers 12 years and under who have qualified to compete at the meet, travel and are accommodated together. Last year the Club had 15 swimmers compete and we have a target of 20 swimmers for 2009.

**5. Australian Open Championships - Sydney  
Tuesday 23 – Tuesday 30 March 2010**

Qualified swimmers will compete and stay together as a team at the highest level of competition in Australia.

**6. Australian Age Championships – TBA  
Sunday 5 – Friday 10 April 2010**

Qualified swimmers will compete and stay together as a team at the highest age level of competition