



# TRARALGON SWIMMING CLUB

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2011 / 2012

TRARALGON SWIMMING CLUB

# Traralgon Swimming Club

## 2011/2012 Season Calendar

### Meets, Camps, Activities, Clinics

Day	Local	Out of Gippsland	Training/Camps/ Activities/Clinics
<b>MAY 2011</b>			
9	MON		Official commencement of season.
14 – 15	SAT - SUN		Ashley Delaney / Brenton Rickard Clinic
29	SUN	Melbourne Vicentre SC – MSAC	
<b>JUNE 2011</b>			
11	SAT		Firbank SC – MSAC
18	SAT		Metro West SC – MSAC
19	SUN	<b>Season Blast Off – Morwell</b> (Compulsory meet for all Traralgon Swimmers)	
25	SAT		Nunawading JX Spectacular – MSAC
26	SUN		CA Tritons SC – MSAC
30 – 3 July	THURS – SUN		Australia Open SC – Adelaide
<b>JULY 2011</b>			
2	SAT		North West Aquatic SC – MSAC
9	SAT		Ian Pope – Academy, Target & Gippsland Go Club–Churchill
10	SUN		Eltham SC - MSAC
16	SAT		Melbourne Vicentre SC – MSAC
16 – 17	SAT - SUN	Warragul Twilight	
23	SAT		Gippsland Sports Academy Session & Induction Day - Churchill
24	SUN	<b>La Trobe City Cup - Morwell</b> (Compulsory Meet for all Traralgon Swimmers)	
30 – 5 Aug	SAT – FRI		Australian Schools Sports – MSAC
31	SUN	Oil City – Sale	Mornington Peninsula Flyers SC – MSAC
<b>AUGUST 2011</b>			
7	SUN	Warragul SC	Surrey Park SC – MSAC
	SUN		Junior Development, Gippy's and Country Target Squad Camp Day
13 – 14	SAT – SUN		Victorian Country Short Course – Shepparton
21	SUN	14/Under Sprints – Morwell	
26 – 28	FRI – SUN		Victorian Age Short Course – MSAC (Compulsory for all qualifying swimmers)

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<b>SEPTEMBER 2011</b>				
4	SUN	EGWD – Bairnsdale		
10 – 11	SAT - SUN		Victorian Open SC – MSAC	
17 – 19	SAT - MON		State Team SC Challenge – AIS	
17	SAT	10/Under – Churchill		
26 – 30	MON – FRI			Academy of Sport & GSI Target Squad – Runaway Bay, Qld
<b>OCTOBER 2011</b>				
2	SUN		Surrey Park LC – MSAC	
3 - 7	MON - FRI			State & Saunders Squad – Lakes Entrance Camp
9	SUN	Meet No. 1 – Haileybury		
15 – 16	SAT – SUN	Victorian Open Water – Hazelwood (compulsory for eligible Traralgon swimmers)		
23	SUN	Meet No. 2 – Morwell	MP Flyers LC – MSAC	
30	SUN		Melbourne Vicente Classic LC – MSAC (compulsory for all Traralgon swimmers)	
<b>NOVEMBER 2011</b>				
5 – 6	SAT – SUN		Victorian Long Distance Meet – MSAC	
6	SUN	Meet No. 3 – Warragul		
12	SAT		Country 7-10 Encouragement Meet – MSAC	
13	SUN	Meet No. 4 – Morwell “Duel in the Pool”		
19	SAT		Nunawading LC – MSAC (Club Trip)	
20	SUN	Meet No. 5 - Morwell	CA Tritons LC – MSAC	
26 – 27	SAT – SUN		Vic Qualifying – MSAC	
26	SAT	Meet No. 6– Sale		
<b>DECEMBER 2011</b>				
3 – 4	SAT – SUN		Vic Qualifying – MSAC	
3	SAT	Meet No. 7 – Sale		

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<b>DECEMBER 2011 (Continued)</b>				
10	SAT	Meet No. 8 – Sale		
14	TUES			Christmas Function
17 – 22	SAT - THURS		Victorian Age (10-18 years) – MSAC (Compulsory for all qualified swimmers)	
<b>JANUARY 2012</b>				
14 – 15	SAT – SUN		Victorian Open – MSAC (Compulsory for all qualified swimmers)	
14	SAT	Meet No. 9 – Traralgon		
17	TUES			Pre Countries Get Together – Guest Speaker
21 – 23	SAT – MON		Victorian Country Championships – Bendigo (Compulsory for all qualified swimmers) (Target - 90 Traralgon Swimmers)	
28	SAT	Meet No. 10– Sale		
<b>FEBRUARY 2012</b>				
4	SAT	Meet No. 11 – Bairnsdale		
11 – 12	SAT – SUN		Victorian State Sprints – MSAC	
18	SAT	Meet No. 12 – All Junior Selection – Moe		
25	SAT		Country Inter-district – MSAC	
26	SUN	Meet No. 13 – Traralgon		
<b>MARCH 2012</b>				
10 – 12	SAT – MON	Gippsland Champs – Sale – (Target 130 Traralgon Swimmers)		
15 – 22	WED – WED		Australian Open “Olympic Trials” Championships – Adelaide	
17 – 18	SAT – SUN		All Junior – MSAC	
<b>APRIL 2012</b>				
9 – 14	MON – SAT		Australian Age – Brisbane	
<b>MAY 2012</b>				
5	SAT			Presentation Night – Premiere Function Centre
11	MON			Annual General Meeting

# TRARALGON SWIMMING CLUB

## JUNIOR DEVELOPMENT:

The younger swimmers in our Junior Development and Gippy Squad have this season a Wednesday morning from 5.45 am to 7.15 am available to develop their strokes in a specific and concentrated learning environment.

They will have access to Senior Head Coach, Brian Ford, on a regular basis ably assisted by Erin Roberts, National Swimmer.

## CAMPS:

- 1. Academy of Sport and GSI Target Squad – Runaway Bay  
Monday 26 September – Friday 30 September 2011**

National qualified swimmers and athletes nominated from the Gippsland Swimming 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.

- 2. State, State Performance & “Saunders” Squads – Lakes Entrance  
Monday 3 – Friday 7 October 2011**

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.

## COMPETITION TEAMS:

- 1. Warragul Junior Meet  
Sunday 7 August 2011**

Swimmers in the Junior Development, Gippy's 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 for swimmers to get used to a team environment without their parents.

- 2. Victorian Country Short Course - Shepparton  
Saturday 13 – Sunday 14 August 2011**

Swimmers who have qualified for a minimum of 3 races will form part of this team travelling by bus to Shepparton with Coaches and Team Managers. National Swimmers, Brayden Waltham and Stephanie Morgan will captain the team with the aim of winning the overall team trophy.

**3. Melbourne Vicentre & Traralgon Classic – MSAC  
Sunday 30 October 2011**

This meet will be run by Vicentre and Traralgon. We will require as many parents and swimmers to attend in order to provide a “huge” Traralgon presence both in and out of the pool. A real opportunity to get into a long course pool early in the season in order to qualify for Nationals, State or Country Championships.

**4. Nunawading LC – MSAC  
Saturday 19 November 2011**

As many swimmers as possible will make the day trip to Melbourne to compete at MSAC in order to qualify for Nationals, State or Country Championships.

**5. Australian Open “Olympic Trials” Championships – Adelaide  
Thursday 15 – Thursday 22 March 2012**

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

**6. Australian Age Championships – Brisbane  
Monday 9 – Saturday 14 April 2012**

Qualified swimmers will compete and stay together as a team at the highest age level of competition. Accommodation will be booked for Swimmers, Team Managers and Coaches and will be fully catered for.