



# ATC SWIMMING PROGRAM

## Background

Ambrose Treacy College is committed to providing sporting pathways for the students of ATC, their families and the wider community to cater to all abilities and ambitions from recreational to elite. We offer a comprehensive learn to swim, stroke development and squad training program for ATC students, brothers and sisters of ATC students, parents, future enrolled students and the general community.

## Coaches

### Head Coach – Paul Jones

Paul has been instrumental in the development of the Ambrose Treacy Swimming Program over the last 2 years. He brings a wealth of swimming experience to our program. Paul has held swimming head coach positions for the previous 25 years, three years with the Emerald Swimming Club and twenty years with the Hervey Bay Swimming Club. During this time, he also combined the position with being either lessee or manager of the aquatic center's where he worked. Paul also worked as a secondary physical education teacher. Paul has a background as a competitive swimmer where he won surf lifesaving national championships.

There are a number of swim coaches who work within the Centre. They are all qualified and experienced in swim coaching.

### Swim School Coordinator

There is a swim school coordinator operating at the college to assist in the smooth running of our swim school. Please email [aquatics@atc.qld.edu.au](mailto:aquatics@atc.qld.edu.au) for more information regarding swimming at Ambrose Treacy College.

### Strength & Conditioning -Coordinator Fiona Kearney (BHMS)

Strength and Conditioning is a supplement to the swimming program and once a swimmer is swimming a certain number of sessions they are invited to join the Strength and Conditioning program. The advanced squad trains Monday and Friday 5.30- 7.00 am and the Competitive Squad on Friday 4.00- 5.00 pm.



## Competitive Pathways

### ATC Swim Club

The College runs an external swimming club affiliated with Swimming Queensland and Swimming Australia. The club holds regular club meets and provide an avenue for swimmers to compete at local, state and national levels. It is the aim for both the College and the club to provide pathways for swimmers of all abilities and commitment levels. Our goal is to provide a quality swimming program that rewards participation and the improvement in skill acquisition whilst facilitating the competitive needs of the swimmers.

### ATC School Swimming Season

In addition to club swimming opportunities, boys at ATC will also participate in a traditional school swim season in Term 1 of each year. The season will include regular meets and opportunities for competition with other schools.

### Swim Squad Program

**Recreational Squad** – The swimmers will continue to develop swimming skills whilst acquiring some general fitness benefits. This program is ideal for swimmers who wish to continue their swimming progression without a competitive influence.

**Development Squad** – The swimmers will continue to develop their technical skills as well as introduce the fitness requirements of competitive swimming. They will learn swimming rules and incorporate turns, starts and racing strategies. This program is ideal for children who wish to be involved in school based competition.

**Competitive Squad** – The children will continue with the skill development from the competitive squad but the training sessions will involve race specific training and develop the swimmers levels of mental toughness and competitive drive. The expectation is for the swimmer to be doing the number of sessions advised by coaching staff to meet the competition standards.

This program is ideal for children who wish to be involved in regional and higher level club competition.

**Elite Squad** – This is a comprehensive competitive program that will cover all aspects of the above squads. The program will also be individualised to meet the competitive needs of each athlete. Goal setting, nutrition and recovery are important aspects of this program. This program is designed for swimmers who are motivated and focused on swimming at state and national levels.



**Adult Squads** – Adults squads are designed for adults from a novice to advanced level who wish to pursue swimming as an aerobic physical activity for health related and sport related fitness. Training programs can be individualised to meet the needs of those who wish to pursue more competitive pathways, including triathlon and open water swimming. This includes Ladies Swim Sessions on week days during school hours.

### Learn to Swim and Stroke Development Program

**Learn to Swim** – This program is a multi-level program starting with beginners and moving through to stroke development classes. Classes use small teacher/ student ratios (1:4) and children can enter the program at their current level and progress through the program to our squad levels. These classes will teach swimming skills to the students in a safe but challenging environment.

**Stroke Development Class** – These classes bridge the gap between the ‘learn to swim’ program and the squad program. This stage teaches breaststroke and butterfly and refines the freestyle and backstroke techniques. Children become strong and competent swimmers who are ready to participate in a squad format

## Squad, Stroke Development & Learn to Swim Costs

The squad program at Ambrose Treacy College (Recreational, Competitive, Advanced, Elite) has three payment levels.

**Student Rates:** ATC Boys will receive a 100% discount on squad training fees.

**Sibling Rates:** Brothers and sisters of ATC students will receive at 50% discount on squad training fees

**External Rates:** Members of the general public will pay full squad training fees

<b>All Squads</b>	1 session per week	\$100 per 10-week term
	2 sessions per week	\$175 per 10-week term
	3-5 sessions per week	\$225 per 10-week term
	6-9 sessions per week	\$325 per 10-week term
<b>Adult Squads</b>	12 sessions	\$ 90 per 12 sessions



The Ambrose Treacy College 'Learn to Swim' and Stroke Development program requires all students to pay full fees.

<b>Learn to Swim</b>	1 lesson per week	\$170 per 10 week school term
	2 lessons per week	\$280 per 10 week school term
<b>Stroke Development</b>	1 lesson per week	\$120 per 10 week school term
	2 lessons per week	\$180 per 10 week school term

\*\*All swimmers who wish to compete as a member of the ATC Swim Club will need to pay an annual membership fee of \$120.

## Payment and Booking Method

To book lessons or to make an inquiry please email [aquatics@atc.qld.edu.au](mailto:aquatics@atc.qld.edu.au) or call (07) 3878 0528. All payment transactions are to be made at the Swimming Pool. Eftpos is available at the pool each weekday afternoon from 3 pm – 5.00 pm.