

BAROSSA SWIMMING CLUB MAKING WAVES SINCE 2017

“COMMITMENT, EFFORT, PURSUIT OF EXCELLENCE”



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Great sporting clubs do not leave team spirit, respect or culture to chance.

The Barossa Swimming Club is no different, and team spirit, respect and culture are at the heart of the growth and success of our club.

The culture of the Barossa Swimming Club is built around commitment and effort, together with an expectation of excellence in athlete behaviours, both in and out of the pool.

CLUB HONOUR BOARD:

https://www.barossaswimmingclub.com.au/_files/ugd/68cfb2_ed1251fd1c104ce59572be48a03e320f.pdf

1. THIS WEEK'S TRAINING TIMETABLE – MONDAY JULY 8th to SATURDAY JULY 13th

Thank you to all for your support through my first week and to all of our swimmers that attended this week. 53 Days to go until State SC Championships now is the time to train to race and for some of our Wavemakers chasing those final qualifying times, I look forward to seeing you all at training this week.

DATE	POD	TIME	LANES	COACH
MON 8th	POD 1	5.45am to 7.45am	2	SL
	POD 2	5.45am to 7.30am	2	SaL
	POD 6	3:45pm to 4:15pm	1	Sal
	PODS 3/4	4.15pm to 5.15pm	2	SL
	POD 1/2	5.15pm to 7.00pm	3/4	SL
TUE 9th	POD 1	5.45am to 7.45am	2	SL
	PODS 4/5	4.00pm to 4.45pm	2	SaL
	POD 2	4.45pm to 6.00pm	3	SL
WED 10th	POD 1/ 2	5.45am to 7.45am	3	SL
	POD 6	4.00pm to 4:30pm	1	Sal
	POD 3	4.00pm to 5.00pm	2	SL
THU 11th	POD 5	3.45pm to 4.15pm	2	SL
	PODS 1/2	4.30pm to 6.00pm	2	SL/JH
FRI 12th	POD 1	5.45am to 7.45am	2/4	SL
	POD 2/3	5.45am to 7.15am	2	SaL
SAT 13th	POD 1/2	9.45am to 11.30am	3	SL
	POD 3/4	11.45am to 12.45am	2	SL

2. TRAINING CHANGES THIS WEEK? YES

Thursday evening POD 1/2 training session has been moved forward to commence at 4.30pm - 6:00pm. This will stay in place through until Winter Sports have concluded and we venture into the LC season.

3. SWIM CLUB SPIN CLASS – CHANGE IN TIME TO 5.15PM - DON'T FORGET TO BOOK!

Until July 15th, SPIN CLASS will be offered Monday 5.15pm to 6.00pm

Spin class is a highly recommended cross-training session for our swimmers. Parents/family members are also encouraged to join the class. Please call 85632766 in advance to book your bike.

4. CALENDAR OF UPCOMING EVENTS – SEE BELOW

MEET NAME	ENTRIES CLOSING	WHO SHOULD ENTER? TARGETED OR NOT	COACHES IN ATTENDANCE
NORWOOD SC CARNIVAL SAT JUL 20TH	CLOSED	HIGHLY ENCOURAGED FOR ALL POD 2-6 SWIMMERS	TBC
MARION SC CARNIVAL MEET 1 SUN JULY 28TH	MON JULY 15TH 9:00am	HIGHLY ENCOURAGED FOR ALL SWIMMERS 13+ YRS SEEKING RACE PRACTISE FOR SC CHAMPS	TBC
ALL-IN-WINTER MEET 4 SAT/SUN AUG 10 TH /11 TH	WED JULY 24TH 9:00am	TARGETED: ALL ELIGIBLE SWIMMERS 8YRS and OVER. THIS IS LAST OPPORTUNITY FOR SC QUALIFYING.	YES
SA STATE SC CHAMPIONSHIPS 13yrs+ FRI AUG 30 th to SUN SEP 1 st	MON AUG 12th 9:00am	TARGETED: ALL QUALIFIED SWIMMERS	YES
SA STATE SC CHAMPIONSHIPS 11/12yrs SAT/SUN SEP 14th/15th	MON AUG 12th 9:00am	TARGETED: ALL QUALIFIED SWIMMERS	YES
SA STATE SC RELAYS SUN SEP 15 th	MON AUG 12th 9:00am	TARGETED: ALL QUALIFIED SWIMMERS A LIST OF PROVISIONAL RELAY TEAMS WILL BE PUBLISHED IN THE COMING WEEK TO DETERMINE AVAILABILITY.	YES

7. SA STATE SC CHAMPIONSHIP QUALIFYING TIMES

Please follow the link below to access the the qualifying times for the 2024 SA STATE SC Championships. Please also note the scheduling of the championships, given below.

13yrs and OVER SA State SC Championships will be held between Friday August 30th and Sunday 1st September.

11-12yrs SA State SC Championships will be held in collaboration with the SA State SC Relay Championships on the weekend of 14th/15th of September.

<https://sa.swimming.org.au/sites/default/files/assets/documents/2024%20State%20SC%20Champs%20QT%27s.pdf>

