

Term 2, 2012 Events Calendar

Week Commencing	Carnivals/Events	Training Phase Stroke Emphasis SKILL FOCUS
Week 1 23 rd April	26 th – Kambala / Swim School resumes Skills Session- FS	Preparation Freestyle STARTS
Week 2 30 th April	30/1 st May - CIS Snr Swimming @ SOPAC 4 th – Club Night (200fs)	Aerobic Backstroke STARTS
Week 3 7 th May	Swim Tests 12 th – MetSEA Winter Sprint Series Skills Session- BK	Aerobic Breaststroke KICK
Week 4 14 th May	18 th – Club Night (400m fs) 20 th – Ryde Carlille 12/Under Meet	Aerobic/Anaerobic Butterfly KICK
Week 5 21 st May	Colouring Competition Winter Club Championships (Warm up – 1.30pm) Skills Session- BR/ FLY	Anaerobic Individual Medley URNS
Week 6 28 th May	Swim Test 2 nd - Mounties Winter Qualifying Meet	Race Specific Freestyle URNS
Week 7 4 th June	Queen's Birthday & Exeat W/end (no Sat or Mon classes)	Race Specific Backstroke FINISHES
Week 8 11 th June	Long Weekend 15 th – Club Night 16/17 th – METSEA Winter Championships	Competition Breaststroke FINISHES
Week 9 18 th June	22 nd – Kambala term ends 23 rd – Swim School term ends	Competition Butterfly REVISION OF STARTS,URNS AND FINISHES