



Glennie Aquatic Centre

Information Handbook
for Glennie Students



All She Can Be®

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WELCOME

The Glennie Aquatic Centre is located behind the Senior Campus in Vacy Street. We have ample off street parking located between our centre and the Performing Arts Centre.

OUR FACILITIES INCLUDE:

- A fully enclosed and heated ten lane 25 metre pool
- A purpose built Learn to Swim pool heated to 34 degrees
- A gymnasium set up for dry land training for our squad swimmers
- Ample shower and toilet facilities
- Plenty of grandstand seating and viewing areas

THE GLENNIE SWIMMING PROGRAM

All Glennie girls from Prep through to Year 12 attend swimming lessons. Glennie girls are required to wear the correct Glennie swimming costume (which can be purchased at GOSS), a swimming cap (preferably house cap) and goggles (optional).

PREP, YEAR 1 AND YEAR 2

We have fully qualified Learn to Swim Instructors who help with the Prep to Year 2 swimming. Instructors assess all Glennie girls prior to commencing swimming and conduct lessons according to skill levels.

Lessons are conducted in our 25 metre pool for 30-45 minutes each lesson, once a week in Term 1 and Term 4. We encourage your daughter to become a confident and happy swimmer.

YEAR 3 TO YEAR 9

All girls from Year 3 to Year 9 attend swimming lessons once per week in Term 1 and Term 4. Lessons vary from basic swimming skills to training for aquathon and water safety/lifesaving skills. Girls learn to swim all four strokes – freestyle, breaststroke, butterfly and backstroke.

YEAR 10 TO YEAR 12

Once your daughter enters Senior Years, she will have the opportunity to participate in waterpolo and synchronised swimming. Regular swimming is also incorporated into Health and Fitness classes.



GLENNIE SWIMMING CARNIVALS

All parents and grandparents are encouraged to participate and cheer on their girls at the Glennie swimming carnivals. The colour, noise and excitement has to be experienced to be believed. Every Glennie girl participates and all girls (including our little prep girls) will swim at least 25 metres freestyle.

PREP – YEAR 2 CARNIVAL

We give our little girls a special day all of their own during Term 4. After regular lessons during the year we can watch them at their best. A separate carnival is held for these girls so they don't become overwhelmed and can enjoy the swimming carnival experience. All girls from Prep to Year 2 swim 25 metres freestyle (with or without help). This gives them a great sense of accomplishment and a lot of confidence going into their next year of school.

JUNIOR CARNIVAL

The Junior Years carnival is for girls from Years 3 to Year 6, and any Year 2 girls who turn eight during the year. The carnival gets Term 1 off to a flying start. Glennie Sport teachers select girls for our Andrew's Cup team from this carnival – so we often see a lot of personal best performances.

Girls will compete in freestyle, backstroke, breaststroke, butterfly and relay events. Come and experience the Glennie School and team spirit.

MIDDLE AND SENIOR CARNIVAL

The Year 7 to Year 12 swimming carnival is also held in Term 1 and the Aquatic Centre is left shaking after this event. Expect ringing ears and a racing heart from the war cries echoing throughout the Centre. Splashes of purple, red, green and yellow add to this electrifying event.

All girls participate and it is the relays that the girls love the most. Come and get behind your house – start practicing your war cries.



REPRESENTATIVE SWIMMING

ZONE CARNIVALS

The Zone Carnivals incorporate the three divisions of Toowoomba Swimming: Toowoomba West, Toowoomba Range and Toowoomba Central. These carnivals are usually held at the Glennie Aquatic Centre. Girls from Years 7 to 12 who are selected to represent Glennie at the Zone Carnivals may, if successful, go on to swim in district, state and national competitions.

ANDREW'S CUP

Andrew's Cup enjoys a long-standing tradition of competition between some Brisbane and regional independent girls' primary schools. This is a great experience for all girls from Year 3 to Year 6. Schools compete for the prestigious Andrew's Cup, Springfield Cup and the Association Percentage Trophy.

TRAINING

Any girl that is selected to represent Glennie must attend all scheduled training sessions.



COACHES



MR LINDSAY CLYDE

Lindsay is the Manager of the Aquatic Centre and has many years experience in this field including Coach of the Year in 1999, Australian Swimming Coach 1999–2000 and has travelled with the Australian Swimming Team to international competitions. He has coached many of our girls to both state and national swimming level.



MS SHANNON TOWNSEND

Shannon is the Aquatic and Recreation Programs Manager. Shannon has many years of experience in Learn to Swim, coaching and recreation management.

Shannon presents aquatic education courses for Swim Australia and Royal Lifesaving Queensland both locally and internationally.

SQUAD COACHES

Our dedicated squad coaches aim to instil in their swimmers the desire to train to achieve their best.

Our goal is to encourage young swimmers to see, that through discipline, a responsible training ethic, and most of all enjoyment of the sport, that they can achieve great things both in and out of the pool.

All coaches hold Silver High Performance, Bronze or Teacher of Competitive Strokes ASCTA accreditation. Our National Squad coaches have been on representative teams and coached national and state medallists.

Most have been through the rigours of competition and training and are very aware of the challenges that every swimmer encounters. It is this experience that gives our coaches the leading edge.



LEARN TO SWIM

The Glennie Aquatic Centre has one of the best Learn to Swim Programs in the Toowoomba area. We offer over 240 Learn To Swim lessons per week.

As we cater for babies from six months old through to adults, we have a level to suit any swimmer, beginner or advanced.

To ensure we have the best staff to teach your daughter, Glennie Aquatic Centre staff attend in-house training. Our smaller classes offer favourable student to teacher ratios so your children get more swimming time.

Lessons are run during Glennie School term times. We offer special holiday intensive programs during holiday periods.

STAFF

Our Learn to Swim staff are all accredited with Swim Australia or AustSwim. We have a number of fully qualified Lifeguards on duty. A majority of our staff also take part in the Bronze Medallion for fitness and personal training.

SQUADS

Development, Fitness and Senior Squad fees are reduced to 50% of the full fee for Glennie girls. Squads are open to the wider community as well as Glennie girls. Our squad coaches have the experience to bring out the best in every swimmer.

GLENNIE GATORS

The *Glennie Gators* Swim Club uses the Aquatic Centre for training and club nights. This is a fun way to get your daughter used to swim meets without all the stress that is normally involved. Club nights are usually held fortnightly. At club nights swimmers swim against their own time, not other competitors. This encourages them to reach their personal best.

www.glennieswimclub.org.au

TOOWOOMBA TADPOLES AUSSI MASTERS

Home to the *Toowoomba Tadpoles*, the Glennie Aquatic Centre offers the perfect place to train, out of the Toowoomba weather, with the AUSSI Masters. AUSSI Masters training is for swimmers aged 20 years and over who want to perfect their technique and keep fit.

Members of the Glennie Community are invited to join in, get fit and improve your swimming in a relaxed and fun environment.

www.toowoombatadpoles.org.au

CONTACTS

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