



IONA COLLEGE



iSWIM

INTRODUCTION AND WELCOME

We are excited to welcome you to the new iSWIM program.

Iona College swimming, currently named iSWIM, has had a strong training and competitive culture since the early days of the College. iSWIM has successfully performed at school, club and representative levels. Our Primary team won Combined Independent Colleges (CIC) in 2001, 2002 and 2003 and also won Associated Independent Colleges (AIC) in 2015 and 2016. Our Senior team were The Associated Schools (TAS) champions in 1993, 1994, 1995, 1996 and won AIC in 2003 and 2004.

The College has produced two Olympic swimmers with Ashley Callus and Daniel Fox both medalling. Ashley, Daniel and Grant McGregor also medalled at the Commonwealth Games. Numerous Ionians have won on the national, state and regional stage at both school and club events.

A successful swim program has many layers, from learning and technique development all the way through to mental preparation and elite performance. Most importantly, it is about having fun and enjoying what you are doing.

This booklet includes a breakdown of our iSWIM squad structure and pricing, along with contact details and FAQs. This will explain in more depth the squad each swimmer has been placed in and what each squad level represents. The new program, structure and timetable will commence from 1 February 2022, with a two week sign up period for memberships. Term 1 fees will be issued from Monday 14 February 2022.

The coaching team are very proud to be leading the iSWIM program and are excited to see what the future has in store for us all.

***Keith Harron, Head of Sport
& Coordinator of College Swimming***



***Zane King, Iona Head
of Swimming***



COACHING TEAM

Zane King



Mick Lewandowski



Sam Sharp



The Iona iSWIM Coaching Team is led by Head of Swimming, Zane King. Zane will be assisted by Head Coach Michael Lewandowski, alongside Head of Junior Development, Sam Sharp. Currently the College partners with Acacia Bayside swimming club in a mutually beneficial partnership.

ZANE KING

Zane was an age and open medallist and champion at National level, while being a scholarship holder at the Australian Institute of Sport. He was a member of the Australian Swim Team from 1996 to 2000, where he competed at many international swimming competitions.

MICK LEWANDOWSKI

Mick Lewandowski enters his seventh season coaching at Iona and his eleventh year of coaching. He finished his swim career in Hawaii as a college athlete competing for the University of Hawaii at Manoa. Mick believes creating a safe environment where swimmers can come and have fun while expecting to work hard is the key to success.

SAM SHARP

Sam has been involved in the swimming industry for 20 years – as both a competitive swimmer (competing at Olympic Trials), but mostly as a seasoned swimming coach. Sam has worked across all levels of swimming from learn to swim, right through to elite level swimmers and is a life member of the Acacia Bayside Swimming Club.



iSWIM SQUAD STRUCTURE

There are five squad levels, each with their own eligibility criteria and training schedules: Iona Swim Squad, National Squad, State Squad, Mets Squad, Junior Squad.

All non-Iona students will need to be members of Acacia Bayside Swimming Club. All swimmers will need to be assessed before commencement of training.

Please contact kingz@iona.qld.edu.au for iSWIM enquiries and please contact registraracaciabayside@gmail.com for Acacia Bayside club membership.

IONA SWIM SQUAD

Iona College Swim Squad is specifically for Iona students and consists of both recreational and competitive squad swimming.

Iona College's competitive swimming program is an integral part of the AIC competition. Training runs most of the year in our heated 50m pool and requires strong commitment from its participants. The AIC season runs from November to March with students seeking to represent Iona expected to train four to five times per week.

Recreational swimming is coordinated by our coaching and teaching staff from 6.45am-8.00am, Monday, Wednesday and Friday during Term 2 and Term 3. It is essentially the transition to squad training and is also open to squad members not involved in competitive club swimming.

Students who are not selected to be a part of Iona's AIC Squad can also be a part of this swim program, per the Iona schedule. There is also no charge for this level of swimming for Iona students.

Selection to the AIC team centres around not only performance, but commitment to the training sessions and the team as well as behaviour and attitude observed by the teaching and coaching staff.

IONA ELIGIBILITY CRITERIA

- Student of Iona College
- Ability to progress to or be in the Iona College Swim Squad

IONA SCHEDULE

	M	T	W	T	F
Term 2&3 6.45-8.00am	All ages		All ages		All ages



NATIONAL SQUAD

The iSWIM National squad is for athletes who have achieved Australian National Age and Open qualification times. The National squad will also include athletes that are very close to these qualification times and who show great dedication and have an excellent work ethic. The National squad offers eight to nine swim training sessions per week, including four strength and conditioning sessions. All National squad athletes must attend a minimum of six swim sessions per week. Swim club membership is compulsory at the National squad level.

NATIONAL ELIGIBILITY CRITERIA

- Member of the swim club
- Train at the National squad capacity
- Maintain the standards of the National Squad

NATIONAL SCHEDULE

	M	T	W	T	F	S
AM	Swim 5.30-7.30am		Swim 5.30-7.30am		Swim 5.30-7.30am	Swim 6.00-8.00am Gym 8.00-9.00am
PM	Dryland 4.00-4.30pm Swim 4.30-6.30pm	Dryland 4.00-4.30pm Swim 4.30-6.30pm	Dryland 4.00-4.30pm Swim 4.30-6.30pm	Dryland 4.00-4.30pm Swim 4.30-6.30pm		

STATE SQUAD

The iSWIM State squad is for athletes who have achieved Queensland State Long Course Championship qualifying times or who are very close to this standard. Athletes at this level are offered seven swim training sessions per week, including four strength and conditioning sessions. State squad athletes are encouraged to attend a minimum of four sessions per week. Swim club membership is compulsory at the State squad level.

STATE ELIGIBILITY CRITERIA

- Member of the swim club (not applicable to Iona enrolled students)
- Train at the State squad capacity
- Maintain the standards of the State Squad

STATE SQUAD SCHEDULE

	M	T	W	T	F	S
AM		Swim 5.30-7.30am		Swim 5.30-7.30am		Swim 8.00-10.00am
PM	Gym 4.00-4.45pm Swim 4.45-6.30pm	Dryland 4.00-4.30pm Swim 4.30-6.30pm	Gym 4.00-4.45pm Swim 4.45-6.30pm	Dryland 4.00-4.30pm Swim 4.30-6.30pm	Club night (dates TBC)	

METS SQUAD

The iSWIM Mets squad is for junior swimmers who compete at a Brisbane and Metropolitan Championship level and who are aiming to achieve Queensland State Championship qualification. The Mets squad will also include junior swimmers who are able to swim all four competitive strokes correctly over 50 meters, including starts and turns. Swim Club membership is compulsory at the Mets squad level. Three sessions per week are recommended at the Mets squad level.

METS ELIGIBILITY CRITERIA

- Member of the swim club (not applicable to Iona enrolled students)
- Train at a Mets squad capacity
- Mastered the four competitive strokes and skills for competition

METS SCHEDULE

	M	T	W	T	F	S
AM		Swim 6.00-7.30am		Swim 6.00-7.30am		Swim 8.30-10.00am
PM	Dryland 3.30-3.45pm Swim 3.45-4.45pm	Dryland 3.30-3.45pm Swim 3.45-4.45pm	Dryland 3.30-3.45pm Swim 3.45-4.45pm	Dryland 3.30-3.45pm Swim 3.45-4.45pm	Club night (dates TBC)	

JUNIOR SQUAD

The iSWIM Junior squad is for swimmers who are learning the four competitive swim strokes as well as starts and turns. Junior squad is the first squad level offered for swimmers who have completed a learn to swim program and is heavily focused on developing correct technique. Two sessions per week are recommended at the Junior squad level.

JUNIOR ELIGIBILITY CRITERIA

- Member of the swim club (not applicable to Iona enrolled students)
- Ability to swim all four strokes

JUNIOR SCHEDULE

	M	T	W	T	F	S
AM						
PM	Swim 3.45-4.45pm	Swim 3.45-4.45pm	Swim 3.45-4.45pm	Swim 3.45-4.45pm	Club night (dates TBC)	

iSWIM PRICING

SQUAD LEVEL	COST
IONA STUDENTS (FUTURE AND CURRENT)	
Recreational Swimming	No charge
AIC Representative Squad	No charge
National / State / Mets / Junior Squad	No charge until further notice
ALL OTHER SWIMMERS	
National Squad	\$160.00 monthly direct debit
State Squad	\$150.00 monthly direct debit
Mets Squad	\$125.00 monthly direct debit
Junior Squad	\$120.00 monthly direct debit

Registration and payment forms are available via the [College website](#).



EQUIPMENT REQUIREMENTS

ALL SWIMMERS

- Appropriate swim wear (rash shirts, sun suits and shorts create a lot of drag and make it very hard to learn)
- Goggles and swim cap
- Kick board
- Fins (flippers)
- Swim gear bag for storage
- Water bottle

METS, STATE AND NATIONAL SWIMMERS

- Pull buoy
- Hand paddles (small-medium)
- Gym and dryland training clothes and shoes
- Fingertip paddles*
- Swim training snorkel*

* Optional, but very useful for State swimmers

NATIONAL SWIMMERS ONLY

- Short blade fins (preferably DMC, TYR or Arena)
- Snack food, protein bar or protein shake on gym and dryland days
- Fingertip paddles
- Swim training snorkel



COMMUNICATION

- All communication from iSWIM will be sent out via TeamApp. Please sign up to “iSWIM Iona College” on the Stack Team App (available in the Play Store for Android or App Store for Apple) for updated information and notifications.



Please register to ensure that you receive timely information about training session changes and general communication from the coaches.

- Specific information for Iona College Swim Squad and school swimming can be found in the Iona Sport Newsletter.
- All Swimming Club and Club Representative competition queries can be directed to Acacia Bayside: registraracaciabayside@gmail.com. Members can also sign up to “Acacia Bayside Swimming Club” on the Stack Team App as above.

FAQS

How do I know which squad my child is in?

Assessments are undertaken by the coaching and/or teaching staff and they will advise your child as to what squad they are in.

Where do I sign up or register?

Forms are available online via the Iona College website. Hard copies will also be available on the pool deck. Please approach one of our coaches to request a copy.

How do I pay for iSWIM training?

There is an online direct debit form available via the Iona College website. Once this is completed and returned our Finance department will be able to set up a monthly direct debit payment plan.

Can I pay a different amount if my child is not attending all sessions?

No. Our structure is created to provide the best results for our swimmers. The pricing structure is a membership and covers monthly attendance.

Why do Iona students receive training at no cost?

As with all Iona College sports, participation training costs are incorporated where possible within the school fees.

What do I do if my child is unable to attend a training session due to illness or other reasons?

Please email Zane King on kingz@iona.qld.edu.au prior to the session.

How does my son gain selection into the Iona Swim Squads?

Selection is based on time trials held during school time and Friday evening Meets. Details of these sessions will be available via the Iona Sport Newsletter.

If selected in the Iona Swim Squad, what should my son wear at AIC competitions?

Iona representative sportswear can be purchased from the College Uniform Shop.

Can I pause my membership?

Requests for this will be assessed on an individual basis. Please contact Zane King on kingz@iona.qld.edu.au to discuss if necessary.

Do I need to sign up my child to Acacia Bayside Swimming Club?

Iona students are not required to be members of a swimming club, but all other swimmers in either the National, State or Mets squads are required to join Acacia Bayside. Please contact registraracaciabayside@gmail.com for Acacia Bayside club membership.





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CONTACT US:

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