ORIENTATION PROGRAMME JANUARY 2016

JUNIOR SCHOOL

Pre-Prep students
When: Students and parents attend on their scheduled day as per the details mailed earlier.
   Red Group  Monday 25 January at 8.40am  (Five day fortnight programme)
   Blue Group  Thursday 28 January at 8.40am  (Five day fortnight programme)
   Yellow Group  Wednesday 27 January at 8.40am  (Five day week programme)
Parents will leave at 10.30am.
Where: Pre-Prep rooms in The Rowe Building
What to wear: Students are to wear their school uniform.

All new students in Prep to Year 6
When: Friday 22 January at 10.00am; Orientation will finish at noon.
Where: Students and parents meet in The Ray Building Dining Room at 10.00am.
   (Students and parents will meet the teachers and visit classrooms.)
What to wear: Students are to wear their day school uniform.
What to bring: Students can bring their books if applicable.

SENIOR SCHOOL

All Year 7 students (new and continuing)
When: Friday 22 January at 8.30am; students can be collected after 11.30am.
Where: Students are to meet in the Performing Arts Theatre.
What to wear: Students are to wear their day school uniform.
What to bring: Students should bring their books.

All new students in Years 8 to 12
When: Friday 22 January at 8.30am; students can be collected after 11.30am.
Where: Students are to meet in The Ray Building Dining Room.
What to wear: Students are to wear their day school uniform.
What to bring: Students can bring their books.

All continuing Year 12 students
When: Friday 22 January at 9.00am
Where: Students are to meet in the Senior Learning Centre.
What to wear: Students are to wear their day school uniform.
What to bring: Students can bring their books.

Morning Tea
Parents of Year 7 students and all new Senior School students are invited to join Heads of House and House Tutors for morning tea from 11.00am in The Great Hall.
Dear Parents

**Senior School House Swimming Trials**

As the College Swimming season commences on the *first day back at school* it is necessary to communicate the important arrangements for the House Swimming Trials for 2016.

All House trials and training afternoons will be conducted in the Somerset Pool.

Attendance and participation in the Swimming Trials and House training sessions is **compulsory** for all Senior School students. The following timetable will apply:

**Swimming Trials**
These commence on *the first day of Term One* and continue as follows:

<table>
<thead>
<tr>
<th>House</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Andrews</td>
<td>Monday 25 January</td>
<td>3.30pm to 4.45pm</td>
</tr>
<tr>
<td>Franklin</td>
<td>Wednesday 27 January</td>
<td>3.30pm to 4.45pm</td>
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<tr>
<td>Laver</td>
<td>Thursday 28 January</td>
<td>3.30pm to 4.45pm</td>
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<tr>
<td>Starkey</td>
<td>Monday 1 February</td>
<td>3.30pm to 4.45pm</td>
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<tr>
<td>Veivers</td>
<td>Tuesday 2 February</td>
<td>3.30pm to 4.45pm</td>
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Students are reminded to bring their Somerset swimming costumes, a towel, goggles (if required) and their House sports uniform.

Parents are encouraged to attend the trials. Parking is available on Sara Carrigan Court for spectators.

Any questions concerning these trials or training days should be directed to House Tutors or Heads of House.

Yours sincerely

Craig Sayer
Dean of Activities

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*Developing engaged global citizens aspiring to excellence, demonstrating integrity and valuing difference.*

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Telephone +61 (0)7 5559 7100  mail@somerset.qld.edu.au  www.somerset.qld.edu.au
WHO CAN START?

The Somerset College Rowing Programme is offered to students from Years 8 to 12. Current Year 7 students can come along and have a go at the Try Rowing Day held in November, but rowing will officially start in January 2016.

HOW TO START

The Try Rowing Day is a good chance to see what it is all about, but not compulsory. The Learn To Row Day is compulsory to start rowing and covers the safety issues. Students who start at the beginning of term will row for the first few weeks in quad and double sculls and will be able to start rowing in single sculls after the capsize drill. Regattas will commence in Term Two.

TRY ROWING DAY
What: This day is an opportunity for prospective rowers to experience rowing for the first time. Our coaches, along with senior and experienced rowers, take the beginners out in quad sculls to have their first row on the water. There will be plenty of parents and Committee members on hand to welcome new parents and to answer any questions.
When: 8.30am to 10.30am, Saturday 14 November 2015
Where: Somerset Boat Shed, Ring Road, Robina (Bond University)
Cost: Free

LEARN TO ROW DAY (Choose one day only):
What: The Learn To Row Day is a comprehensive day where new rowers are taught not only the basics of rowing, but also how to safely handle the rowing and coaching equipment. Rowers will be required to complete their safety swim, either 200m in swimwear or 100m in rowing clothing (shorts and sports shirt). The Learn to Row day is designed so that students can begin training when school starts in January. Permission forms will be available at Learn To Row Day and on My Somerset Learning, via the College homepage, www.somerset.qld.edu.au.
When: 9.00am to 4.00pm Thursday 21 January 2016, Saturday 23 January 2016 and Saturday 30 January 2016
Where: Drop Off – Somerset Pool, Somerset College
Pick up – Somerset Rowing Shed, Ring Road, Robina (Bond University)
Cost: $50.00 ($30.00 refunded if you join the team)

CAPSIZE DRILL – NEW ROWERS AND PARENTS INFORMATION SESSION
What: The purpose of the capsize drill, held in single sculls in the Somerset Pool, is to teach the new rowers how to safely handle and re-enter the boat in the event of a capsize. Rowers need to complete the capsize drill to be able to participate in the single scull. The information session following the drill is an opportunity for new parents and students to gain information regarding the expectations of rowers throughout the season and to run through some of the operational details for the impending regattas.
When: 9.00am, Saturday 5 March 2016
Where: Somerset Pool, Somerset College
Cost: Inclusive in rowing fees

Further information overleaf
**Training Times And Logistics 2016 (Indicative)**

**Morning Rowing**
Sessions will start at the Somerset Rowing Shed at 6.00am, therefore rowers will need to be dropped off before this time. Transport to the College after the training session will be arranged for all students.

**Afternoon Rowing**
Students will be picked up at the bus zone at 3.40pm and need to be in their sports uniform. Students may be picked up from the Rowing Shed at 5.45pm. Those who are not picked up at this time will be taken back to the bus zone at the College and may be picked up at 6.00pm.

**Morning Gym Sessions**
6.30am to 7.45am at the College gym.

**Saturday Training**
Students are to be dropped off and picked up at the Somerset Rowing Shed. The time will depend on the category below.

- **Year 8 Boys:** Monday mornings, Thursday afternoons, Saturday – 8.00am to 10.00am
- **Year 9 Boys:** Monday mornings, Thursday afternoons, Saturday – 8.00am to 10.00am
- **Year 8 Girls:** Tuesday afternoons, Thursday mornings, Saturday – 8.00am to 10.00am
- **Year 9 Girls:** Tuesday afternoons, Thursday mornings, Saturday – 8.00am to 10.00am
- **Years 10 to 12 Boys:** Tuesday, Wednesday, Friday and Saturday mornings rowing – 6.00am
  
  Monday gym – 3.30pm to 5.00pm (optional)
- **Years 10 to 12 Girls:** Tuesday, Wednesday, Friday and Saturday mornings rowing – 6.00am
  
  Monday gym – 3.30pm to 5.00pm (optional)

**Costs Associated With Rowing**

**For 2016 (Indicative)**

- $420.00 per rower (Semester One Fee) payable by the end of Term One
- $200.00 for each additional sibling (Semester One Fee) payable by the end of Term One
- $200.00 per rower (Term Three Fee) Rowers training in Term Three – payable at the end of Term Three
- $100.00 per rower (Term Four and School Holiday Fee) Training for the Nationals – payable at the end of Term Four
- $50.00 Learn to Row course ($30.00 refund if you sign up)
- Additional cost for some Regattas, including South Queensland and Queensland Championships.

**Further Enquiries**

Andrew Butler  
Head Coach – Rowing  
Email: abutler@somerset.qld.edu.au  
Mobile: 0404 458 728  
www.facebook.com/somersetrowingclub/
HOLIDAY CLINICS 2015/2016

COACHING CLINICS
14 December to 18 December 2015
18 January to 22 January 2016

Intensive Stroke Correction
9.00am to 11.30am Daily
- Intensive Stroke Correction in all four strokes
- Dives, Turns and Finishing practice daily
- Stretching Exercises
- Dry-land Exercises for Swimmers
- Relay Races
- Video Analysis of each Swimmer with Feedback

COST: $90.00

NEW: Extended Coaching Clinic
11.30am to 3.00pm Daily
- Activities include: various sports (tennis, basketball, dry-land games), additional swimming activities and fun events. Must bring own lunch.

Who can Come?
Anyone who can swim 25m or more Freestyle and Backstroke. Breaststroke and Butterfly can be taught at the clinic. Swimmers will be graded into lanes of the same ability.

COST: $200.00
(includes $90.00 Intensive Stroke Correction Clinic)

LEARN TO SWIM CLINICS
14 December to 18 December 2015
11 January to 15 January 2016
18 January to 22 January 2016

9.00am to 11.30am Daily
- Intensive 30 minute Learn to Swim Classes
- Up to five pupils per class maximum
- Fun Lessons
- Emphasis on improving your child’s current swimming ability
- Available for non-swimmers and upwards
- Ages three years and over

COST: $60.00

Bookings
Please make or confirm bookings no later than three days prior to your chosen clinic.
Places are limited so book early to avoid disappointment.
Phone: 07 5559 7339 or come in and see our friendly Reception staff

Swimmers are expected to bring a small snack to have each day during a small break within the 2.5 hour programme.

WHO IS COACHING?
HEAD COACH – FORREST BUTCHER
- Silver Level Qualified Coach
- Combined Bachelor Exercise Science & Bachelor Business (Sport Management). Master of Business Admin
- Swimming Scholarship, University of Iowa, USA
- National Age Group Gold Medalist ’90, ’91, ’93, ’94
- National Open Medalist ’95
- Finalist World University Games -200m Backstroke ‘95
- Australian team member ’91 (Age Group), ’95 (Open)

WHAT TO BRING
- Sunscreen / Sun shirt for little ones
- Hat
- Water Bottle
- Goggles / Cap
- Snacks for morning tea and after squad
- Flippers – we can lend these if you don’t have any but cannot guarantee your size will be available

WHAT YOU CAN WIN
- Prizes and prize packs to be won at both the Coaching Clinic and the Learn to Swim Clinic.

OUTDOOR OLYMPIC POOL – HEATED (28°C) 50m x 25m – 10 LANES
and
INDOOR HEATED (31°C) LEARN TO SWIM POOL
SQUAD TRAINING AND SESSION TIMES
TERM ONE 2016

MINI-SQUADS

JUNIOR DEVELOPMENT SQUAD 1 (JD1)
Introduction to Squad Training – stroke improvement skills in Freestyle and Backstroke. Introduction to Breaststroke. Flippers and a kick board should be brought to each session.
Monday, Wednesday and Friday (AM)  7.15am to 8.00am
Monday to Friday (PM)  3.30pm to 4.15pm
4.15pm to 5.00pm
Price per Session, includes Pool Entry
Somerset $11.00  Non Somerset $13.00

JUNIOR DEVELOPMENT SQUAD 2 (JD2)
Swimmers do stroke correction in all four strokes. Emphasis on technique. Start to increase in distances. Flippers and a kick board should be brought to each session.
Monday, Wednesday and Friday (AM)  7.15am to 8.00am
Monday to Friday (PM)  3.30pm to 4.15pm
4.15pm to 5.00pm
Price per Session, includes Pool Entry
Somerset $11.00  Non Somerset $13.00

JUNIOR DEVELOPMENT SQUAD 3 (JD3)
Showing improved technique in all four strokes. Continuing stroke correction, increase in distances and challenge sets added. Flippers and a kick board should be brought to each session.
Monday, Wednesday and Friday (AM)  7.15am to 8.00am
Monday to Friday (PM)  3.30pm to 4.15pm
4.15pm to 5.00pm
Price per Session, includes Pool Entry
Somerset $11.00  Non Somerset $13.00

FITNESS SQUAD
Swimmers looking to improve technique and fitness in a non-competitive environment.
Monday, Wednesday and Thursday (PM)  3.30pm to 4.15pm
Price per Session, includes Pool Entry
Somerset $11.00  Non Somerset $13.00

COACHING SQUADS

JUNIOR INTERMEDIATE PREP (JIP)
Squad for junior swimmers competent in all strokes aiming to improve their fitness and skills. Swim Club membership required.
Saturday (AM) - Invitation only  6.30am to 8.00am
Monday to Friday (PM)  4.15pm to 5.45pm
Recommended two to three sessions per week (minimum two)
Squad Monthly Fees, includes Pool Entry
Somerset $65.00*  Non Somerset $80.00*

JUNIOR INTERMEDIATE (JI)
Squad for junior swimmers with improving fitness, training skills and racing strategies. Swim Club membership required.
Monday to Friday (PM)  4.15pm to 6.00pm
Recommended two to four sessions per week (minimum two)
Squad Monthly Fees, includes Pool Entry
Somerset $65.00*  Non Somerset $80.00*

STATE PREP (STP)
Squad for the advanced junior swimmers who are looking to qualify for and compete at the State Championships. Swim Club membership required.
Monday, Tuesday and Wednesday (AM)  5.30am to 7.00am
Saturday (AM)  6.30am to 8.30am
Monday to Friday (PM)  4.00pm to 6.00pm
Recommended three to five sessions per week (minimum three)
Squad Monthly Fees, includes Pool Entry
Somerset $100.00*  Non Somerset $120.00*

STATE (ST)
Swimmers who are looking to compete at State level and move towards qualifying for the National Age Championships. Swim Club membership required.
Monday, Tuesday, Thursday and Friday (AM)  5.30am to 7.15am
Saturday (AM)  6.30am to 8.30am
Monday to Friday (PM)  4.00pm to 6.00pm
Recommended four to seven sessions per week (minimum four)
Squad Monthly Fees, includes Pool Entry
Somerset $130.00*  Non Somerset $160.00*

NATIONAL (NAT)
Invitation by Head Coach only. Swimmers looking to compete at the National Age and National Open Championships.
Monday, Tuesday, Thursday and Friday (AM)  5.30am to 7.15am
Saturday (AM)  6.30am to 8.30am
Monday to Friday (PM)  4.00pm to 6.00pm
Weekly sessions incorporate Gym.
Squad Monthly Fees, includes Pool Entry
Somerset $160.00*  Non Somerset $190.00*
*Based on prepayment as per invoiced. Late payments will incur a $10 per month admin fee.

BOOKINGS please telephone Pool Reception (Alison Balcer or Andrea Honnery) on (07) 5559 7339
Cheques made payable to Somerset College.
All account enquiries should be directed to Andrea Honnery.
NEW SQUAD MEMBERS require an assessment by our Head Coach.
COACHING CLINICS run during all School Holidays.

OUTDOOR OLYMPIC POOL – HEATED (28°C) 50m x 25m – 10 LANES
INDOOR HEATED (31°C) LEARN TO SWIM POOL
LEARN TO SWIM CLASSES

Enjoyable aquatic environment familiarisation. Children are taught water safety first. The basics of freestyle, backstroke and breaststroke are then taught.

Mums and Bubs: 30 minute class
Pre-Tadpoles: 30 minute class
Tadpoles: 30 minute class
Jellyfish: 30 minute class
Rainbow: 30 minute class
Starfish: 40 minute class

Learn To Swim classes are available between 2.00pm and 5.30pm on weekdays as well as Wednesday, Friday and Saturday mornings. For bookings and enquiries please phone (07) 5559 7339

2016
TERM ONE
25 January to 24 March (9 weeks)
TERM TWO
11 April to 17 June (10 weeks)
TERM THREE
11 July to 16 September (10 weeks)
TERM FOUR
4 October to 26 December (8 weeks)

FEES
- Base rate per lesson (Somerset Students) – $14.00
- Base rate per lesson (Non-Somerset Students) – $16.00
Payments are required up front at the beginning of each term (calculated on the base rate per week)
- Cancellation policies apply
- Private one-on-one $50.00 per half-hour lesson
- Intensive holiday clinics are held between Terms

MASTERS SWIMMING

MASTERS AND FITNESS SQUAD
Offered to adult swimmers, surf swimmers, triathletes, school swimmers, and just for fitness. All abilities welcome from beginners to advanced. A social and active environment with stroke correction.
Monday, Wednesday, Friday (AM) 5.30am to 7.00am
Saturday mornings 6.30am to 8.00am
Fees Squad $7.00 Monthly Pass $60.00

ADULT FITNESS AND STROKE CORRECTION CLASS
Offered to adult swimmers of all abilities, from beginners to advanced. A social and active environment with stroke correction.
Classes run during school terms on the following days:
Monday, Wednesday, Friday (AM) 8.30am to 9.30am
Fees Squad $7.00 Monthly Pass $60.00

AQUA / DEEP WATER RUNNING
Excellent for all ages and fitness levels. Qualified instructors will take you through a variety of exercise routines guaranteed to give you a good workout and a lot of fun.
Classes run during school terms on the following days:
Tuesday and Friday (AM) 8.00am to 9.00am
FEES
- Aqua 10 Sessions Pass
Non-Somerset $8.00 $70.00
Somerset Concession $7.00 $60.00

SWIM CLUB INFORMATION
Somerset Swim Club is open to all members of the public and invites swimmers and their families to join.
The Club has race nights every second Friday evening during Term Four and Term One. Swimmers are awarded points during the club night season based on their own performances and attendances. Barbeque and canteen facilities are available each night. Members can attend social functions, invitational meets with other local clubs and club championships throughout the year. The club also hosts its own major meets each season.

FOR MEMBERSHIP INFORMATION – PLEASE CALL Pool Reception on (07) 5559 7339.

HEAD COACH
FORREST BUTCHER
- Silver Level Qualified Coach
- Combined Bachelor Exercise Science and Bachelor Business (Sport Management). Master of Business Admin. Dip Ed
- Swimming Scholarship, University of Iowa, USA
- National Age Group Gold Medallist ‘90, ‘91, ‘93, ‘94
- National Open Medallist ‘95
- Finalist World University Games-200m Backstroke ‘95
- Australian team member ‘91 (Age Group), ‘95 (Open)

Somerset Drive Mudgeeraba Queensland 4213 Australia
Telephone and Facsimile: (07) 5559 7339
www.somerset.qld.edu.au/swimming-academy
Car parking next to pool at rear of Somerset College. Access from Somerset Drive via Wyangan Gate entrance