2 February

Last Friday the annual MBBC Swimming Carnival was held at the MBC Pool. From this carnival a number of students were identified as having the potential to make the CIC Swimming Team to represent MBBC at the annual CIC Swimming Championships.

A CIC Swimming Handbook and letter was sent home with these students outlining information about training, Lead-up Meets, selection and commitment in the CIC Team and a range of other information.

I would like to highlight that to be picked in the CIC Swimming Team swimmers are required to attend the ‘CIC Swimming training session’ held at the MBC Pool on Monday from 6:45 am to 7:30 am and swim at least two other swimming sessions per week. The extra two sessions can be in the form of:

- Your current swimming squad at MBC or elsewhere, or
- With the MBC Andrew’s Cup swimming squad. This training is free and is held every afternoon of the week from 3:15 pm to 4:00 pm. If you would like to participate in this training you simply need to email me (pincottj@mbbc.qld.edu.au) which days you will train so I can alter the MBC swimming staff.

The first Lead-up Meet will be held at Marist Brothers Ashgrove. Warm-ups will begin at 4:00 pm with the first race commencing at 4:30 pm. Please make yourself known to Miss Ryan (under 9 and 10 manager) and Miss Nafranowicz (Under 11, 12 and 13 manager) when you arrive. Please see the attached invitation for information about the Lead-up Meet.

Mr Jack Pincott

Primary School Sports Coordinator

Swimming Photos

If you have any photographs from the Lead-up Swimming that could be included in the Yearbook or weekly swimming newsletter, please email, or send on a CD, these photographs to Mr Pincott (pincottj@mbbc.qld.edu.au).

Monday Morning Swimming Training

Students are asked to arrive at 6:30 am to be ready for swimming at 6:45 am. A bus will be provided to transport the boys back to MBBC after this training session.
CIC SWIMMING
Lead-up Meet 1

Date: Friday 5 February 2010
Venue: Marist College, Ashgrove

ORDER OF EVENTS

1 50 metres Breaststroke (unlimited) 10 Years to 13 Years
2 50 metres Backstroke (unlimited) 10 Years to 13 Years
3 50 metres Butterfly (unlimited) 10 Years to 13 Years
4 50 metres Freestyle (unlimited) 10 Years to 13 Years

NB: U/9 to swim with U/10s

TIMING OF EVENTS

Warm Up 30mins 4:00pm – 4:30pm
Start First Race 4:30pm
Expected Finish 6:00pm

LANE DRAW

Lane 1 Brisbane Grammar School (BGS)
Lane 2 Anglican Church Grammar School (Churchie)
Lane 3 Marist Brothers (Ash)
Lane 4 St Laurence’s College (SLC)
Lane 5 Iona College
Lane 6 Nudgee College
Lane 7 Padua College
Lane 8 MBBC

Additional Notes

There will be 2 swimmers in the water at once for all 50m events and each school is provide two time keepers for their nominated lane.

BBQ and canteen will be operating.

There is parking for cars on Des Connor Flat 5 which is accessible by entering through Glenlyon Drive. There will be no parking for vehicles except on Des Connor Flat 5. Buses must enter via the Frasers Rd entry and drop swimmers off at the bus shelter behind the Main Oval.