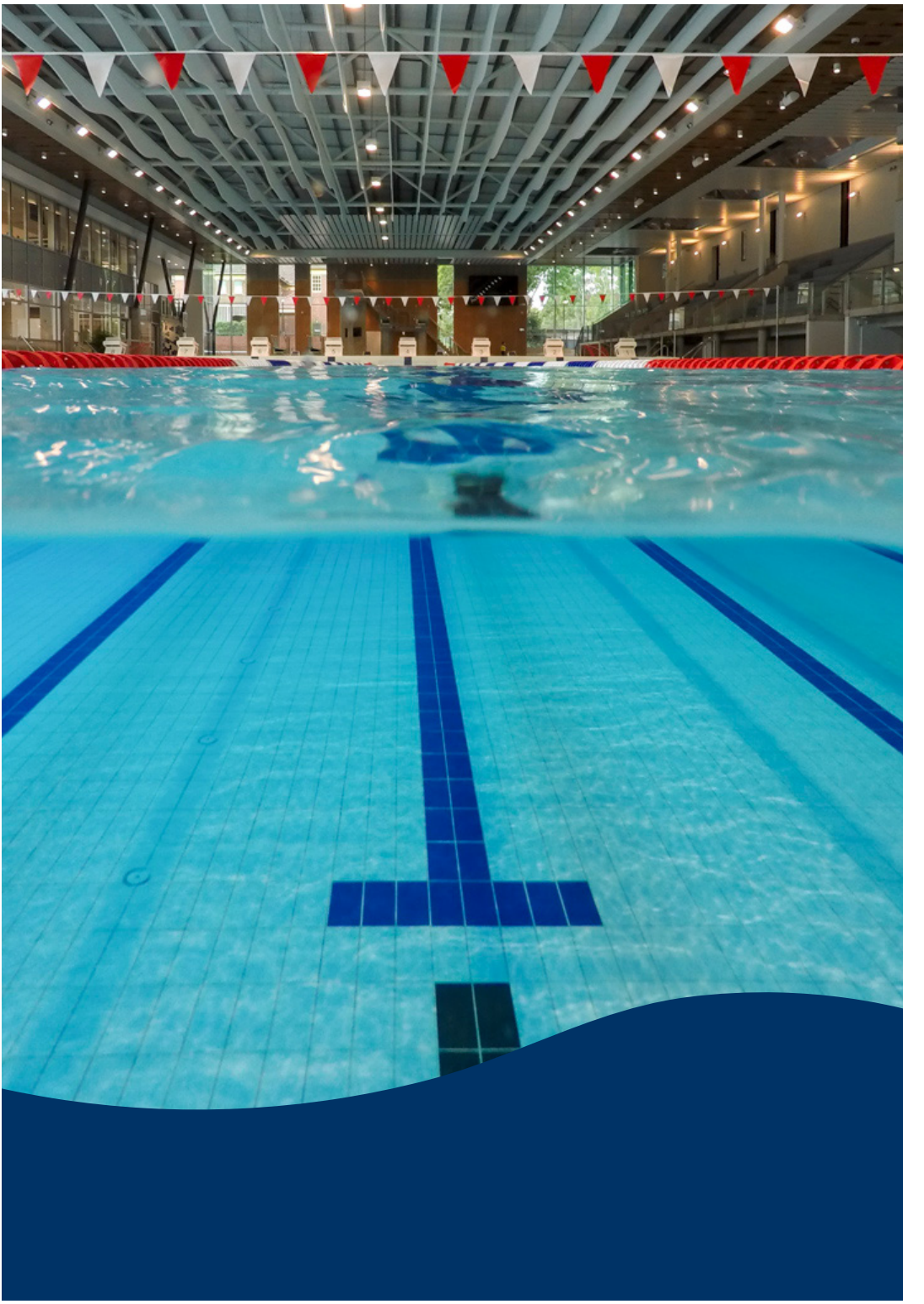
Pymble Swimming

Pymble Ladies' College

SQUADS



www.pymblelc.nsw.edu.au/swimming



Contents

Introduction	4
Message from the Head Coach	6
History of *Pymble* Swimming	7
Roar squad	8
Pride squad	9
Engine squad	10
Cadet squad	11
Star squad	12
Mini squad	13
Swim stream program	14
Racing	15
School representative swimming	16
Meet the team	18
Support staff	25
Locations	27
Communications	27
Strength and conditioning sessions	27
Swimming camps and tours	28
Uniform	28
Code of conduct	30
College values	31
FAQ	33



Introduction

Pymble Ladies' College welcomes swimmers, parents and supporters to our swim program.

Our Vision: To be a world-leading swimming program for athletes of all abilities and aspirations with a focus on pathways to elite performance.

At *Pymble*, we coach with heart and purpose to develop strong swimmers and stronger people. Our program is built on four key pillars.



SQUAD TRAINING PROGRAM

Structure | Philosophy Pathway | Facilities

A clearly defined, progressive training system develops swimmers from grassroots to elite levels through modern coaching, world-class facilities, evidence-based programming and clear squad criteria. The program prioritises technical mastery, skill acquisition, race specificity and age-appropriate training loads aligned with capacity and power development. Guided by long-term athlete development, every swimmer's journey promotes fun, belonging, camaraderie, confidence and a lifelong connection to swimming.



COACHING TEAM AND SUPPORT STAFF

Expertise | Diversity Development | Passion

Our coaching and performance team combines high-level qualifications, lived experience and ongoing professional development. We are a collaborative, passionate and diverse group committed to athlete-centred coaching and excellence in swimmer development. Coaches lead squads aligned with their expertise, ensuring purposeful, consistent delivery across all levels. Specialist staff, including biomechanists, physiotherapists, strength and conditioning coaches and wellbeing professionals, provide holistic support.



COMPETITION PATHWAY

Club | School | Performance Goals | Opportunities

A dual-stream competition pathway integrates both club and school swimming, creating frequent, meaningful racing opportunities across all levels, from local meets to national championships. The pathway promotes individual progression through a team lens, balancing personal bests with collective performance outcomes. Athletes set short- and long-term goals, informed by data and coaching feedback, while strategic planning supports peak performance, representative honours and sustained success together.



CULTURE

Values | Communication Wellbeing | Legacy

A values-driven, inclusive, high-accountability culture ensures every swimmer feels seen, supported and challenged. Grounded in the College values of Care, Courage, Integrity, Respect and Responsibility, we prioritise wellbeing, gratitude, presence, respectful parent engagement and transparent communication. Rooted in proud traditions and guided by a future-focused vision, our culture builds resilience, personal growth, pride, and a lasting love for swimming, shaping confident, connected young people.

Message from the Head Coach



Hi team, and welcome to our unique, exciting and excellent swimming program!

I'm delighted to lead our incredible swimming program, which proudly supports an exciting and bold vision for the future. At *Pymble*, we are fortunate to offer a strong, professional and performance-driven environment while equally supporting those who swim for fitness, fun and connection.

We are passionate about creating an environment where every swimmer feels welcome, supported and inspired. Our experienced coaching team, dedicated support staff and world-class facilities ensure that every child has the opportunity to thrive.

As a school-based program, we have the unique capacity to offer high-quality coaching with a holistic and wellbeing-focused approach that has the support of Pymble's outstanding teaching and executive teams. From our junior squads through to athletes striving for Olympic success, we offer a pathway unlike any other.

This handbook has been created to help guide you through our squad structure and active and engaged member of the Knox *Pymble* Swim Club. We encourage open communication with our team, and parent involvement at events, to build strong relationships between families, athletes and coaches.

We are excited about the bright future ahead and warmly welcome you to the Pymble Ladies' College swimming community. We wish you every success and happiness in and out of the water.

Mrs Leanne Speechley
HEAD COACH – SWIMMING

History of *Pymble* Swimming

1926

Swimming began as a sport at Pymble Ladies' College on 19 March 1926, when the first pool was opened. It was built to the Olympic standards of the time and measured 11 metres wide and 33.3 metres in length. This was an exciting new addition to the College and the girls all enjoyed having a splash once the opening ribbon was cut.



Mina Wylie taught swimming at the College for 42 years from 1928. An Olympic silver medallist at the 1912 Stockholm Games, she was one of Australia's first female Olympic swimmers. From 1906 to 1934, she won 115 state and national titles and held world records in three strokes.

1983

In 1983 on Speech Day, the Jeanette Buckham Centre for Physical Education was opened. The pool was extended from 33 to 50 metres and proper diving facilities were added. Solar panels were installed to generate the pool's heating, and lighting was fitted for night and twilight swimming.





2016

To commemorate the College's centenary, the Braith Williams Aquatic and Fitness Centre opened on 8 April 2016. This major redevelopment included a 50-metre indoor pool and Learn to Swim facility built to world-class standards, along with a car park beneath Mollie Dive Field and a new gym.

Pymble Swimming has continued to be a dominant force in schoolgirl and club swimming ever since, with accolades including igsa Championships, National Championships and Australian representatives. We have a strong sense of belonging to our swimming history and will endeavour to continue this success into the future, by helping our students weave their own thread of *Pymble* Swimming history.



Roar squad

This squad consists of our top tier National Age or Open swimmers who have demonstrated the potential for a performance pathway into NSW and Australian team selection. The swimmers in this squad are coached by the Head Coach and work closely with the Pride Squad. This squad is part of our Competitive Stream.

Focus

- Stroke and skill improvement
- Capacity and power progression
- Event-specific training
- Periodised planning.

Entry Criteria

- Head Coach selection.

Commitment Criteria

- Attend six or more individually tailored training sessions per week (including two gym sessions).
- Demonstrate adherence to a performance lifestyle including planning, nutrition, communication, recovery and accountability.
- Students specialise in swimming and are fully committed to a year-round training program.
- Enter and compete in all meets as outlined by the squad coach.
- Be a positive role model for all swimmers and adhere to the *Pymble* values.

Transitions

A Roar cohort will continue through to an open/alumni group as part of the high-performance hub. Where appropriate, alternative high-performance pathways will be explored for selected athletes.



Pride squad

This squad consists of students in Year 10 and above. The students specialise in swimming and are performance focused. The squad consists of qualifying students who meet the entry criteria outlined below. They are aiming to improve their current National Age or Open rankings and make NSW and Australian squad and team selection. This squad is part of our Competitive Stream.

Focus

- Stroke and skill improvement
- Capacity and power progression
- Event-specific training
- Periodised planning.

Entry criteria

- National Age
- Para Open
- National Open.

Commitment criteria

- Attend seven or more training sessions per week (including two gym sessions).
- Demonstrate adherence to a performance lifestyle, including planning, nutrition, communication, recovery and accountability.
- Students specialise in swimming and are fully committed to a year-round training program.
- Enter and compete in all meets as outlined by the squad coach.
- Be a positive role model for all swimmers and adhere to the *Pymble* values.

Transitions

- A Pride cohort will continue through to an open/alumni group as part of the high-performance hub. Where appropriate, alternative high-performance pathways will be tailored for selected athletes.
- Movement to Swim Stream on the basis that the student would like to pursue alternative development within the sport of swimming.



Engine squad

This squad consists of qualifying students in Years 7 to 10 who meet the entry criteria outlined below. They are aiming to improve their current state rankings, National Age qualifications and improved National Age rankings. This squad is part of our Competitive Stream.

Focus

- Individual medley and main events
- Stroke and skill improvement
- Endurance and speed progression
- Race-pace training
- Seasonal planning.

Entry criteria

- Senior State (three events).

Commitment criteria

- Attend five or more training sessions per week.
- Enter and compete in all meets as outlined by the squad coach.
- Be a positive role model for all swimmers and adhere to the *Pymble* values.

Transitions

- Progression into the Pride or Roar Squad upon assessment, attainment of the entry criteria and meeting training commitments.
- Movement to Swim Stream on the basis that the student would like to pursue alternative development within the sport of swimming.



Cadet squad

This squad consists of qualifying students in Years 5 to 7 who meet the entry criteria outlined below. They are aiming for Senior State qualification whilst improving their current Junior State rankings. This squad is part of our Competitive Stream.

Focus

- Individual medley-based
- Stroke and skill improvement
- Endurance development
- Speed training.

Entry criteria

- Junior Metro (three or more events)
- Junior State (two or more events).

Commitment criteria

- Attend four or more training sessions per week.
- Be a positive role model for all swimmers and adhere to the *Pymble* values.
- Show consistency and punctuality, and maintain good communication with the coach.

Transitions

- Progression into the Engine Squad upon assessment, attainment of the entry criteria and meeting training commitments.
- Movement to Swim Stream on the basis that the student would like to pursue alternative development within the sport of swimming.



Star squad

This squad will consist of qualifying students in Years 4 to 6 who meet the entry criteria and test-set criteria. They will be aiming for Junior Metro and State qualification whilst gaining experience at the SMNE area level. This squad is part of our Competitive Stream.

Focus

- Individual medley-based
- Stroke and skill development
- Introduction to endurance
- Speed training.

Entry criteria

- Achieve SMNE qualification.

Commitment criteria

- Attend three or more training sessions per week.
- Be willing to learn and adhere to the *Pymble* values.
- Show consistency and punctuality, and maintain good communication with the coach.

Transitions

- Progression into the Cadet Squad upon assessment and attainment of the entry criteria.
- Movement to Swim Stream on the basis that the student would like to pursue alternative development within the sport of swimming.



Mini squad

This squad consists of qualifying students in Years 2 to 5 who meet the entry criteria and test-set criteria. They will be aiming for SMNE qualification whilst gaining experience at the club level. This squad is part of our Competitive Stream.

Focus

- Individual medley-based
- Stroke and skill development
- Squad training etiquette
- Introduction to speed training.

Entry criteria

- Completed Tiger Shark exit criteria from Learn to Swim.
- Be assessed by a squad coach to join.

Commitment criteria

- Building to three or more training sessions per week.
- Learn the *Pymble* squad values.
- Show consistency and punctuality.

Transitions

- Progression into the Star Squad upon assessment and attainment of the entry criteria.
- Movement to Swim Stream on the basis that the student would like to pursue alternative development within the sport of swimming.



Swim Stream program

The Swim Stream program is for *Pymble* students and their siblings to enjoy swimming as a recreational activity, improve general fitness, increase water confidence or to complement another sport. There are two Swim Stream squads to choose from: Swim Junior and Swim Senior.

	SWIM JUNIOR	SWIM SENIOR
Minimum commitment	One 45-minute session per week	One 60-minute session per week
Sessions available	7 (*Pymble*) / 5 (externals)	7 (*Pymble*) / 5 (externals)
School year	Years 3 to 6	Years 7 to 12
Entry criteria	Completed Tiger Shark criteria Respectful training attitude	Capable of session content Respectful training attitude

* Swimmers can attend as many sessions as they wish each week.

Racing: Knox Pymble Swim Club

2025 Australian Age Champions

Knox Pymble Swim Club

The Knox *Pymble* Swim Club (KPSC) combines the talents of swimmers and families from Pymble Ladies' College and Knox Grammar School. KPSC caters for a wide variety of swimmers from those just out of Learn to Swim through to the elite level. The club is affiliated with Swimming NSW and is in the Sydney Metropolitan North East Region (SMNE).

In all Competitive Stream squads, swimmers must be members of the KPSC to race and become familiar with competition. Click here for instructions on how to join the club, along with contact details should you require assistance. Please note: membership must be completed as soon as possible after joining a Competitive Stream squad.

As swimmers progress through competitive squads, different meets will be targeted as follows:

	MINI	STAR	CADET	ENGINE	PRIDE/ ROAR
School Carnivals and Selection Meets	✓	✓	✓	✓	✓
Pymble Race Space	✓	✓	✓	✓	✓
Knox *Pymble* Swim Club Meets	✓	✓	✓	✓	✓
Local Development Meets	✓	✓	✓		
Local Invitational Meets	✓	✓	✓	✓	✓
Speed Sprint Series		✓	✓	✓	
SMNE (Area) Championships		✓	✓	✓	✓
NSW Metropolitan Championships		✓	✓	✓	✓
NSW Junior State Championships		✓	✓		
NSW Senior State Championships			✓	✓	✓
NSW Open State Championships				✓	✓
Australian Age Championships				✓	✓
Australian Open Championships					✓
Australian Trials					✓

Swimmers compete regularly in races, or 'meets', in order to test their progress, have fun and gain competitive experience. The racing season is roughly divided into two seasons:

- Club short-course racing season – Terms 2 and 3.
- Club long-course racing season – Terms 1 and 4.

School Representative Swimming

Students at *Pymble* have the opportunity to represent the College through the school representative pathway. The Independent Girls' Schools Association (igsa) carnivals are cornerstone events on the school sporting calendar for both Junior and Secondary School students. *Pymble* is proud to be a consistent and competitive force within these prestigious competitions.

For Secondary students, the carnival held annually between leading NSW independent schools is a true team event – highly strategic in nature and centred on collective performance. Success is measured not by individual medals or records, but by the accumulation of points that contribute to the overall team result. *Pymble* has a proud track record in this arena, having secured multiple igsa titles, including our most recent victory in 2026. We also have a rich history of swimmers progressing through the pathway to NSWCIS, NSW All Schools and the School Sport Australia championships.

Beyond performance, igsa represents something far greater. It is a privilege to be selected for the *Pymble* team – an honour that reflects commitment, character and contribution to our program. The event unites the girls in a way few others do, fostering pride, connection and a powerful sense of belonging.

For Junior School students, the Junior igsa Carnival provides a pathway for our fastest girls to compete against students from other schools. Whilst swimmers compete individually, *Pymble* is often a dominant force within the relays, achieving fantastic results and progressing through the representative pathway.

The top swimmers from the igsa Carnival are selected to compete at NSWCIS where they can then progress to PSSA and the School Sport Australia championships.




MARY WEBSTER CUP
SWIM AUS



Meet the team



Head Coach

Mrs Leanne Speechley
lspeechley@pymblelc.nsw.edu.au

The Head Coach oversees the implementation of all training programs at *Pymble*, mentors and supports the coaching team, and provides expert guidance to swimmers to support their development. The Head Coach also actively coaches the selective Roar Squad.

Coaching experience

With more than 30 years of coaching experience, I have worked across the full athlete pathway from Learn to Swim to World Championship level. I developed professionally in country NSW within a program that consistently produced Olympians for 15 years, served on the New Zealand Open team in high-performance environments and led three school swimming programs to success at both school and club level.

Qualifications

Performance Swim Coaching Licence – Swimming Australia
Bachelor's Degree in Sport Science (Exercise Science) – UNSW
Certificate IV in Strength and Conditioning
Certificate IV in Elite Athlete Wellbeing – Wellbeing Science Institute
Level 1 Certificate in Holistic Movement – Holistic Pro Health.

Proudest achievement

Placing a swimmer on an Australian Junior team and being selected with one of my swimmers to the New Zealand Open World Championship team are amongst my proudest achievements. Having swimmers win national medals every year since I began coaching is a proud track record. Even bigger than this is hearing from past athletes how I have positively impacted their lives.

Coaching philosophy

I value hard work, technical excellence and consistent skill development, supported by an environment where athletes feel guided, empowered and excited to pursue big goals. Above all, I enjoy seeing their growth through the love, unity and challenge of the great sport of swimming.

Personal swimming background

I began swimming at eight and reached National Age level by 15, but stepping away too early shaped my passion for helping swimmers stay committed and chase their dreams. Swimming has given me lifelong friendships, strong health foundations and skills like discipline and team building and it continues to give back through coaching, connection and personal growth.

Meet the team



Coach

Mr Rafael Rodrigues
rrodrigues@pymblelc.nsw.edu.au

Coaching experience

My coaching experience includes more than 27 years of experience in education and sport, including 20 years coaching across all swimming levels. From Learn to Swim, where my coaching journey began, through to junior development, state, national, para swimming and most recently with the Pride squad, I focus on athlete. I focus on athlete development, performance culture and long-term progression.

Qualifications

Advanced Swim Coaching Licence – Swimming Australia
Bachelor of Education in Physical Education – Brazil
Postgraduate Qualification in Sport and Exercise Science – Brazil
AUSTSWIM Learn to Swim Teacher and Assessor
Holistic Movement and Surf Movement Certification (Level 1).

Proudest achievement

My proudest achievements include: being selected as Team Coach for the Australian Dolphins Swim Team (Coach #C167) at the 2026 Para Pan Pacific Championships, marking my first international representation as a national team coach; supporting swimmers to achieve state, national and Australian Dolphins team selection, including the development of para-athletes to international level; and contributing to *Pymble's* success at club, school and national level while fostering a positive, accountable squad culture focused on development, resilience and teamwork.

Coaching philosophy

Consistency, accountability and team-first values underpin my approach. I aim to create an environment where swimmers are supported but challenged to grow, not just as athletes but as people. I believe success comes from hard work, respect, clear communication and a shared commitment to excellence.

Personal swimming background

Originally from Brazil, my passion for swimming began at university where I started teaching swimming. Having grown up surfing, the water has always felt like home. My background in education and sport has led to a coaching career focused on developing swimmers of all ages and abilities.

Meet the team



Coach

Mr Jarrod Bell
jarbell@pymblelc.nsw.edu.au

Coaching experience

I am currently in my eighth year of coaching. During this time, I have taught higher-level Learn to Swim students and coached Mini Squad to National Age level athletes. I have been fortunate to gain a wealth of experience from working in club-driven squad programs and school-based programs.

Qualifications

Bachelor of Sports Management
Advanced Swim Coaching Licence – Swimming Australia
Strength and Conditioning (Level 1).

Proudest achievement

One of my proudest moments was coaching an athlete to her first national medal, an achievement that also marked my first national medal as a coach. Alongside milestones like these, seeing my athletes grow in confidence, both in and out of the water, is equally rewarding. Watching them become more resilient, back themselves and achieve goals they once thought were out of reach is what makes coaching so fulfilling.

Coaching philosophy

I am grounded in the belief that strong daily habits lay the foundation for long-term success. I love coaching because of the journey: watching athletes grow in confidence, resilience and belief in themselves.

Personal swimming background

I have been a swimmer since a very young age, from early Learn to Swim levels. During my teenage years, I began to involve myself more in competitions, including three National Age Championships in breaststroke and individual medley events, and achieved multiple state medals.

Meet the team



Coach

Miss Sara Petronzio
spetronzio@pymblelc.nsw.edu.au

Coaching experience

I have been coaching competitive swimming for more than eight years, working with a wide range of age groups from junior development squads to national-level athletes. My experience includes coaching at club, school and representative levels, with a strong focus on technical development, team culture and athlete wellbeing.

Qualifications

Development Coaching Licence – Swimming Australia
Certificate III and IV in Fitness.

Proudest achievement

My proudest achievement as a coach is seeing the long-term development of my swimmers, not just in their performance, but in their confidence, discipline and love for the sport. Whether it is helping a swimmer qualify for their first state team, win a medal, overcome a personal hurdle, or simply enjoy racing again, those milestones remind me why I love coaching. Being part of their journey and knowing I have had a positive impact on their growth is incredibly fulfilling.

Coaching philosophy

My coaching philosophy is centred around building a positive, inclusive and motivating environment where swimmers feel empowered to push themselves, support each other and grow through challenges. I believe in long-term development, focusing on technique, discipline and self-confidence.

Personal swimming background

I started competing at a very young age and fell in love with the water straight away. My main sport was Finswimming and I had the honour of representing my country at several international competitions, including multiple World Championships. One of my main events was the 50-metre underwater, which became a true passion of mine.

Meet the team



Coach

Mr Rohan Bright
rbright@pymblelc.nsw.edu.au

Coaching Experience

I have been coaching since 2019, and I have coached swimmers to district, metropolitan and state level.

Qualifications

Development Coaching Licence – Swimming Australia

Proudest achievement

Coaching my first swimmer to achieve their first state time.

Coaching philosophy

My coaching philosophy is to develop athletes not only in their physical abilities but also as responsible, confident and resilient individuals. I believe coaching is about building strong relationships, teaching life lessons through sport and creating an environment where athletes can grow both in and out of the pool.

Personal swimming background

I am a former Australian Dolphin and swam for Australia at the 2018 Commonwealth Games on the Gold Coast and the 2018 Para Pan Pacs in Cairns.



Meet the team



Coach

Miss Nicola Johnston

nicola.johnston@pymblelc.nsw.edu.au

Coaching experience

I have been working at *Pymble* since 2022, coaching across Learn to Swim, Water Polo and squads. Throughout this time, I have worked with swimmers of varying ages and ability levels, supporting both foundational skill development and competitive progression.

Qualifications

AUSTSWIM Teacher of Swimming and Water Safety
ASCTA Foundation Coach

Proudest achievement

Coaching a swimmer from Learn to Swim through to her first state qualifying time in squads.

Coaching philosophy

My coaching philosophy is to foster a love of swimming while building the skills, confidence and mindset needed to transition into competitive racing.

Personal swimming background

Swimming has been a part of my life since the age of three. I joined the Knox *Pymble* Swim Club at nine and went on to train and compete throughout my time as a *Pymble* student.



Meet the team



Swimming Administrator

Mrs Monique Zahra

mzahra@pymblelc.nsw.edu.au

As Swimming Administrator, I oversee the day-to-day operations of the swimming program and serve as the primary point of contact for parents and students while supporting the coaching team to deliver a high-quality experience both in and out of the pool.

Experience

I have worked in the Co-curricular department at *Pymble* for more than ten years. I began in sports administration before moving to become the Manager of Aquatic Sports where I co-ordinated the Swimming, Diving, Water Polo and Sailing programs. After maternity leave in 2019, I returned to the administration side of the department before spending five years as the Head of Co-curricular Administration, and more recently as the Co-curricular Operations Co-ordinator. When the opportunity came up to return to *Pymble Swimming*, I was incredibly excited to get back to the pool and into the aquatics team again.

Work philosophy

I believe great programs are built on clear communication, strong relationships and the behind-the-scenes work that allows coaches and athletes to focus on what they do best. My role is to make things run smoothly so that swimmers can swim, coaches can coach and families feel informed and supported every step of the way.

Personal swimming background

I swam competitively as a child and continued throughout my teenage years, competing at state level. Though my days in the pool are behind me, the experience left me with a genuine love for the sport and a deep appreciation for what swimmers put into their training. It is part of why I am so glad to be back in the pool environment.



Support staff

Director of Sport
Mr Adam Raw
araw@pymblelc.nsw.edu.au

Head of Athletic Development
Mr Jack Pennington
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Biomechanist
Miss Stevie Lillis
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Head of Sport – Aquatics
Mr Matt McSorley
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Co-curricular Administration
ccsa@pymblelc.nsw.edu.au


PYMBLE LADIES' COLLEGE
SYDNEY

Locations

Swimming sessions

All swimming sessions are conducted in the Braith Williams Aquatic and Fitness Centre, Pymble Ladies' College.

Meets

The most common locations for meets other than our home pool are:

Knox Grammar School

2 Borambil Street
Wahroonga NSW 2076

Sydney Olympic Park Aquatic Centre (SOPAC)

9 Olympic Boulevard
Sydney Olympic Park NSW 2127

Strength and conditioning sessions

All gym sessions are conducted at the Braith Williams Aquatic and Fitness Centre and are led by Mr Jack Pennington, Head of Athletic Development. The aim of these sessions is to enhance each student's cardiovascular fitness, flexibility, posture, mobility and core strength, ultimately supporting faster and more efficient swimming performance. Programs are bespoke to the specific needs of swimmers and carefully designed to prepare athletes for racing while reducing the risk of injury. All programs are periodised in alignment with the competitive season and developed collaboratively with squad coaches to ensure seamless integration between land-based training and in-water performance.

Biomechanist

All biomechanical sessions are conducted by our biomechanist, Stevie Lillis. These include underwater and above-water filming, stroke correction, stroke analysis and a focus on improving technique and skills. They are conducted in collaboration with the coaching team.

Communications

The primary line of communication is between swimmers and their squad coaches, with swimmers encouraged to ask questions, seek feedback and discuss race entries.

Parents are also encouraged to communicate with coaches to support a team-based approach.

The Swimming Administrator will provide students and families with important information via email.

This handbook will assist families with planning and understanding the swimming program. Any changes to dates will be communicated in advance. For questions throughout the season, please contact the Swimming Administrator.

Swimming camps and tours

Camps are an important component of the program. Each squad develops team spirit, squad cohesion and a high level of fitness and skill during this time. It is important that swimmers attend their respective camps. We hope that this early communication of important dates will make it easier for families to avoid schedule clashes. Separate camp and tour letters with booking links will be provided for any tours.

1. **igsa camp:** During the January holidays, the igsa representative team attends a short camp within NSW to build teamwork and cohesion.
2. **Performance tour:** Annually (in the July or October holidays). Selected squads will be offered the opportunity to travel on a domestic or international tour to visit world-class facilities, experience other training environments and to build performance capabilities ahead of upcoming targeted meets. This is generally aimed at the senior groups in the program.
3. **National competitions:** Competitions such as the Australian Championships and National Trials are often held interstate. They are supported by KPSC for club events and Pymble Ladies' College for school events.

Uniform

The Pymble Ladies' College and Knox *Pymble* Swimming Club (KPSC) uniforms are a symbol of the College's and club's identity and should be worn with pride. *Pymble* students are expected to be properly attired in full *Pymble* sports uniform whilst competing, training, travelling to and from school and representing the College. Non-*Pymble* students are expected to wear the KPSC uniform when competing and training.

At gym sessions, all squad members are required to wear their Pymble Ladies' College sports shirt (for *Pymble* swimmers) or the KPSC club shirt (for non-*Pymble* swimmers).

All squad swimmers are expected to bring their swim training kit to each training session. The swim training kit includes fins, pull buoy, paddles, sponge, snorkel and technological devices.


PYMBLE LADIES' COLLEGE
SYDNEY

Code of Conduct

Students must:

- Abide by the College rules.
- Display a high level of sportsmanship.
- Be a positive role model to all other team members.
- Display modesty in victory and graciousness in defeat.
- Wear the correct uniform to all sessions.
- Attend all required training sessions.
- Communicate directly and immediately to the Head Coach if any training session or competition is to be missed.

Parents should at all times consider the following:

- Remember that children learn best by example.
- Support your child with love, compassion and encouragement.
- Trust the process and avoid discussing outcomes.
- Encourage your child to play within the rules and respect the officials.
- Applaud and support good performances by *Pymble* swimmers and their opponents in a reasonable and polite manner.
- Focus on your child's efforts and improvement – not necessarily the result.
- Ensure your child is punctual and has the necessary equipment and uniform.
- Communicate directly with your child's coach and/or the Swimming Administrator if you need to miss any training, competitions or camps.
- Please give coaches space on competition days.
- Never use profane language or harass the swimming staff.
- Please attend the final 15 minutes of training only, so swimmers can experience a sense of freedom to build trusting relationships with their coach and teammates without distraction or perception of external pressure.
- From a wellbeing perspective, consistency is essential to safe workload management and swimmer development. Training across multiple programs can increase fatigue, mental load and confusion from mixed coaching approaches. At *Pymble*, we carefully monitor swimmer workload, provide consistent technical guidance and prioritise strong coach-swimmer relationships. For this reason, *Pymble* squads are open only to swimmers who train exclusively within our program.

Our College values are always in play



Care is demonstrated by:

- showing compassion and consideration for all your teammates;
- treating your teammates, the opposition and staff with fairness and courtesy;
- treating College property, equipment and grounds with care and pride;
- and practising self-care.



Courage is demonstrated by:

- giving your best effort;
- trying something new;
- making the most of your opportunities;
- not over-committing yourself;
- meeting the challenges of your weekly schedule;
- and always modelling appropriate behaviour and encouraging others to do so.



Integrity is demonstrated by:

- being honest and truthful;
- playing by the rules;
- and giving your best effort to the program and your team.



Respect is demonstrated by:

- appreciating the gifts, talents and uniqueness of others;
- greeting visitors to the College;
- demonstrating pride in the sports uniform by wearing it correctly;
- accepting the decisions of umpires and officials;
- and asking for feedback from the Sports Co-ordinator or Head Coach about team selections if you are unsure.



Responsibility is demonstrated by:

- being punctual to training and matches;
- informing your sports Co-ordinators in advance and in writing if you cannot attend training or matches;
- and ensuring your schedule works for you and your team.


PYMBLE LADIES' COLLEGE
SYDNEY

FAQ

Q. Do you accept swimmers who don't attend Pymble Ladies' College?

A. Yes. External swimmers are welcome in the competitive squads provided they meet the entry and performance criteria. Female siblings of *Pymble* students may join the Swim Stream program.

Q. Do you cater for multi-class swimmers?

A. Yes. We have several multi-class swimmers in our program, including some who have represented Australia. The same squad entry criteria apply, and placement is confirmed through an assessment with our coaches.

Q. How do I know which squad is right for my swimmer?

A. Squad placement is based on the entry criteria set out for each squad and is confirmed by an assessment.

Q. How do I apply for an assessment?

A. Contact our Customer Service team on +61 2 9855 7460 or at swimming@pymblelc.nsw.edu.au. *Pymble* students can also book directly at the Aquatic Centre reception. External applicants must complete an online form, which we use to determine eligibility for the program and, where suitable, arrange an assessment.

Q. How do swimmers progress through the squad program?

A. Coaches continuously assess progress against the entry criteria for the next squad and will let you know when a transition is being considered. Progress depends on physical growth, training commitment and how quickly technical skills develop – every swimmer's timeline is different.

Q. What happens during school holidays?

A. *Pymble* Swimming runs a separate holiday schedule, which may include regular sessions at different times from term time,clinics or camps.

Q. Does my swimmer need to join Knox *Pymble* Swimming Club (KPSC) to race?

A. Yes. All swimmers in a Competitive Stream squad must join KPSC as soon as possible upon joining the program to be able to attend competitions. Swimmers in the Swim Stream program may join KPSC if they wish to race, however, this is not compulsory.

Q. What allied health support is available for swimmers?

A. *Pymble* students have access to on-campus allied health support including physiotherapy, sports medicine and a dietitian. Contact our Head of Athletic Development, Mr Jack Pennington at jpennington@pymblelc.nsw.edu.au for more information. External swimmers are unable to access on-campus allied health options.

Q. Who do I contact for more information about *Pymble* Swimming?

A. For more information about our squad program or to book an assessment, please contact our Customer Service team on +61 2 9855 7460 or at swimming@pymblelc.nsw.edu.au

Pymble Swimming

Pymble Ladies' College

www.pymblelc.nsw.edu.au/swimming

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