THE WAY

TERM 3: THURSDAY 24 AUGUST 2017

TALENTED ATHLETES PROGRAM - SWIMMING

TAP Swimming program is held Monday and Friday 6am to 7.30am at the Whitlam Leisure Centre.

The TAP Swimming program is designed to identify talented students from Years 3 – 12 and offers an extensive training program to students who have represented Thomas Hassall Anglican College at the NASSA carnival level or above.

Days: Monday and Friday during the College term (except public holidays)
Time: 6am – 7.30am
Venue: Whitlam Leisure Centre - 90A Memorial Avenue, Liverpool
Cost: Fees will be charged per term
Transport: Parents are to make their own arrangements to get children to the pool for a 6am start. Students will be transported by mini bus to College at the conclusion of the session.

The squad-based sessions will be structured to adopt best practices and will focus on stroke development and correction, developing strength and endurance. Sessions will include race preparation, dives and turns.

Eligibility
The TAP Swimming program is offered to all students who competed at the NASSA Junior or NASSA Senior Swimming Carnival. However, if there is a talented swimmer who did not attend the College Swimming Carnival they may be assessed to be part of the program. If you would like more information about the TAP Swimming program, please contact Mrs Evans sevans@thac.nsw.edu.au

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Brochures are available at the College Office.

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