



## DEVELOP FITNESS

Swimming is a great form of cardiovascular exercise and good for muscle toning. It gives you an all over body workout because almost all of your muscles are used during swimming. And it's good for people who need to build fitness but go easy on their joints.



## IMPROVE SPEED

While some swimmers possess a greater degree of natural speed than others, a well planned training program can improve swimming speed and performance of all swimmers. So whether you're a competitive swimmer or simply wishing to keep fit, with regular training, we can help you get faster.



## IMPROVE TECHNIQUE

We will show you how to swim more smoothly and efficiently by learning to enhance your existing skills and helping you eliminate unnecessary movements that will slow you down. Good swim technique takes time to develop and regular practice to maintain.



## MAKE NEW FRIENDS

Swimming is a great way to make new friends. It's one of Australia's most popular sports and a healthy activity you can do for a lifetime. It's great if you're looking for an enjoyable and healthy way to spend some of your leisure time with friends.

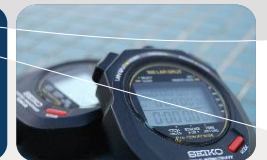
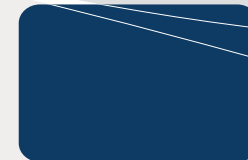
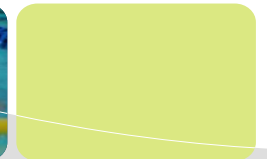


# PASSION FOR PERFORMANCE

## thompson swimming

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## thompson swimming



# PROFILE



Thompson Swimming was established in July 2006 under Lane Cove Head Coach, John Thompson.

The passionate team of coaches, working under Thompson's guidance, is committed to helping swimmers reach their full potential through attention to the technique and skills of each athlete.

We offer squads for swimmers of all ages and abilities:

- Age group
- Elite
- Triathletes
- Ocean swimmers
- Recreational

We work with the Lane Cove Swimming Club and train in the newly refurbished outdoor 50m pool and an indoor 25m pool at the Lane Cove Aquatic Centre.

Every swimmer no matter how young or old, whether they're new to squad training or are a seasoned competitive athlete is important to Thompson Swimming.

## Strategic Partners

- BlueFit
- Carlile Swimming
- St Joseph's College, Hunters Hill
- St Ignatius' College, Riverview
- The University of Technology, Sydney
- The Carlile Foundation

# TRAINING PROGRAM



- From those just out of junior learn to swim squads to the elite level
- From those seeking to keep fit to those wanting to compete at a high level
- From pool swimmers to triathletes and ocean swimmers

# SQUADS

## Junior



**Development**

## Competitive



**Bronze**



**Silver**



**Gold**

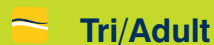
## Recreational



**Club**



**Swim Fit**



**Tri/Adult**



# OUR TEAM



## JOHN THOMPSON - HEAD COACH

John has been coaching since 1996 and has worked with some of Australia's most successful swimming coaches:

- John Bladon (MLC Marlins)
- Forbes & Ursula Carlile (Ryde-Carlile)
- Graeme "Grub" Carroll (Warringah)
- Rick Curl (Carlile)

He has coached national age group and open level champions, State champions and record holders and world class triathletes.

John was part of the team that redeveloped Ryde from top 100 in NSW to top 5 in four years.

John's key coaching influences come from Australian swimming master coaches, Forbes and Ursula Carlile. He believes in the importance of technique and skills throughout a swimmer's career and the need for specificity as the athlete matures.

In addition, one of the key ingredients to developing a successful swimmer and ultimately a successful club is to develop a positive training environment.



**JOHN THOMPSON**