



Mount Alvernia College
Simplicity, love, joy and respect for all creation



2009 Swim Team

The Mt Alvernia Swim Team started their training in Term 4, 2008 with the goal of improving on last year's results in their Catholic Secondary Girls School Swimming Carnival: Duhig & O'Donnell Cups with 9 catholic girls school competing for the cup.



The first half of the season saw an average 16 swimmers attending training sessions offered three times a week at their school pool. Their dedicated swimming coordinators, Mr Richard Rogers and Mrs Annette Butterworth, and their swim coach, Ms Alina Graham (Director of Qualified Aquatics), put their heads together to begin the transforming of the swim team.



Over the xmas holidays girls that were interested in being a part of the swim team participated in the first Mt Alvernia Swim Camp. This included a great attendance for new Year 8 students and session in and out of the pool. The camp also saw the birth of the new swim team name – Mt Alvernia Marlins.

The second half of the season saw the girls training four mornings a week with numbers averaging 30 at each session and 50 at the last training session before the big carnival. Swimmers participated in a number of swim meets as lead up. A majority of the girls produced personal best times throughout their training and at the lead up swim meets.

On the day, Mt Alvernia had a full team with every member that participated in the training program being a part of the swim team even if they were not swimming on the day. All girls swam amazing with a number of personal best times. Although Mt Alvernia placed 9th, this year it was only be 6 points.

Mr Rogers, Mrs Butterworth and Ms Graham are extremely proud of the efforts of the girls in their preparation and commitment for 2009. All the girls should be proud of their achievements also.



Go Mt Alvernia Marlins