

# OWN THE POOL

## with our Swimming Excellence Programs

Feel like you were born to swim? Some Queensland state high schools offer elite programs designed to help you reach your full potential in the pool.

With top-notch facilities and expert coaches, this is your chance to set the stage for future success.

# SWIMMING

## Ready to dive in?

As part of the Health and Physical Education (HPE) curriculum, our swimming programs provide:

- High-performance coaching, strength and conditioning
- Competition opportunities to develop your technique, endurance, speed, and race strategies
- Focus on sports nutrition, injury prevention, recovery techniques, goal setting, and sports psychology
- Exposure to all facets of the sport, from officiating and coaching to event management



**LEARN  
MORE**

## MASTER YOUR TECHNIQUE

Work with experienced coaches and focus on stroke refinement, starts and turns, race pacing, and dryland strength training. Some schools also offer successful students a Certificate II or III in Sport and Recreation as part of their studies in Years 10 and 11.

## UNLOCK YOUR FUTURE

Graduates get the chance to compete at state, national, and international levels, pursue tertiary studies in sports science, or explore careers in swimming, coaching, and sports administration.