



## SWIMMING METRO SOUTH EAST DEVELOPMENT COMMITTEE

# **D DEVELOPMENT SQUAD 2009 FINAL REPORT**

### **D Development Squad Project Coordinator**

MetSEA Development Committee.

Convener	John Aitken	BSC Rockdale
Coordinators	Ros Moller	Cronulla
	Sharon Fulcher	Carss Park
	John Bladon	MLC Marlins

### **Head Coaches:**

John Widmer	Shire Sharks	9-10yrs age group
Vanessa Smith	Sydney University	11-12yrs age group
Terry Noel	N C Aquatic	13-18yrs age group
Frank Preston	MLC Marlins	Head Coach in residence at MLC Aquatic Centre during Group rotations.

### **Aims and Goals**

As stated in previous reports it is the Aim of the Development Committee to encourage and promote swimming at all levels to the vast number of swimmers who make up Swimming Metro South East.  
The D Squad of 2009 consisted of swimmers who were new to swim clubs through to swimmer on the fringe of achieving their State times.

Basically the Aims and Goals were as follows:

- Promote swimming to the development level of MetSEA members
- Educate both Swimmers and their Parents on the procedures that apply at Swim meets
- Provide information on specific topics that are age related to the three age groups involved.

Feedback is generally by way of email; with the occasional multiply email from new-worried parents regarding procedures.

## Schedule of Activities

**Outline produced by John Baldon and to be presented by Head Coaches at each session.**

### **Camp 1: 5th July 2009**

Pool skills: Freestyle & basic skills  
Presentations: 9-10yrs- Stretching basic/benefits  
11-12yrs- Stretching and injury Prevention  
13-16yrs- Stretching and injury prevention

9 -10 yrs	Uni NSW	12.00 – 3.00pm
11 -12yrs	MLC Burwood	1.30-4.30pm
13 -16yrs	Sans Souci Leisure Centre	1.00-4.00pm

### **Camp 2: 23rd August 2009**

Pool skills: Individual Medley/From  
Presentations: 9-10yrs- Nutrition (basic)  
11-12yrs- Nutrition (for competition & training)  
13-16yrs- Goal Setting

9-10 yrs	MLC Burwood	1.30-4.30pm
11-12yrs	Sans Souci Leisure Centre	1.00-4.00pm
13-16yrs	Uni NSW	1.00-4.00pm

### **Camp 3: 6th September 2009**

Pool skills: Race turns & starts, mini competition  
Presentations: 9-10yrs- Fun activity  
11-12yrs Goal setting  
13-16yrs Time management

9-10yrs	Sans Souci Leisure Centre	1.00-4.00pm
11-12yrs	Uni NSW	1.00-4.00pm
13-16yrs	MLC Burwood	1.30-4.30pm

## Squad structure

The swimmers will be divided into 3 groups based on age. The groups will be 9-10; 11-12 & 13-16.yrs  
The groups will rotate, undertaking one session in each of the venues.

A Head coach will be selected from the coaches who have expressed an interest. These coaches will be appointed to one age group and will also rotate with their group of swimmers, undertaking one session in each venue. Head coaches will be expected to organise the sessions and presentations. They will also be required to organise and assist the assistant coaches.

Assistant coaches will be appointed, these coaches will stay at the venue they nominate.

All coaches will be required to arrive 30 mins before the start of each of the sessions.

Head coaches will get to know swimmers and provide a figurehead for swimmer to report to. Swimmers will experience a wide range of venues and assistant coaches. Assistant coaches will work with all the swimmers and 3 different head coaches.

### List of Coaches who attended the Camps

Coaches	5th July	23rd Aug	6th Sept	Attended
John Widmer	X	X		2
Vanessa Smith	X	X	X	3
Frank Preston	X	X	X	3
Terry Noel	X	X	X	3
Robyn Revell			X	1
Margraet Edwards		X		1
Janine Starr	X		X	2
Sunny Fung	X	X	X	3
Chris McAlister	X	X	X	3
Jenny Noel	X	X	X	3
Mary Rule		X	X	2
Joe Grant		X		1
Irina Ertel	X	X	X	3
Jessica Mayhew	X	X	X	3
Vivieanne Moxham-Hall	X		X	2
Paulla Inglis	X			1

### General Report

Overall I was pleased with the D Development Squad of 2009.

There was a larger the anticipated number in the 9 – 10yrs age group (with girls outnumbering boys 2:1)

This trend has followed on from last year and I anticipate that it will continue next year.

The numbers in the 11 –12yrs were down, 70 last year 42 this year

The disappointing group were again the 13 –18yrs, 41members last year and only 20 this year.

The number of squad members was reduced to 104 from last year's bigger than Ben Hur production of 180 members.

This proved to be a more manageable number and it could be assumed that Clubs vetted their applications and only sent through swimmers who they thought would achieve some think from attending the Camps and the NSW Development meet.

A disappointing fact was the number of Clubs who participated last year and did not return this year. In total 21 Clubs participated this year and last year there were 24. This statement can be expanded to also include Clubs that are basically Summer only Clubs who have a high number of Development level members and do not take up the opportunity to be part of the Development structure.

Now for something positive

The high lights of the meet as seen from a management prospective.

The results of the relay teams, 10 teams entered with 5 teams finish with better times than their seeded times. The first placing of the Mixed 12 – 13yrs team in a close finish with teams from the ACT and Metro South West.

To pick out any individual swimmers as standouts is always difficult and is fraught with danger but here goes.

David Almedia, 16yrs Roselands entered 5 individual events and 1 relay. Finished with 2 gold 2 silver. David has since left MetSEA and has gone over to Metro South West.

Peter Binns 11yrs Hurstville 4 swims and 4 good PB's

Daniel Corbett 10yrs Drummoyne 4 swim and 4 massive PB's only finished mid field but as a young Development swimmer you could not ask for more.

Katherina Lee 9yrs Ashfield 4 swims and 4 massive PB's, this is what Development squad is all about.

The ever-reliable Sheridan Smith 10yrs Carss Park 4 swims 4 PB's and 2 placing's, never stops trying.

Amelia Strong, 13yrs Roselands entered 5 individual events and 1 relay. Finished with 1 gold 1 bronze and 1 relay gold and 3 PB's

Mitchell Needham, 12yrs Trinity entered 5 individual events and 1 relay and finished with 2 gold 2 silver and 1 relay gold.

### **Conclusion**

It was pleasing to see on the day of the State Development meet that there were only 2 NS's; there were withdrawals before the meet, which does happen and I can sometimes accept that.

What I cannot accept is that swimmers do not notify either their squad coach, home base coach or the Development coordinators that they will be absent. Swimmers and their Parents have to be accountable for their actions, I am positive that if they were representing their Club and were entered in a relay event and did not show their home base coach would not be pleased.

Over all the meet went well, the only recommendation I would put forward would be to change the order of events so as the 9 – 10 yrs events are placed after the IM events. This would possibly mean changing the event order so that boys 11-12yrs IM event would be event 1

In closing I would also like to thank all the Coaches who helped out during the camps and on the day of the State Development Meet, and a special thank you to the other members of the Development Committee Sharon Fulcher, Roz Moller and John Bladon for without their help and devotion to swimming the Development squad would not have been as successful as it has been.

John Aitken  
MetSEA Development Convener