



SWIMMING METRO SOUTH EAST DEVELOPMENT COMMITTEE

Report on the Narrabeen Camp for the Piranhas Swim Squad
Development Coordinator John Aitken
Team Manager Margot Teims MLC Marlins
Assistant Manager John Willcoxson Leighardt
Coaches John Widmer and John Bladon

Friday 13th November.

All arrived by 5.30pm and were taken to their accommodation units. Had a brief discussion before Dinner on what they would be doing over the weekend.

Pool session after dinner, 1hr.duration Squad was broken into four groups of three and had to produce a brief program lasting 10 min. and explain to the other squad members the requirements of their part of the session and write there observations. When their part of the session finished they read to the squad their observations.

Group 1: Warm up

Sarah Tuckerman MLC Marlins
Lia Oliver MLC Marlins
Alexander O'Hare MLC Marlins

1 x 400m Freestyle on 6.30mins

Observations: Stroke and streamline became sloppy as set went on

2 x 100m backstroke on 2.00mins

Observations: Streamline became shorter

Group 2: Pre set

Caitlin Erickson Bayside
Sam Disalvo Bayside
Alexander Engles Bayside

4 x 50m IM switch on 1.00min

4 x 25m HVO on 0.40 10m @ 50% 15m @ 100%

4 x 50m IM switch on 1.00min

Observations: Sloppy turns and coming up short on second IM set

Group 3: Main set

Liz Tiems MLC Marlins
Matthew Kan SSPLC
Sarah Willcoxson Leighardt

2 x 15m Dive returns on 1.30

2 x 25m Dive choice sprint on 1.30 1 freestyle count stroke

2 x 50m Max effort on 1.30 1 Dive, 1 Push

Observations: Short stroke on max effort set compared to choice sprint set (freestyle)

Group 4 Warm down

Daniela Wingrave Leighardt
Renee Dunne Leighardt
Lucy Durland Leighardt

10 x 25 Drills on 1.00min odd choice, even freestyle

Observations: lack of concentration towards end of drill set

After pool session a brief explanation on Self Talk followed by a written summary of cue words that may be of a benefit to them in a race plan as a form of self-motivation.

Saturday 14th November

Out of bed at 6.15am and assembled for walk to the oval by 6.30am.

Broken up into new groups and sent for one lap of main oval, no specific instructions given. On return the individual groups were then asked to tell the whole group some interesting facts about their individual group members. Deathly silence (they know their names and that they liked swimming) so they went around again and when they returned they had a wealth of knowledge about their group members whom they shared with the whole group.

Before breakfast there was a short discussion on the topic of Concentration.

Pool session was from 9.00am – 11.am.

Warm up

1 x 400m Freestyle on 6.30. Concentrate on stroke count, catch and release.

2 x 100m back – breast on 2.45 Concentrate on streamline.

Main Set

Streamline all form strokes. Different styles flat, side optimum distance for breakout and number of kicks, first arm release after breakout for max stroke length

5 x 25m HVO build 10m @75% 15m @ 100% walk back count strokes last 15m and reduce

5 x 25m HVO build 20m @ 75% 5m @100% walk back count strokes last 5m and reduce

Kickboard balancing act.

After the pool session, the topic on Concentration was continued and how it related to the specific sections of the pool session.

Lunch 12.00 – 12.45pm

Recreational Activity 1.00pm – 4.00pm

The Challenging Rope Course.

After lunch the group assembled and walked to the lake for the rope course. When sighting the course for the first time the looks of terror on the faces said it all.

The group was broken into two groups' 14yrs and 15yrs and over.

The 14yrs group had a choice of the 4m ropes or the 8m ropes. The 15yrs and over group could do the 4m, 8m and 12m-rope course.

“ The most terrifying moment of my life” Lia Oliver 15yrs on the 12m course.

There was a rest period after the Rope Course which some took advantage of.

Before dinner the squad assembled in the common room to continue on with the Concentration topic and how it related to the previous rope course activity. The group then did an exercise on practical concentration.

The Concentration Grid,

The squad broke off into the 3 member groups they were in the morning sessions and were given a 10 X 10 grid with numbers ranging from 00 – 99. This was a timed task; starting with the page facing down you turn it over and then attempt to find as many numbers as possible in a 1min. period. Sounds easy but wait there is more, only 1 member of the group is allowed to find the numbers, while the 2 remaining members sit either side of you and talk through you and make as many distractions and as much noise as possible This was continued until all members completed the task. From the results it was evident that those squad members who applied themselves during the pool sessions also scored high in the practical exercise.

After dinner the group were allowed to watch a DVD and made it to 9.00pm before it was time for bed.

Sleeping in the main hall is not a good look.

Sunday 15th November

To the surprise of all the “girls” actually beat the boys to the assembly point at 6.30am. Off for a walk around the oval again were they where placed into new groups and set off on there merry way, from the amount of chatter taking place during the walk the group, on there return, were able to expand on the information about each other they gained previously. To make them feel that the walk was worthwhile we sent them around again.

After breakfast, they meet John Widmer and his bag of tricks
The Squad where broken into two groups
Group 1 Breaststroke
Group 2 Freestyle

900 warm up - done as 300 swim, 300 kick, 300 drill freestyle
20 x 25 (fins) streamline NO breathing on 0.45
200-layout breast
BREASTSTROKERS - 8 x 100 (breast fins) Breast Kick (1.45)
OTHERS - 8 x 100 Freestyle with Fist Gloves (2.00) last one without gloves.
200 easy choice
From side of pool - push off streamline working across the pool and tumble
Over lane rope and streamline return. (3 lanes, 4 lanes, 5 lanes) several times thru.
Turn drills in mid pool
Turns at speed from mid pool (into wall and return)
400m choice cool down
Just before 10.00am John Bladon payed the Squad a visit (much to the dismay of the MLC swimmers, who thought that they would have a John free weekend)
He spoke to the squad and assisted John Widmer with the rest of his program.

Before lunch the group assembled in the Dinning room and were asked for their thoughts in 5 words or less what they got out of the camp and would they participate in future camps. Then to throw them completely of balance and out of their comfort zone I asked the squad what did they understand about the Code of Conduct form they all signed when making their application to be part of the squad. I then read from the Swimming NSW Development Structure April 2010 and Beyond document explaining about the restructure and how it would be based on State Age grouping and how next year there are already 8 13year olds waiting to be part of the Piranhas Swim Squad. From the reaction of the group and comments made it was clear that being the first MetSEA group to go on a residential camp their place in the squad was something to be earned and not to be taken for granted. To further unsettle them I then produced the Starting to Promote Responsibility document. I first read the document and then asked for the squad to respond. Their initial reaction was one of it's not fair and would the Development Committee be putting something similar into the Code of Conduct Statement. The answer was YES. This document is available for all to read in Swimming NSW little red book.

It basically out lines the responsibilities of athletes when they are on a touring team and what happens if you pull out or do not attend camps or meets prior to the team leaving.

After lunch it was off to the Archery course (Robin Hood has nothing to fear). It was a good way to end the weekend and all squad members were picked up by 3.30pm.

John Aitken
MetSEA Development Convener

Sunday 15th November 2009