



Newsletter 3 Dec 2015

## *Swimming New England & North West Inc*

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- Kate Bell  
- Danielle Saw  
- Lesley Hayward  
Selection Committee  
- Mick Migheli  
- Chelley Johnstone  
- Graham Johnstone  
- Lisa Russell  
NENW Development Officer  
Pam Weste

**AGM – 1<sup>st</sup> May 2016**

### **Website**

<http://www.newenglandnwnsw.swimming.org.au/>

### **Facebook**

<https://www.facebook.com/newenglandnorthwestswimming>

The Area committee would like to congratulate Scone, Wee Waa, Inverell, Scully Park, Glen Innes, Warialda and Narrabri for the highly successful carnivals that have occurred. We would also like to acknowledge the contributions made by the Referees, Technical Officials, Club committees and timekeepers who have worked hard to provide these opportunities.

This newsletter aims to provide you with information for the upcoming Speedo Sprints, Area Championships and 2016 Development opportunities. Please read this detail carefully, the dates have been locked in so please mark these dates on your calendar.

## **Speedo Sprints - Heats**

Will be held on 6<sup>th</sup> February 2016, Inverell. These are for swimmers aged 8 – 13 to compete. You do not have to be a registered swimmer to compete at the heats however, to compete at the finals; you do need to be registered.

Competitors that finish in the top 4 of their age division for each stroke will be selected to represent New England & North West at the Speedo sprint Finals to be held in Sydney @ SOPAC, on March 13, 2016.

The NE&NW **coach** for this squad will be **Mr Graham Johnstone** (Kootingal-Moonbi), the boys **manager** will be **Mrs Chelley Johnstone** (Kootingal-Moonbi) and the girls **manager** will be **Mrs Tammy Elbourne** (Moree).

At the completion of the Speedo sprint heats in Inverell there will be a meeting for all parents and swimmers to attend for details regarding the Sydney Finals. At this meeting we will be discussing expectations, arrangements, and the possibility of a squad dinner on the Friday night.

Proceeds from the Speedo Sprint heats will be used to provide the squad with a coach and managers as well as, each swimmer will be provided with **NE&NW swimming cap and an Area Speedo sprint shirt**. We will have samples of these in Inverell for you to try on and order the correct size. Due to the cost of providing all of this we request **that each swimmer pays a non-refundable levy of \$10 on Saturday 6th** to confirm their place on the squad.

Relays are not swum at the Heats and the coach and managers will make the relay teams based on the performances of swimmers on the 6<sup>th</sup> February for the finals. Relays will be made from swimmers eligible to swim at the finals. There are set age groups of 8-10 years and 13 years and under, boys and girls.

## Technical Officials Required.

On our Area website are nomination forms to assist at the Speedo Sprint Heats and the Area Long Course Championships.

It is essential that people nominate early so we can plan and coordinate before the start of the day.

Please consider where you can assist, it would be great if we could have judge of strokes, inspector of turns, announcers, marshals, check starters and chief timekeepers in multiples. If more people nominate we can work in teams and allocate sessions so you are not stuck in a job all day. Consider speaking to your friends and nominate together.

Inverell pool management has advised us that pool entry will be \$3 for swimmers and spectators alike. Pool passes will NOT be issued, so please ensure you have your supplies for the day with you before entering the pool.

# Area Championships

Our Area Long Course championships are being held in Inverell, on the 6<sup>th</sup> and 7<sup>th</sup> of February. Mr Chris Hayes will be our Referee for the weekend.

There are qualifying times for our Area championships and the age divisions are: 8&U, 9, 10, 11, 12, 13, 14, 15, 16&O, Opens. (50m events) see the program for more information.

These championships are an important stepping stone for our Area swimmers. This is the meet that is a stepping stone between Area approved carnivals and Country regionals.

**Competing at the Area Championships is a Swimming NSW criterion for the 2016 development squads. Swimmers who choose NOT to compete at Area Championships will be making themselves ineligible to partake in the 2016 development squads.**

### Accommodation in Inverell

Inverell RSM Club Motel	opposite the swimming pool	phone 02 67210800
Cousins Motor Inn	9-11 Glen Innes Rd	phone 02 67223566
Sapphire City Motor Inn	34 Glen Innes Rd	phone 02 67222500
Twin Swans Motel	189-199 Glen Innes Rd	phone 02 67222622
Inverell Motel	49-57 Otho St	phone 02 67222077
Inverell Terrace	28 Warialda Road	phone 02 67225200
Top of the Town	137 Warialda Rd	phone 02 67224044
Caravans Parks include:		
Inverell Caravan Park	Glen Innes Rd	phone 02 67223036
Fossickers Rest Tourist Park	Lake Inverell	phone 02 67222261

The following is the framework we are looking at for development in the next two years. Please read the following pages to see the criteria for each squad and the development dates.

<u>2016 Squads</u>		<u>2017 Squads</u>	
<u>A</u>	<u>National LC Age attendees (Indiv Events)</u>	<u>A</u>	<u>National LC Age Attendees (Indiv Events)</u>
<u>B</u>	<u>State/Country 13+ years (Indiv Events)</u>	<u>B</u>	<u>State / Country 13+ years (Indiv Events)</u>
<u>C</u>	<u>State / Country 10 – 12 years (Indiv Events)</u>	<u>C</u>	<u>State / Country 10 – 12 years (Indiv Events)</u>
<u>D</u>	<u>Country + up to 20% Qualifiers *</u>	<u>D</u>	<u>Country + up to 20% Qualifiers *</u>
<u>13+</u>	<u>Area Champs 1,2,3, place getters</u>	<u>13+</u>	<u>Area Champs 13+, not in A,B,C or D squad</u>
<u>Alpha</u>	<u>Interested kids (not in any other squad)</u>	<u>Alpha</u>	<u>Area Champs &lt;13 not in any other squad</u>

## A Squad

Aim – To equip athletes with the skills to qualify for the following 2017 National Age Championships and step up to finals

Selection Criteria –

- Able bodied swimmers aged 12 – 18 years that competed in an individual event at the 2016 Australian Age championships in individual events
- MC swimmers aged 12 – 18 years that competed in an individual event at the 2016 Australian Age MC championships
- Open water swimmers aged 12 – 18 that competed in an individual event at the 2016 Australian Age Open Water
- Competed in an individual event at NSW State Championships 2015/15 (Open, Age, MC or Open Water)
- Attended the NENW Area LC Championships

Competition / Training Days

- Meet the Coach/Manager, Team work, introduction to the program 21st May 2016
- NSW Run development weekend **24th & 25th September 2016** at Knox Grammar, Wahroonga

**B Squad** – Note: if highlighted in red we are waiting for final approval from swimming NSW

Aim – Prepare swimmers for the following 2017 National Age Championships

Selection Criteria –

- Able bodied swimmers aged 13 – 18 years that competed in an individual event at the 2016 NSW State Age LC championships **or Country LC Championships**
- MC swimmers aged 13 – 18 years that competed in an individual event at the 2016 Country LC Championships
- Open water swimmers aged 13 – 18 years that competed in an individual event at the 2015 State Open water
- Competed at NENW Area LC Championships
- **And / or achieved a state or country qualifying time (if places are available after above criteria)**

Competition / Training Days

Day 1 Area Run – Meet the Coach and Manager, Team work, introduction to the program  
**21st May 2016**

Day 2/3 NSW Run – 2 Development Days, **30th and 31st July 2016** (Visiting Coach)

Area SC Championships – Date / Location TBC

Meet – Location TBC – **13th and 14th August 2016**  
- Swimmers will be **bussed as a squad to the meet and stay together**

## C Squad Note: if highlighted in red we are waiting for final approval from swimming NSW

Aim – Prepare swimmers to improve performance at State Age and qualify for Nationals 2017

Selection Criteria –

- Able bodied swimmers 10 – 12 years that competed in an individual event at 2016 NSW State Age LC Championships and / or **Country LC Championships**
- MC swimmers aged 10 – 12 that competed in an individual event at the 2016 Country Championships
- Open water swimmers aged 10 – 12 years that competed in an individual event at the 2015 NSW State Open Water Champs
- **And / or achieved a state or country qualifying time (if places available after above criteria)**

Competition / Training Days

Day 1 Area Run – Meet the coach and manager, Team work, introduction to the program  
- **21st May 2016**

Day 2/3 NSW Run - 2 Development Days, **30th and 31st July 2016** (Visiting Coach)

Area SC Championships – Date / Location TBC

Meet – Location TBC – **13th and 14th August 2016**  
- **Swimmers will be bussed as a squad to the meet and stay together, Due to the age of this squad, at least ONE parent must accompany the swimmer**

## D Squad

Aim – Prepare swimmers to qualify for Country Championships

Selection Criteria –

- Able bodied swimmers 10 – 16 years that competed in Area LC Championships
- MC swimmers aged 10 – 15 that competed in an individual event at Area LC Championships
- Able bodied swimmers that have swam a country qualifying time up to plus 20% time (due to numbers of swimmers this may change slightly) by the weekend Country Champs occur

Competition / Training Days

Day 1 Area Run – Meet the coach and manager, Team work, introduction to the program  
- **22st May 2016**

Day 2/3 NSW Run - 2 Development Days, **20th and 21st August** (Visiting Coach)

Area SC Championships – Date / Location TBC

Meet – **8th October 2016 at SOPAC**

Note - We will be considering bussing the squad to the meet and staying together, Due to the ages of swimmers in this squad, at least ONE parent must accompany the swimmer, if we go with this option.

## Alpha Squad

Aim – Prepare swimmers to qualify for Country Championships

Selection Criteria –

- 8 and above years that competed in Area LC Championships
- MC swimmers aged 9 – 15 that competed in an individual event at Area LC Championships
- **cannot be eligible for A, B, C or D squads.**
- swimmers can swim 50m in each of the strokes Free, Back, Breast, Fly

Competition / Training Days

Day 1 Area Run – Meet the coach and manager, Team work, introduction to the program  
- **29th May 2016**

Day 2 Area Run - **7th August 2016**

Day 3 Area Run - **18th September 2016**

Area SC Championships – Date / Location TBC

Meet – We are looking at an Area Meet (TBC)

Swimmers must commit to 2 of the training days, plus the SC Champs and the Meet

## 13 and Over Squad

Aim – Build teamwork, leadership and relationships between our senior swimmers in our region

Selection Criteria –

- 13 years and over that competed in Area LC Championships
- MC swimmers aged 13 and over that competed at Area LC Champs
- Achieved a 1st, 2nd or 3rd place in the 100m events at Area LC

Competition / Training Days

Day 1 Area Run – Meet the coach and manager, Team work, introduction to the program  
- **28th May 2016**

Day 2 Area Run - **6th August 2016**

Day 3 Area Run - **17th September 2016**

Area SC Championships – Date / Location TBC

Meet – Looking at Port Macquarie 1st / 2nd October TBC (swimmers will be bussed as a squad)

Swimmers must commit to 2 of the training days, plus the SC Champs and the Meet

## 2016 Calendar Dates

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Dec 2015</b>	28	29	30	31	1	2	3
<b>Jan 2016</b>	4	5	6	7	8	9 Country Regionals Moree	10 Country Regionals Moree
	11	12	13	14	15 State Age 10& U – 12yrs	16 State Age 10& U – 12yrs	17 State Age 10& U – 12yrs
	18 State Age 13-18yrs	19 State Age 13-18yrs	20 State Age 13-18yrs	21 State Age 13-18yrs	22 State Age 13-18yrs	23 State Age 13-18yrs	24 Gunnedah LC
	25	26	27	28	29	30 Werris Creek LC	31 Tam City LC
<b>Feb 2016</b>	1	2	3	4	5	6 Speedo Heats Area LC	7 Area LC Inverell
	8	9	10	11	12 Aust Open Water	13 Aust Open Water	14 Aust Open Water
	15	16	17	18	19	20 NSW Country Champs	21 NSW Country Champs
	22	23	24	25	26	27 Denman LC (D)	28 Nundle SC (D)
	29	1	2	3	4 NSW State Open Champs	5 NSW State Open Champs	6 NSW State Open Champs
<b>Mar 2016</b>	7	8	9	10	11	12 Nsw National Prep Meet	13 NSW Speedo Finals
	14	15	16	17	18	19	20
	21	22	23	24	25 Easter	26 Easter	27 Easter
	28 Australian Age & MC Champs	29 Australian Age & MC Champs	30 Australian Age & MC Champs	31 Australian Age & MC Champs	1 Australian Age & MC Champs	2 Australian Age & MC Champs	3 Australian Age & MC Champs
<b>Apr 2016</b>	4 Australian Age & MC Champs	5	6	7	8 Australian Open Champs	9 Australian Open Champs	10 Australian Open Champs
	11 Australian Open Champs	12 Australian Open Champs	13 Australian Open Champs	14 Australian Open Champs	15 Australian Open Champs	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
May 2016	2	3	4 ASCTA Con begins	5 ASCTA Con	6 ASCTA Con	7 ASCTA Con	8 ASCTA Con
	9 ASCTA Con	10 ASCTA Con	11 ASCTA Con finishes	12	13	14	15
	16	17	18	19	20	21 Area B/C Development 1	22 Area D Development 1
	23	24	25	26	27	28	29
	30	31	1	2	3	4 13 + Squad 1	5 Alpha squad 1
Jun 2016	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2 Country SC Champs	3 Country SC Champs
Jul 2016	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30 Area B/C Development 2	31 Area B/C Development 3
Aug 2016	1	2	3	4	5	6 13+ Squad 2	7 Alpha Squad 2
	8	9	10	11	12	13 B/C Development Squad Meet	14 B/C Development Squad Meet
	15	16	17	18	19	20 Area D Development 2	21 Area D Development 3
	22	23	24	25	26 State Age SC Champs	27 State Age SC Champs	28 State Age SC Champs
	29	30	31	1	2	3	4
Sep 2016	5	6	7	8	9 State Open Champs	10 State Open Champs	11

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	12	13	14	15	16	17	18
						13+ Squad 3	Alpha Squad 3
	19	20	21	22	23	24 A Squad development Weekend	25 A Squad development Weekend
	26	27	28	29	30	1 Port Mac Meet??	2 Port Mac Meet??
Oct 2016	3	4	5	6	7	8 D Squad Meet SOPAC	9
	10	11	12	13	14 NSW National Prep Meet LC	15 NSW National Prep Meet LC	16 NSW National Prep Meet LC
	17	18	19	20	21	22 Alpha Meet ? / MC Champs	23 Alpha Meet?
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
Nov 2016	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
Dec 2016	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1