



Newsletter 9 June 2016

Swimming New England & North West Inc

Presidents Message

Welcome everyone to the start of Winter, the days have certainly become chilly. We will now have two Area Qualifying meets for Winter, Armidale Alligators 17th July and Gunnedah 11th September. Information regarding these meets will be placed on the Area website as it is finalized.

Final preparations are now being made for our Area SC Championships to be held next weekend.

Development has also kicked off and it was great to see the increased number of participants and the enthusiasm displayed by all. We are trying to build teamwork and introduced our families to one another through our development program as well as provide development opportunities to our swimmers. Thank you to our parents who have contributed to our days.

Due to the changes with Swimming NSW summer calendar, we are on a very short time frame to allocate dates, so please submit your preferences on time, so we can allocate and give you every opportunity to book SAT timing.

Training opportunities are outlined in this newsletter, could clubs and individuals please look at which best suit our Area club needs. Perhaps carpooling to share expenses or clubs providing travel expenses could be arranged.

Have a great June.

Anne

President – Anne Migheli
Vice President – Susanne Kable
Secretary – Tammy Elbourne
Treasurer – Nigel Jones
Registrar – Chelley Johnstone
Development Convenor - Mick Migheli
ATSCC – Jeremy Deasey
C/Member – Brian Coombs
C/Member –
C/Member –
NENW Development Officer -
Pam Weste

AGM – 7th May 2017 11am

Website

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

Facebook

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

Important Deadlines

20th June – Summer Carnival applications due
23rd June – Competition Committee meeting – Carnival application appts
29th June – Area meeting to ratify Summer Carnival dates

Club Checklists: over winter many administrative duties are occurring as well as much of the planning for the summer season. Has your club?

- Voted for the NSW Board of Directors (see pg 2 of newsletter)
- Submitted THREE preferred dates for your summer carnival (pg 2)
- Submitted an application to host Speedo/Area LC Champs
- Updated Club Lane, Area and SNSW on changes to your Board of Directors and paid your Affiliation fees (pg 4)
- Encouraged your members to regularly check the Area website and Facebook page
- Subscribed to the events on our Area Facebook page
- Considered training and Development of your parents and club officials (see pg 3)
- Advertised the NSW summer carnivals, Armidale Alligators & Gunnedah SC Carnival dates

How many swims should my child do per Carnival?

This is a question that is regularly asked by parents; ultimately it is a parent/child decision, hopefully made in consultation with a coach. This decision though is going to become pertinent with limited opportunities to achieve qualifying times. Recently in discussions with some coaches a suggestion was made to identify times a child wishes to strive for. Is it to gain a time to qualify for Area Championships, Country Championships, State or National championships. On our Area website under development tab is a spreadsheet which shows the country championship qualifying times plus 10%, 15%, 20% etc. This document can give swimmers goals to achieve which bring them along with the qualifying times.

After the goals have been set for a swimmer, identify which meets over the winter or summer carnival season, you can attend as a family. Then look at each of the programs and identify which events you would like to swim to see if you have improved your time and edged closer to your goal. For our senior swimmers, they have been advised through development squads to focus on no more than 6 events per meet and if chasing a particular time to look at 2-3 events.

For our beginning swimmers, we would suggest looking at 50m in each of the strokes, swam competently and then introducing a 100m event to your program. The individual medley is often a challenge with the correct turns required and this could also be introduced. A 200m swim would be suitable for swimmers who have competently mastered the 100m.

At the end of the day, you need to do the right thing by your child, encouraging and supporting their attempts and focusing on improved technique and times rather than placements.

Area SC Championships

Thank you to Mrs Lisa Russell who has negotiated with TAS, Armidale for the use of their pool to host our Area SC championships. These will be held on the 19th June 2016, warm up is at 7.15am and start time is 8.15am. As this is the only qualifying carnival for State and Country SC championships, we have limited entries to ONLY members of Swimming NE&NW but due to the one day format we have capped entries at 1500.

We have also added a \$2 meet fee which will cover the electronic program which has been emailed to clubs, as well as available on our Area website for downloading.

Voting for the

NSW Board of Directors

Recently your club would have been emailed links, usernames and passwords to log on and vote for Swimming NSW Board of Directors.

There are four candidates nominated and voting closes on Monday 18th July at 12pm (Noon).

It is important each of our Area clubs vote and have their say on who our representatives are on the Board of Directors.

NENW Competitions Committee

Our committee has recently met for the first time and looked at the summer calendar and Swim NSW meets. They have identified dates that are available for summer meets which have been restricted by the movement of State into December, limited trained TO's and warm, available pool water.

The registrar has emailed clubs of these details together with an application form and we ask that these be returned with 3 preferred dates by the 20th June. This includes the application to host Speedo Sprint Heats and the Area LC Championships. The committee will meet on the 23rd June to allocate dates. This will then be ratified at the Area meeting 29th June.

From here the website will be updated and clubs can book SAT timing. Don't forget to advertise the summer NSW dates to all of your members, particularly the changes to NSW State (School term 4). Are you aware the NSW Country regionals meets will be held at Charlestown, Wellington and Wests Illawarra Aquatic?

Training Opportunities

During our development days, Swimming NENW will be providing training for ALL of our Area members for free.

You do not have to have a child in development to attend and we strongly encourage carpooling to save expenses.

As an Area we appreciate the time you will be giving up and will provide refreshments for all who attend training.

30th July: Marshal and Check Starting, Parent of a swimmer (Armidale) – essential in all clubs and great for implementation in club nights. Learn how to use the same procedures as those used at Club Carnivals, Area Champs, Speedo, Country Champs and State events. The parent of a swimmer course covers aspects such as: The Swimming Parent, Parent/Coach and Coach/Swimmer relationships and the benefits of swimming.

31st July: Meet Manager (Armidale) – learn how to set up a meet and check it for errors, great for carnival secretaries, club night organizers and competition committee members. You will need a laptop and the Meet manager program installed. It is ok for 2 members of a club to share the laptop.

20th August: Swimming Rules and How to Understand them, Marshal, Check Starter, Inspector of Turns: (Armidale) - Increase your skill set and assist your club and child. Learn how to smoothly run club nights and give feedback to benefit your members. These courses are crucial to the organization of a meet.

21st August: MPIO, (Armidale) – see next column for more information.

Each course will begin shortly after the development sessions begin, refreshments will be offered and a course enrolment flyer will be emailed out to all clubs shortly with more information, so we can cater for the expected numbers.

Please support us by attending these courses as it is very difficult to organize people to provide this training.

MPIO Course

Member Protection Information Officers play an important role in sport. They provide information and guidance on complaints procedures - they are the 'go to' person if you want to discuss problems at your club/association, particularly if you are considering making a formal complaint.

Play by the Rules offers training for Member Protection Information Officers that includes a face-to-face component and online training.

You can find out more about the online training and enroll on the free MPIO course here. This course is useful for all sports not just swimming.

https://www.playbytherules.net.au/assets/MPIO_Training_DL.pdf

You will need to complete the online training prior to the face to face component. The face to face component will cost \$25 per person and takes 3 hours. Contact your club if they can support you in this fee. Each club should have a MPIO.

This course (Face to Face component) is being offered on the 21st August.



Technical Official Shirts

We have recently organized white technical official shirts for our Area. Please see the image below. They are BIZ brand, cool dry material.

www.bizcollection.com.au has sizing charts and the men's style number is P300MS and the ladies P300LS.

They are available for \$26, the Area is not making any profit from this. If you are interested in ordering one, please email anne (annemigheli@y7mail.com) with your size.

The sizes available are:

Men – S, M, L, XL, XXL, 3XL, 4XL, 5XL

Ladies – 6, 8, 10, 12, 14, 16, 18, 20, 22, 24

Could you please let us know my 1st July, so orders can be placed.



Is there a topic you would like more information on?

Chances are more than just your club would like to know as well.

Please email swimmingnew@gmail.com with your queries and we will source information.

Does your club have a new Board of Directors?

Are you Affiliated with NSW?

Many of our clubs have held their AGM and welcomed new boards of directors. Could all clubs (as this process occurs), email the Area with the new contact details and committee lists as well as updating this information in Club LANE and advising the SNSW office.

If this information is not updated, clubs may miss important information.

Clubs should have paid their affiliation to swimming NSW, go to swimming NSW, Club information, Forms, Membership, club affiliation. This was due 30th April, 2016.

Meet Fees

With the adoption of online entries, clubs can choose to add a Meet fee to the cost of Entries; this fee will generally cover the cost of receiving an electronic copy of the program.

This saves on paper and allows you to be prepared in the morning before the carnival starts. The meet fee is added when you set up your meet in Club Lane. If you need assistance with this, please contact us. Remember to allow time to email the program to members before the date.

When a swimmer steps up on the blocks to compete, he or she is the ultimate master of his or her destiny. The moment of truth is revealed once the starting gun sounds, a moment when the athlete is in complete isolation from external help, relying only on strength, intellect, and desire. There are no coaches to shorten the distance of the race, no parents to mend bruised egos, and no teammates to make up for a lack of effort. The distance is constant, the time absolute.

No one else can swim the race. From a performance perspective, swimming is an individual sport. Similarly, during training, nobody else can take a stroke from the individual. The pain is his or hers alone to embrace and master. However, the sport of swimming has adopted a training environment that is based on a team structure — a collection of athletes and coaches working together to optimize individual performances. Consequently, what culminates as the effort of one athlete begins with effort of many.

- Skip Kenney

Winter Carnival Dates

Armidale Alligators SC carnival will be held on 17th July at TAS, Armidale.

Gunnedah SC Carnival will be held 11th September 2016, @ Gunnedah.

Information will be posted on the Area website as it becomes available.

Summer 2016/2017 Dates

9th – 10th Dec 2016

NSW State Age 10/U – 12 Years

12th – 17th Dec 2016

NSW State Age 13 – 18 Years

28th - 29th Jan 2017

NSW Country Regionals

4th - 5th Feb 2017

Speedo Sprint Heats

17th – 19th Feb

NSW State Open

24th - 26th Feb 2017

NSW Country Championships

11th March 2017

NSW Prep Meet

12th March 2017

Speedo Sprint Finals