



REGIONAL SQUADS
INFORMATION HANDBOOK
2019



Swimmers / Parents

This booklet has been put together to help provide as much information as possible on the 2019 Swimming Waikato Squads and all opportunities associated with each squad.

I hope that it will provide you with an overview of the 2019 Regional Squads and allow you to plan, along with your coach and family, to ensure you are available for all squad opportunities.

A subtle difference in qualification from previous years as you will know is that I have asked swimmers to apply rather than just be granted access onto squads. The rationale behind this is that I want swimmers to take more responsibility for their own swimming development and to be more observant of current performance standards and how they compare. I have been pleased with the number of applications throughout the region that have reached my desk, a good indication that we are collectively moving in the right direction.

I want to thank all the swimmers, coaches and parents who committed to and helped support the Regional Squads in 2018; it was a very productive year, full of learning opportunities and experiences for us all. A special mention to those coaches who gave up so much of their free time to work with the squads last year, your support was so vital to ensuring the success of 2018.

I look forward to working with you all in 2019 and building on the success of the previous 12 months.

Best of luck for 2019!

Darren Ward – Regional Hub Head Coach



TAPS SQUAD INFO

TAPS Squad Coaches

- Carl Gordon – St Peter's
- Darren Ward – Regional Hub Head Coach

Camp & Competition Dates

- **Weekend Training Camp 16-17 March – Auckland**
- **Domestic Training Camp 8-13th of July** (Alongside Potential Squad)
- **Qld State Championships (AUS) – Dec 2019** (Meet participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Head Coach)

IPP Talks

IPP Talks (Individualized Program Plan) will be scheduled in February and again in August with the cooperation of the home clubs. We will do our utmost to ensure these talks are scheduled at the swimmers training base and that we keep interruptions to training at a minimum.

These talks are to allow our Regional Hub Head Coach to sit down and discuss the current and future planning and goal setting for each swimmer. It will be expected that all swimmers attend the scheduled talks.

At its core, it's an opportunity for the swimmer to talk about the sport which they dedicate such a vast amount of their time and energy towards.

All information discussed will be available to home coaches.

POTENTIAL SQUAD INFO

Potential Squad Coaches

- Alison Fitch – St Peter's
- Graham Smith – St Paul's
- Darren Ward – Regional Hub Head Coach

Camp & Competition Dates

- **Weekend Training Camp 6-7th April** (Alongside Pathway Squad)
- **Domestic Training Camp 8-13th of July** (Alongside TAPS Squad)
- **Victorian Age Championships (AUS)** – Dec 2019 (Meet participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Head Coach)

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PATHWAY SQUAD INFO

Pathway Squad Coaches

- Libby Grey - Thames
- Ross Fisher – St Paul's
- Helen Barr – St Peter's
- Mai Morgan - Huntly
- Darren Ward – Regional Hub Head Coach

Camp & Competition Dates

- **Weekend Training Camp 6-7th April** (Alongside Potential Squad)
- **Greerton Meet (Waterworld, Hamilton) – 5-7 July** (Meet will include overnight stay)
- **Training Days 21st September 2nd November**

Log Books

Many of our home clubs currently already use Log Books to track swimmer progress, the format of these will vary from club to club, coach to coach. Log Books will be collected by the Regional Hub Head Coach at the start of all Pathway Squad training camps, with the aim of returning these to the home clubs in the shortest period possible.

If anyone is unsure of what to include in their Log Book, here are a few suggestions:

Goal Setting

Short Term Goals: Session to Session, Days & Weeks

Mid Term Goals: Weeks to Months

Long Term Goals: Months, Year & Year +

Goals don't have to be purely result based such as medals or pb's, they can also be based around technical work you would like to improve on or improving your training attendance etc.

General Reviews

Feel free to ExPreSS yourself however you wish, so long as you can get your point across.

You might want to discuss how a session or training week went, even if it didn't go as you planned. An example of this could be:

I had a shocking week in the pool, my technique just wouldn't stick together when I was swimming more than 100 meters. My coach told me that I wasn't paying attention even though I was, so frustrating.

Target Meets

A list of upcoming meets and what you expect from these meets in terms of performance and outcomes.

Personal Best Times

A list of your personal best times, might be best to use pencil so you can change when you smash that time, BOOM!

Weekly Attendance Record

Two questions I ask when a swimmer starts asking why they aren't achieving their goals, how many sessions are you attending and how many are available? Always a good idea to keep track so you can see where you are and where you have been.

Questions?

If you have any questions for me you can of course email but feel free to put in your Log Book, just make sure to put my name there so I know it's for me and not your home coach.

XLR8 2.5K SQUAD

XLR 8 2.5K Squad Coaches

- Allaynah Hill – St Peter's
- Darren Ward – Regional Hub Head Coach

Stroke Clinics

- 28th April – Fastlane (Hamilton) 10:00-11:30 AM
- 29th June – Fastlane (Hamilton) 10:00-11:30 AM
- 25th August – Fastlane (Hamilton) 10:00-11:30 AM

Regional Squad Kit

We are excited to be working with our friends at **Swim T3** to provide our Swimming Waikato Squads with some excellent squad kit.

We expect that all swimmers will wear the allocated kit to all Regional Squad, Camps and Competitions and to take good care of each item. The kit must be current and up to date for each year, in line with our **Swim T3** sponsorship.

We want you to wear the team kit with pride and to ensure you continue to *earn the right to wear it.*

Representing the Region

It is an exciting time for swimming in the Waikato as we continue to build our Regional Hub and our new squad structures. Counter to most of New Zealand there has been a positive investment in the sport of swimming here in our region and this is something we must capitalise on as best we can.

How we move forward is largely down to athletes like yourself, those of you who are truly on the front line of our sport and the ones who are most affected by any changes. You have an exciting opportunity to leave a remarkable legacy for future generations of swimming talent currently behind you.

When you represent the region, whether it's at a regional, national or International competition, or on a training camp it is expected that you do so in a professional manner and in such a way that will leave a positive legacy.

It is our hope that you promote the very best of our fantastic region and its proud sporting heritage.

We are Waikato!

Finance

As with all development opportunities, our Regional Squad programme does come with a cost.

We are currently working to finalise the budget for each squad level, and we will share the cost with you as soon as possible. We will be encouraging each squad to set up a fundraising committee, supported by Swimming Waikato, which will generate funds to support the cost of participation.

Possible Funding Support

Trust	Application Deadline	Website
Adastra Foundation	Check Adastra Website	www.adastra.org.nz/scholarships
Sir Edmund Hilary	End of August annually	https://www.waikato.ac.nz/scholarships/s/sir-edmund-hillary-scholarship

The University of Waikato Applications & Scholarships

The University of Waikato	www.waikato.ac.nz
University Scholarships	www.waikato.ac.nz/scholarships/home

Further University of Waikato scholarship information can be requested at the following email address: scholarships@waikato.ac.nz



Apprenticeship & Employment Opportunities

Please email the Swimming Waikato Executive Officer for more info
cherie.mccleery@swimmingwaikato.co.nz

Swimming Waikato Scholarships

Please check the Swimming Waikato website for more info www.swimmingwaikato.co.nz

Support Services Contacts

Service	Name	Contact
Strength & Conditioning	Barry Jennings	barriejennings@xtra.co.nz
Strength & Conditioning	Bill Smart	billsmartsc@gmail.com
Sports Nutritionist	Alice Sharples	alice.sharples@gmail.com
Sports Psychologist	Dom Vettise	vettisepsychology@gmail.com

Drug Free Sport

A full comprehensive list of all banned substances can be found at the following website:
www.wada-ama.org

For more support and help around keeping your sport drug free the following link offer a lot of advice www.drugfreesport.org.nz

Always seek advice if you have any concerns around supplementation. This is your responsibility. If any doubt, speak to your coach or with Darren at darren@swimmingwaikato.co.nz

Useful Websites

National & Regional Sporting Websites

Swimming New Zealand	www.swimming.org.nz
Swimming Waikato	www.swimmingwaikato.co.nz
Sport Waikato	www.sportwaikato.org.nz
High Performance Sports NZ	www.hpsnz.org.nz
NZ Olympic Committee	www.olympic.org.nz
Sports NZ	www.sportnz.org.nz

World Swimming

British Swimming	www.britishswimming.org
Australian Swimming	www.swimming.org.au
USA Swimming	www.usaswimming.org
South African Swimming	www.swimsa.org
Canadian Swimming	www.swimming.ca

Further Education

The University of Waikato	www.waikato.ac.nz
Wintec Institute of Technology	www.wintec.ac.nz

Swimming Waikato Partners

Swim T3	www.swimt3.co.nz
Brian Perry Charitable Trust	www.brianperry.co.nz
Grassroots Trust	www.grassrootstrust.co.nz
Ingham Hyundai	www.inghamhyundai.co.nz
WEL Energy Trust	www.welenergytrust.co.nz
The Lion Foundation	www.lionfoundation.org.nz
Paterson Burn Optometrists	www.patersonburn.co.nz
Deloitte Private	www.deloitteprivate.co.nz
New Zealand Community Trust	www.nzct.org.nz
The Southern Trust	www.southerntrust.org.nz
NZ Racing Board	www.nzracingboard.co.nz
Trust Waikato	www.trustwaikato.co.nz

2020 Regional Squad Qualification

The qualification window for the 2020 Regional Squad is now open and will run until the 31st of December 2019.

For more information on the 2020 Regional Squads please visit www.swimmingwaikato.co.nz