

## **2015 DEVELOPMENT PLAN**

Metro South West, in conjunction with Swimming NSW, wishes to adjust, amplify and enhance the program as commenced in 2014, to ensure the development of all the Area's swimmers, parents, coaches and technical officials.

**The MSW Selection and Development Committee will select membership of each squad.**

**In 2015, there will be NO SELF Nominations for Squads A, B, C and D Novice Squad and E Squad will be self-nominating**

**The Selection Committee will examine and research all Area, State and National Competition to select swimmers in each relevant Squad, with respect to each squad's criterion. Selected swimmers will be advised individually by mail, or email, of their selection. Nominations for Novice and E Squads will be checked by the Committee**

**QUALIFYING DATE OF AGE FOR ALL SQUADS: 28 MARCH 2015**  
**(Area Sprint Meet)**

Swimmers selected in any SNSW Development Squad (Junior Sharks Squad, Age Development Squad, Open Water Development Squad or Multi Class Swimmers Squad) are ineligible for selection in any Squad.

**Selected athletes will be required to complete skill testing, development day programs, camps as outlined per squad, with the intent of solid cooperation, work ethics, focus and aim.**

**All athletes must endorse, pay levies, and attend all sessions of their particular Squad to be eligible to receive Area's Merchandise and apparel.**

**Metro South West Development Committee wishes to thank all the swimmers, parents, coaches and technical officials for their perseverance, enthusiasm and assistance in the activities of 2014.**

**We thank you in advance for your co-operation in 2015.**

**2015 Development Convener:**

Leonardo Repeti ([development@metrosw.org.au](mailto:development@metrosw.org.au)) 0425 255 260

**2015 Selection and Development Committee:**

Denise Namroud, Sarah Ryan, Josef Strassmeir, Jason Stubbs,  
Michael Faccin (Head Coach)

NOTE: Vacancy is still available for another Coach in the Committee.

## 2015 DEVELOPMENT PLAN

### **A SQUAD NATIONAL CHALLENGE Squad (Pool / Open Water / MC)**

(Read in conjunction with Page 1 of this document)

**Aim:** Qualify and step up to finals at 2016 National Age Championships

**Selection:** **SELECTION by AREA SELECTION COMMITTEE**

**Age:** 12 to 18 Years as of 28<sup>th</sup> March 2015

#### **Eligibility and Criteria (with respect to SNSW requirements):**

**National:** 2014 - 2015 Individual National Competitors (Able bodied, Multi Class, Open Water) at National Open and / or Age Pool and /or Open Water Championships and /or National Age MC Championships

**State:** Swimmers have competed in individual events at the 2015 SNSW Long Course Open and / or Age Championships

**Area:** Swimmers have competed in individual events at the 2014 MSW Long Course and /or Short Course Open & Age Championships and / or 2014 MSW Open Water Championships and attended other MSW Meets.

**Activities:** Organised in conjunction with SNSW

**Skill Testing Weekend: 1<sup>st</sup> and 2<sup>nd</sup> August 2015** (Venue and time to be advised)

**Two (2) day camp on 8<sup>th</sup> and 9<sup>th</sup> August 2015** at Knox Grammar TBC (Self transport to and from, sleep over at Knox Grammar)

Lectures and Presentations will include, but not limited to, Athlete Development and Growth; Time management; Personal Preparation (Illness, Injury, Self-management, Preparation Nutrition); Introduction to Social Media; Goal Setting; Technical Skill Presentation.

Pool Sessions to include Skill Focus (Starts, Turns, Finishes, Underwater) and competition in DUEL MEET at Knox Grammar Pool.

**Merchandise:** MSW Swim Cap, MSW Shirt, MSW Back pack or Bag, MSW Towel, MSW Jacket (for first time qualifiers only – available for purchase by other Squad Members), SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** N/A

**Swimmer Levy:** TBC

**Payments:** Must be before each activity

## 2015 DEVELOPMENT PLAN

### **B SQUAD SENIOR TARGET Squad (Pool / Open Water / MC)**

(Read in conjunction with Page 1 of this document)

**Aim:** Prepare to Qualify for 2016 National Age Championships

**Selection:** SELECTION by AREA SELECTION COMMITTEE

**Age:** 13 to 18 Years as of 28<sup>th</sup> March 2015

#### **Eligibility and Criteria (with respect to SNSW requirements):**

**State:** For Able Body: competed in individual events at SUMMER 2015 State LC Championship  
For Multi Class: competed in individual events at SUMMER 2015 NSW Metropolitan / Country / MC Championships  
Open Water swimmers: competed in individual events in 2014 NSW Open water Championships.

**Area:** All Swimmers competed in individual events at the 2014 MSW Long Course and / or Short Course Open & Age Championships and/ or 2014 MSW Open water Championships and competed at other MSW Meets.

**Activities:** Organised in conjunction with SNSW

**Skill Testing Weekend: 1<sup>st</sup> and 2<sup>nd</sup> August 2015 (Venue and time to be advised)**

**Development days: 18<sup>th</sup> and 19<sup>th</sup> July 2015 (Venue and time to be advised)**  
(Daily Self Transport and Pick Up)

Lectures and Presentations: Social Media and Drugs in Sport, Setting Goals, Athlete Development and Growth, Personal Preparation, Technical Skills.

Pool Sessions: Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus  
AND

**Combined Camp and Squad Bus trip to compete at SNSW - B & C Meet on Central Coast, departing on Friday 18<sup>th</sup> September, with swim meet on 19<sup>th</sup> and 20<sup>th</sup> September 2015. Two overnight stays, returning to Sydney Sunday PM.**

**Merchandise:** MSW Swim Cap, MSW Shirt, MSW Backpack or Bag, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** N / A

**Swimmer Levy:** TBC

**Payments:** Must be before each activity

## 2015 DEVELOPMENT PLAN

### **C SQUAD JUNIOR TARGET Squad (Pool / Open Water / MC)**

(Read in conjunction with Page 1 of this document)

**Aim:** Prepare to Qualify for 2016 National Age Championships

**Selection:** **SELECTION by AREA SELECTION COMMITTEE**

**Age:** **10 - 12 Years as of 28<sup>th</sup> March 2015**  
**(9 Years old will be considered for skill testing and development days, but not camp in September)**

#### **Eligibility and Criteria (with respect to SNSW requirements):**

**State:** For Able Body: competed in individual events at SUMMER 2015 State LC Championship  
For Multi Class: competed at SUMMER 2015 NSW Metropolitan / Country / MC Championships  
Open Water swimmers: competed in individual events in 2014 NSW Open water Championships.

**Area:** All Swimmers competed at the 2014 MSW Long Course and / or Short Course Open & Age Championships and/ or 2014 MSW Open water Championships and competed at other MSW Meets.

**Activities:** Organised in conjunction with SNSW

**Skill Testing Weekend: 1<sup>st</sup> and 2<sup>nd</sup> August 2015 (Venue and time to be advised)**

**Development days: 18<sup>th</sup> and 19<sup>th</sup> July 2015 (Venue and time to be advised)**  
(Daily Self transport and pick up)

Lectures and Presentations: Social Media and Drugs in Sport, Setting Goals, Athlete Development and Growth, Personal Preparation, Technical Skills.

Pool Sessions: Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus  
*AND*

**Combined Camp and Squad Bus trip to compete at SNSW - B & C Meet on Central Coast, departing on Friday 18<sup>th</sup> September, with swim meet on 19<sup>th</sup> and 20<sup>th</sup> September 2015. Two overnight stays, returning to Sydney Sunday PM.**

**Merchandise:** MSW Swim Cap, MSW Shirt, MSW Towel, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** N / A

**Swimmer Levy:** TBC

**Payments:** Must be before each activity

## 2015 DEVELOPMENT PLAN

### **D SQUAD ACHIEVERS Squad (Pool / Open Water / MC)**

(Read in conjunction with Page 1 of this document)

**Aim:** Prepare to qualify for 2016 State Age Championships  
Increase participation and improve swimmer retention

**Selection:** **SELECTION by AREA SELECTION COMMITTEE**

**Age:** 10 - 16 Years as of 28<sup>th</sup> March 2015  
(9 Years old will be considered for skill testing and Squad Meet in September, but not camp in August)

#### **Eligibility and Criteria (with respect to SNSW requirements):**

**State:** Individual competition at: 2014 NSW Open Water 2.5 Km's JX Event and / or NSW Multi Class Championships

**Area:** Individual Competition at:  
2014 NSW Metropolitan Championships **and / or**  
2014 MSW Long Course and / or Short Course Open & Age Championships  
**And/ or**  
2014 MSW Open Water Championships and / or MSW Open Water JX Event  
**And / or**  
competed at other MSW Meets (Speedo Sprint Series Heats OR Sprint Meet OR 5 to 8 Years Meet)

**Activities:** **Activities:** Organised in conjunction with SNSW

**Skill Testing Weekend: 1<sup>st</sup> and 2<sup>nd</sup> August 2015 (Venue and time to be advised)**

**Camp and Development days: Commencement on Friday 21<sup>st</sup> Pm, 22<sup>nd</sup> and 23<sup>rd</sup> August 2015** (Venue and time to be advised, self - transport and pick up on Sunday afternoon)

**Squad Meet: 26<sup>th</sup> September 2015 at SOPAC** (Self Transport)

Lectures and Presentations: Social Media, Technical / Skills Focus (All Strokes), Development Pathways, Coach Clinic.

Pool Sessions: Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus Self-transport and Pick Up.

**Merchandise:** MSW Swim Cap, MSW Shirt, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** N / A

**Swimmer Levy:** TBC

**Payments:** Must be before each activity

## 2015 DEVELOPMENT PLAN

### **NOVICE Squad (NSW E Squad)**

(Read in conjunction with Page 1 of this document)

**Aim:** Qualify for 2015 Area LC Championships and other MSW Meets

**Selection:** **SELF NOMINATION**; Final squad selected by Selection & Development Committee

#### **Eligibility and Criteria:**

**Age:** 7-8yrs as of 28 March 2015

**Area:** Swimmers must have individually competed in at least one of the following Meets:  
2015 5-8 years Meet **and/or**  
2015 Speedo Sprint Series Heats **and/or**  
2015 Sprint Meet and  
Competed and / or Support of other MSW Meets.

**Activities:** **Technical Skills and Pool training session Saturday 5 September 2015**  
(Self - transport and pick up, Venue TBC)

**Merchandise:** MSW Novice Squad Shirt, SNSW Development Squad Cap, SNSW supplied Drink Bottle

**Squad Size:** 50 Swimmers Maximum.

**Swimmer Levy:** Nil

## 2015 DEVELOPMENT PLAN

### **E SQUAD    OPEN Squad**

(Read in conjunction with Page 1 of this document)

**Aim:**                    **Qualify for National, State Meets and encourage longevity in sport.**

**Selection:**            **SELF NOMINATION**; Final squad selected by Selection & Development Committee

#### **Eligibility and Criteria:**

**Age:**                    **19 and Over as of 28 March 2015**

**Area:**                    Swimmers must have individually competed in at least one of the following Meets:  
2014 MSW Pool or Open Water Championships,  
2015 Sprint Meet and  
Competed and / or Support of other MSW Meets.

**Activities:**            **Skill Testing Weekend: 1<sup>st</sup> and 2<sup>nd</sup> August 2015** (Venue and time to be advised)  
(Self - transport and pick up)

**Merchandise:**        MSW Squad Shirt, SNSW Development Squad Cap, SNSW supplied Drink Bottle

**Squad Size:**            20 Swimmers Maximum.

**Swimmer Levy:** Nil

## **2015 DEVELOPMENT PLAN**

### **COACHES Development**

All Area Coaches, particularly Junior Coaches, are invited by MSW to attend any Squad Activities (Skill testing, Lectures and Presentations, Meets and Camps). Development activities are not restricted only to swimmers, but the Area Coaches are the ones, that also need to develop through encouragement and Continued experiences with swimmers other than own Squad. Coaches are kindly requested to nominate for any Squad, activity directly to our Development Committee. Area will remunerate all Coaches attending activities. SNSW are part of this Policy, and will provide a development path.

### **TECHNICAL OFFICIALS Development**

Technical Officials are another cog of swimmers development, and for this reason our Area Officials need to grow their technical abilities, as well as, their knowledge of different levels of meets and other officials in other areas of this sport. All Area Technical Officials are invited to attend any of the Development activities, as well as, future activities designed specifically, with SNSW, for Technical Officials. All Technical Officials will be remunerated for their attendance(s)

### **PARENTS Development**

Without the assistance of parents, there would be no swimmers nor swim meets. In partnership with SNSW, the Area is inviting any Parent to attend their offspring(s) development activities. An informal introductory briefing will be presented on the first day of each Squad activity to explain the aim, the work, reasons for each Squad different activity. Parents are also invited, if they so wish, to assist with administration duties during development activities



## **2015 DEVELOPMENT PLAN**

### **REMEMBER:**

**THESE ARE THE BASIC CRITERION FOR 2015 DEVELOPMENT SQUADS, CHANGES MIGHT OCCUR  
DUE TO RESCHEDULING OF ACTIVITIES**

Parents & Spectators are responsible for their own expenses (including Pool Entry and food)  
when attending activities, Training Sessions, Meets etc.

BBQs, if provided at selected activities, are free of charge for squad members only.

Parents must respect the role of the Area in Development program,  
and allow Area Managers and Coaches to manage each squad program and coach,  
to enable success of the relevant aims of each Squad.

**Swimming Metro South West Inc.**