



TRARALGON SWIMMING CLUB

Coaching & Training Program

2011 / 2012

TRARALGON SWIMMING CLUB



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Squad Structure

Squads							
	Squad	Definition	Weekly Sessions	Target Age Group	Attendance Criteria	Conditioning	Head Coach
1	Junior Development	Bridging from Learn to Swim – Introduction of Club drills and basic competition skills	3	5 – 12 yrs	2	3	Michelle Ford
2	Gippy	Competent new/young swimmers. Heavily technique focused and enhancement of racing skills. Local Winter & Summer meets. Targeting Gippsland Championships at Sale in March 2012.	3	7 – 12 yrs	2 - 3	3	Michelle Ford
3	Country	Swimmers competent in most strokes, drills and racing skills. Target qualifying and swimming at Country Championships at Bendigo from 21 st to 23 rd January 2012.	4	7 – 13	3 – 4	2	Will Morrison
4	State	Swimmers targeting state Championships and medal/final at Country Championships.	5	9 – 13	4 – 5	2	Brian Ford
5	“Saunders” Age National & Open Target	11-18 year old swimmers targeting or already achieving National Age or Open qualifying times.	8	11 – 18	6 – 8	3	Ben Geard
6	Senior Competition	13 years+ swimmers wanting to compete but only able to commit to limited sessions.	Decided by Senior Head Coach	14+	Nil	Decided by Senior Head Coach	
7	“Meyer” Breaststroke	Targeted breaststroke swimmers with potential to develop into a leading Traralgon breaststroke representative.	1	8 – 13	1	0	Cameron Juha
8	18/Over Country “Call Up”	18 years and over swimmers who compete for the Club at Country Championships each year – the best meet and best reunion of the year.	0	18+	0	0	



TRARALGON SWIMMING CLUB COACHING PANEL

2011 / 2012

Senior Head Coach

Brian Ford

0419 584 145

SWIMMING

Head Performance Coach

Ben Geard 0407 353 985

Senior Coaches

Will Morrison 0421 348 546
Michelle Ford 0407 319 269

Squad Coaches

Georgia Collings 0400 157 026
Charley Askew 0408 374 515

Assistant Coaches

Thomas Morrison 0458 554 340
Cameron Juha 0448 592 668
Alice Lieshout 0448 758 316
Erin Roberts

STRENGTH & CONDITIONING

Head Performance Coach

Sam Fenton 0421 993 897

Assistant Coaches

Andrew Biram 0418 970 095
Thomas Morrison 0458 554 340
Sam Roberts

SUPPORT STAFF

Physiotherapist

Rob Stevenson (LV Physio) 03 5176 1834

Masseurs

Murray Brady (Brady's Lifestyle Management)
Veronica Roberts 03 5176 0498
0402 445 693

Myotherapist

Alyse Cherry 0402 844 059

Doctor

Roger Fitzgerald (Breed St Clinic) 03 5176 9133

Sports Physician

Karen Holzer 0439 362 504

Bowen Therapy

Mick McNeill 0412 308 460



TRAINING SQUADS

● JUNIOR DEVELOPMENT SQUAD

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	5:45 pm – 6:25 pm	Traralgon Clubrooms	Andrew / Thomas/Charley	C
	6:25 pm – 7:30 pm	Traralgon Indoor	Charley / Georgia	S
Wednesday	5:45 am – 7:15 am	Traralgon Indoor	Brian / Erin	C/S
Thursday	5:45 pm – 6:25 pm	Traralgon Clubrooms	Sam / Thomas/ Sam R	C
	6:25 pm – 7:30 pm	Traralgon Indoor	Michelle / Charley	S

3 SWIM (S) & 2 CONDITIONING (C) SESSIONS

Children who come straight from Learn to Swim, either at Poolside or from another program, will be placed in the Junior Development Squad. Three (3) sessions are available each week and children are required to attend both Conditioning and Swim sessions. The Club places equal emphasis on Conditioning and Swimming and if swimmers wish to progress through the Squad structure they will need to know the basics of excellent land and water position. We recommend swimmers compete in local meets throughout the year to understand and develop racing skills. The Coaching Panel's goal is for all swimmers in this squad to attend five (5) local meets, compete at the Gippsland Championships (Gippy's) and earn a Club Trophy at Presentation Night.

SQUAD MEMBERS:

1. Cherilyn Beales
2. Julian Beales
3. Ava Biram
4. Chiara Bordonaro
5. Khianna Bullen
6. Jake Fenn
7. Thomas Hamilton
8. Bridget King
9. Ashleigh Mihaly
10. Claire Nowosielski
11. Daniella Prezioso
12. Nicholas Prezioso
13. Samuel Reid
14. Sophie Waller
15. Chelsey Van Rossum



TRAINING SQUADS

- **GIPPSLAND CHAMPIONSHIP (GIPPY) TARGET SQUAD**

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	6:45 pm – 7:25 pm	Traralgon Clubrooms	Andrew / Thomas/Charley	C
	7:25 pm – 8:30 pm	Traralgon Indoor	Charley / Georgia	S
Wednesday	5:45 am – 7:15 am	Traralgon Indoor	Brian / Erin	S
Thursday	6:45 pm – 7:25 pm	Traralgon Clubrooms	Sam / Thomas/ Sam R	C
	7:25 pm – 8:30 pm	Traralgon Indoor	Michelle /Georgia/Charley	S

3 SWIM (S) & 2 CONDITIONING (C) SESSIONS

Swimmers will further develop their Strength and Conditioning and enhance their swimming and race skills learnt from the Junior Development Squad. Swimmers in this Squad must compete in the local Gippsland competition both in the Winter/Spring (June – October) and Summer (November – March) meets. Participation is required in 2 Winter/Spring and a minimum of 5 Summer meets which will qualify the swimmer for Gippsland Championships and a Club Trophy at Presentation Night.

SQUAD MEMBERS:

1. Caydence Bezzina
2. Zac Bezzina
3. Ben Fleming
4. Carissa Hughes
5. Jesse Lee
6. Chelsea Livingstone
7. Annaliese Nix
8. Elayna Pistrin
9. Courtney Schmidt
10. Lachlan Kelly
11. Meg Morris
12. Flynn Davis
13. Emma Stewart
14. Jasmine Underwood
15. Mikayla Underwood
16. Thomas Waugh
17. Annabelle Reid
18. Alexis Mentzing



TRAINING SQUADS

- COUNTRY CHAMPIONSHIPS (COUNTRY)
TARGET SQUAD**

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	5:45 am – 7:30 am	Traralgon Indoor	Brian	S
Wednesday	6:00 pm – 8:00 pm	Traralgon Indoor	Will / Thomas	S
Thursday	5:00 pm – 5:45 pm	Traralgon Clubrooms	Sam	C
Friday	5:45 am – 7:30 am	Traralgon Indoor	Ben / Charley	S
Saturday	6:15 am – 7:45 am	Traralgon Indoor	Will / Thomas	S
	8.00 am – 9:00 am	Traralgon Indoor	Will / Thomas	C

4 SWIM (S) & 2 CONDITIONING (C) SESSIONS

Swimmers are required to commit to the sessions available to strive and achieve qualifying times for Victorian Country Championships (Country's). The athletes will swim more distance in the sessions to prepare for longer swims such as 100 and 200 metres. They will be challenged more in training and in addition to enhancing swim/race skills, will be taught use of the race clock, hydration and self management. A significant improvement in Conditioning performance is also required at this Squad level.

SQUAD MEMBERS:

1. Will Clare
2. Jye Da Ros
3. Kieran Georgeson
4. Lincoln Ingravalle
5. Audrey Lee
6. Sarah McDonald
7. Tori Merrin
8. Hayden Willaton
9. Connor Williams
10. Ryan Withell
11. Indy Yeoman
12. Lily Zee
13. Matthew Trickett
14. Imogen Arthur
15. Grace Biram
16. Chance Doultree
17. Quan Shuen Wong



TRAINING SQUADS

- STATE CHAMPIONSHIPS (STATE) & STATE PERFORMANCE TARGET SQUAD**

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	5:45 am – 7:30 am	Traralgon Indoor	Brian	S
Tuesday	5:15 am – 7:15 am	Churchill	Ben	S
Wednesday	5:15 pm – 7:15 pm	Churchill	Ben/Charley	S
Thursday	5:00 pm – 5:45 pm	Traralgon Clubrooms	Sam	C
	7:00 pm – 9:00 pm	Morwell	Brian	S
Saturday	6:45 am – 7:45 am	Churchill	Sam	C
	8:00 am – 9:30 am	Churchill	Brian/Ben	S

5 SWIM (S) & 2 CONDITIONING (C) SESSIONS

Swimmers in the squad will target qualifying and competing at Victorian State Championship level. Swimmers are expected to train at higher levels and for a longer period. Conditioning will be progressed to a level where they will be prepared to take the next step at National level with solid foundations for significant improvement.

The Coaching Panel will select ten (10) swimmers as part of the State “Performance” Squad. These swimmers will undertake a greater level of strength and conditioning and swimming commitment (minimum 5 sessions) to transition to the Saunders Squad the following year.

STATE SQUAD:

1. Lauren Akers
2. Riley Akers
3. Ashton Arthur
4. Emily Beecroft
5. Kaylee Beecroft
6. Bridget Cain
7. Caitlin Mihaly
8. Georgia Moon
9. Alice Peddle
10. Maddi Clare
11. Jack Davis
12. Fin Peddle
13. Matt Jennings
14. Michael Buckley
15. Locke DeGaris

16. Thomas Fleming
17. Annabelle Georgeson
18. Rhiannon Georgeson
19. Oscar Harry
20. Georgia Ingravalle
21. Odette Parmigiani
22. Jason Withell
23. Ellie May
24. Regan Webster
25. Quan Han Wong

STATE PERFORMANCE:

- Bridie O’Keefe
- Sophie Fitzpatrick
- Ellodie Reid
- Connor O’Neill
- Hayley O’Neill
- Mitchell O’Neill
- Shannon O’Neill
- Penny Georgeson
- Chloe Trickett
- Ashley Withell



TRAINING SQUADS

- JEREMY SAUNDERS (“SAUNDERS”) AGE NATIONAL & OPEN NATIONAL TARGET SQUADS**

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	5:00 am – 7:15 am	Churchill	Ben	S
	6:00 pm – 8:15 pm	Churchill	Brian	S
Tuesday	4:45 am – 5:55 am	Brady’s Gym	Sam/Brian	C
	4:45 am – 5:45 am	Traralgon Indoor	Charley	S
	6:00 am – 7:15 am	Traralgon Clubroom	Sam (High Performance)	C
	6:00 am – 7:15 am	Traralgon Indoor	Brian	S
	6:00 pm – 8:15 pm	Churchill	Brian	S
Thursday	4:45 am – 5:55 am	Brady’s Gym	Sam/Brian	C
	4:45 am – 7:15 am	Traralgon Indoor	Ben	S
	6:00 pm – 8:15 pm	Churchill	Ben	S
Friday	5:45 am – 7:00 am	Traralgon Clubroom	Sam (High Performance)	C
	5:30 pm – 7:45 pm	Churchill	Brian	S
	8:00 pm – 8:45 pm	Churchill	Alice	S & V
Saturday	5:30 am – 8:00 am	Churchill	Brian	S
	8:15 am – 9:30 am	Churchill	Sam	C

8 SWIM (S) & 3 CONDITIONING (C) & 1 STRETCHING & VISUALISATION (S & V) SESSION

The Club has targeted swimmers who show a desire to train at a higher level and strive for, or who have already achieved, a National time. These swimmers must do a minimum of 6 sessions per week and all available Strength, Conditioning and Stretching sessions.

A group of ten (10) swimmers will be placed in a High Performance group and undertake Conditioning (C) sessions at a higher level. The nominated swimmers must be dedicated to the sport ensuring maximum strength and development is achieved.

The Squad is named after one of the Club’s most outstanding swimmers and team captains, Jeremy Saunders, and will be required to uphold the competition and team ethic values displayed by Jeremy during his time with Traralgon.

SAUNDERS AGE NATIONAL SQUADS

16 - 18	14 - 15	11 - 13
1. Mitch Young	1. Taylah Da Ros	1. Erin Roberts
2. Matt Norwood	2. Brayden Haney	2. Caiden Gill
3. Nicole Moon	3. Georgia Tsebelis	3. Fabienne Schoutens
4. Lily Collins	4. Maggie O’Keefe	4. Gemma Radosavljevic
5. Zoe Trembath	5. Jessica Norwood	5. Jasmine Doultree
6. Steph Spehar	6. Sam Roberts	6. Mikaela Cornelissen
7. Elliot Shaw	7. Sam May	7. Alex Tsebelis
8. Philip Blunt	8. Bethany Kershaw	
	9. Trent Morrow	
	10. Ian Melrose	
	11. Daniel Gill	
	12. Jordan Arthur	13. Taylah Willaton
	13. William Lee	15. Jacob Lampitt



TRAINING SQUADS

- **SENIOR COMPETITION SQUAD**

Swimmers have the option to swim at a reduced training level and still compete for the Club at all competitions.

These swimmers may wish to be part of the Squad structure if they wish to fulfil the requirements of that Squad, however, the reduced training commitment and sessions they can attend must be discussed with Brian first.

SQUAD MEMBERS:

Shae Haney
Tim Wilson
Daniel Golcic
Ashley Di Ciero
Luke Di Ciero



TRAINING SQUADS

- **JEREMY MEYER (“MEYER”) BREASTSTROKE SQUAD**

TRAINING TIMES:

DAY	TIME	VENUE	COACH
Friday	7:30 pm – 8:45 pm	Churchill	Cameron or Brian

1 SESSION

Breaststroke is a unique stroke which either comes naturally to swimmers or is developed over a period of time. Technique is vital, particularly for those swimmers who show a natural affinity for the stroke or have a real passion to master it. The Coaching Panel has selected a number of swimmers to work with our Club Coaches to enhance technique and hopefully progress to one of the Club's long list of outstanding breaststroke competitors in the vein of the swimmer whom the squad is named after – our first Australian Open medallist.

SQUAD MEMBERS:

SQUAD 1:

SQUAD 2:

Swimmers to be advised



TRAINING SQUADS

- **18 & OVER COUNTRY “CALL UP” SQUAD**

The Club has won 11 from the last 12 Country Championships and has a long standing tradition of having many of its senior swimmers who are 18 years of age and over come back for the Meet to support, encourage, compete, motivate and generally add a “reunion” flavour to what is the best meet of the whole season.

These swimmers can train in a squad subject to the discretion of Brian or Ben.

Current swimmers in our “Call Up” squad are:

WOMEN:

Sarah Berryman
Caitie Mitchell
Courtney Ford
Liz Bacchetti
Maasa Yamashita
Kirsten Lieshout
Alice Lieshout
Stephanie Morgan
Rosie Hopkins
Abbie Stockdale
Fiona Doultree
Carolyn Grasby
Charley Askew
Georgia Collings

MEN:

Dale Mitchell
Jeremy Meyer
Dylan Wyatt
Andrew O’Connor
Ben Geard
Brenton Ford
Sven Eriksson
Jye Thompson
Matt Stringer
Cameron Juha
Jordan Radosavljevic
Brayden Waltham
Dick Shaw
Scott Clare
Wayne Irving
Brian Ford