

TRARALGON SWIMMING CLUB

Coaching & Training Program

2010 / 2011

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	2	5 – 12 yrs	1 - 2	2	Michelle Ford
2	Gippy's	Competent new/young swimmers. Heavily technique focused and enhancement of racing skills. Local Winter & Summer meets. Targeting Gippsland Championships.	3	7 – 12 yrs	2 - 3	2	Michelle Ford
3	Country's	Swimmers with good competence in most strokes, drills and racing skills. Target qualifying and swimming at Country Championships.	4	7 – 13 yrs	3 – 4	2	Will Morrison
4	States	Young swimmers targeting State Championships and medalling/finalling at Country Championships.	5	9 – 13 yrs	4 – 5	2	Matt Dinsmore
5	“Saunders” Age National & National Target	11-18 year old swimmers targeting or already achieving National Age or Open qualifying times.	8	11 – 18 yrs	5 – 8	3	Ben Geard
6	Senior Competition	13 years+ swimmers wanting to compete but only able to commit to 1-3 sessions per week.	Decided by Senior Head Coach	13+ yrs	Nil	0	
7	Master's	19 years and over swimmers who wish to enhance their swim ability and compete in local and Masters competitions.	2	19+ yrs	Nil	1	Ben Geard
8	“Meyer” Breaststroke	Targeted breaststroke swimmers with potential to develop into a leading Traralgon breaststroke representative.	1	8 – 13 yrs	1	0	Brian Ford

TRARALGON SWIMMING CLUB

COACHING PANEL

2010 / 2011

Senior Head Coach

Brian Ford 0419 584 145

SWIMMING

Head Coach

Ben Geard 0407 353 985

Senior Coaches

Matt Dinsmore 0412 426 648

Will Morrison 0421 348 546

Michelle Ford 0407 319 269

Squad Coaches

Georgia Collings 0400 157 026

Sarah Berryman 0417 729 888

Charley Askew 0408 374 515

Assistant Coaches

Kristie Smith 0448 066 250

Thomas Morrison 0458 554 340

Cameron Juha 0448 592 668

Alice Lieshout 0448 758 316

STRENGTH & CONDITIONING

Head Coach

Sam Fenton 0421 993 897

Senior Coach

Rebecca Fenton 0412 619 519

Assistant Coaches

Andrew Biram 0418 970 095

Georgia Collings 0400 157 026

Sarah Berryman 0417 729 888

Kristie Smith 0448 066 250

Thomas Morrison 0458 554 340

SUPPORT STAFF

Athlete / Parent Liaison

Peta Whitby 0422 176 701

Physiotherapist

Rob Stevenson (LV Physio) 03 5176 1834

Masseurs

Murray Brady (Brady's
Lifestyle Management) 03 5176 0498

Veronica Roberts 0402 445 693

Myotherapist

Alyse Cherry 0402 844 059

Doctor

Roger Fitzgerald 03 5176 9133
(Breed St Clinic)

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	C
	6:25 pm – 7:30 pm	Traralgon Indoor	Georgia / Charley	S
Thursday	5:45 pm – 6:25 pm	Traralgon Clubrooms	Bec / Sarah	C
	6:25 pm – 7:30 pm	Traralgon Indoor	Michelle / Sarah	S

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

Children who come straight from Learn to Swim either at Poolside or elsewhere will be placed in the Junior Development Squad. Two (2) sessions are available each week and children are encouraged 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. Whilst competition is not enforced in the first year with the Club, we recommend swimmers compete in local meets throughout the year to understand and develop racing skills. Attendance at five (5) local meets qualifies them to compete at the Gippsland Championships (Gippy's) and earn a Club Trophy at Presentation Night (30th April, 2011).

SQUAD MEMBERS:

- | | | | |
|-----|--------------------|-----|------------------|
| 1. | Ashleigh Mihaly | 12. | Jesse Buhagiar |
| 2. | Caydence Bezzina | 13. | Andrea Benc |
| 3. | Danielle Pattinson | 14. | Zac Bezzina |
| 4. | Ava Biram | 15. | Samuel Reid |
| 5. | Mikayla Underwood | 16. | Matthew Trickett |
| 6. | Jasmine Underwood | 17. | Charli Leslie |
| 7. | Elayna Pistrin | 18. | Macey Leslie |
| 8. | Sophie Brand | 19. | Annabelle Reid |
| 9. | Ani Prakash | | |
| 10. | Siva Prakash | | |
| 11. | Flynn Davis | | |

TRAINING SQUADS

● GIPPSLAND CHAMPIONSHIP (GIPPY'S) TARGET SQUAD

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	6:45 pm – 7:25 pm	Traralgon Clubrooms	Andrew / Thomas	C
	7:25 pm – 8:30 pm	Traralgon Indoor	Georgia / Charley	S
Wednesday	5:45 am – 7:15 am	Traralgon Indoor	Brian	S
Thursday	6:45 pm – 7:25 pm	Traralgon Clubrooms	Bec	C
	7:25 pm – 8:30 pm	Traralgon Indoor	Michelle / Sarah	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 (30th April 2011).

SQUAD MEMBERS:

1. Lincoln Ingravalle
2. Kristen Antonopoulos
3. Andrea Benc
4. Tori Merrin
5. Hayden Johnston
6. Hayden Willaton
7. Jaslin Cleator
8. Jye Da Ros
9. Kieran Georgeson
10. Maddison Rohde
11. Meg Morris
12. Ryan Withell
13. Claire Humphrey
14. Chelsea Humphrey
15. Sarah McDonald
16. Chelsea D'Angelo
17. Emma Reid

TRAINING SQUADS

● COUNTRY CHAMPIONSHIPS (COUNTRY'S) 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	5:30 pm – 6:55 pm	Traralgon Clubrooms <i>(selected swimmers only)</i>	Sam	C
Friday	5:45 am – 7:30 am	Traralgon Indoor	Ben	S
Saturday	6:15 am – 7:15 am	Traralgon Indoor	Bec / Will / Kristie	C
	7:30 am – 9:00 am	Traralgon Indoor	Will / Kristie	S

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:

BOYS

Chance Doultree
William Clare
Ashton Arthur
Jordan Parmigiani
Cassidy Phelan

GIRLS

Chloe Trickett
Bridget Cain
Caitlin Mihaly
Emily Beecroft
Emma Moon
Georgia Moon
Grace Biram
Ellie May
Alice Peddle
Imogen Arthur
Emma Grieve
Odette Parmigiani
Kaylee Beecroft

TRAINING SQUADS

● STATE CHAMPIONSHIPS (STATE) 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	Matt	S
Wednesday	5:15 pm – 7:15 pm	Churchill	Matt	S
Thursday	5:30 pm – 6:55 pm	Traralgon Clubrooms	Sam	C
	7:15 pm – 9:00 pm	Morwell	Matt	S
Saturday	6:45 am – 7:45 am	Churchill	Sam	C
	8:00 am – 9:30 am	Churchill	Matt	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.

SQUAD MEMBERS:

BOYS

Thomas Fleming
Luke Di Ciero
Jason Withell
Michael Buckley
Connor O'Neill
Mitchell O'Neill
Alex Tsebelis
Ashley Withell
Jack Davis
Matt Jennings
Jacob Lampitt
Hamish Bissett
Oscar Harry
Finley Peddle

GIRLS

Taryn Clarke
Maddison Clare
Penelope Georgeson
Rhiannon Georgeson
Annabelle Georgeson
Bridie O'Keefe
Shannon O'Neill
Hayley O'Neill
Ellodie Reid
Mikaela Cornelissen
Sophie Fitzpatrick
Matilda Ingravalle
Regan Webster
Taylah Willaton

TRAINING SQUADS

● JEREMY SAUNDERS (“SAUNDERS”) AGE NATIONAL & NATIONAL TARGET SQUAD

TRAINING TIMES:

DAY	TIME	VENUE	COACH	
Monday	5:15 am – 7:15 am	Morwell	Matt (14-15 yrs only)	S
	5:00 am – 7:15 am	Churchill	Ben	S
	6:00 pm – 8:15 pm	Churchill	Brian	S
Tuesday	5:00 am – 7:15 am	Churchill	Ben	S
	4:45 am – 5:55 am	Brady’s Gym	Sam	C
	6:00 am – 7:15 am	Traralgon Indoor	Brian	S
	6:00 pm – 8:15 pm	Churchill	Brian	S
Thursday	5:00 am – 7:15 am	Churchill	Ben	S
	4:45 am – 5:55 am	Brady’s Gym	Sam	C
	6:00 am – 7:15 am	Traralgon Indoor	Brian	S
	6:00 pm – 8:15 pm	Churchill	Ben	S
Friday	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 5 sessions per week and all available Strength, Conditioning and Stretching sessions.

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. Cameron Juha	1. Ashley Di Ciero	1. Erin Roberts
2. Mitch Young	2. Daniel Golcic	2. Caiden Gill
3. Jordan Radosavljevic	3. Brayden Haney	3. Taylah Da Ros
4. Matt Norwood	4. Georgia Tsebelis	4. Fabienne Schoutens
5. Elliot Shaw	5. Maggie O’Keefe	5. Sam May
6. Alice Lieshout	6. Jessica Norwood	6. Gemma Radosavljevic
	7. Sam Roberts	7. Jasmine Doultree
	8. Stephanie Spehar	
	9. Zoe Trembath	
	10. Bethany Kershaw	
	11. Trent Morrow	
	12. Ian Melrose	
	13. Daniel Gill	
	14. Jordan Arthur	
	15. Nicole Moon	

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:

Sharna Smith
Thomas Morrison
Matt Stringer
Shae Haney
Tim Wilson
Brayden Waltham
Stephanie Morgan

TRAINING SQUADS

- **MASTER'S SQUAD**

TRAINING TIMES:

DAY	TIME	VENUE	COACH
Wednesday	5:15 am – 7:00 am	Churchill	Ben
Friday	7:45 pm – 8:45 pm	Churchill	Ben

2 SESSIONS

In 2008 the Club introduced its Master's Program. The sessions are designed for those swimmers 19 years and over who wish to enhance technique, fitness and/or racing skills. Swimmers are encouraged to compete at local competitions and as a result at Gippsland Championships, however, it is not compulsory. The 2010/2011 season will see the Club send its first team to the Aussie Masters Victorian Championships in July 2010 and February 2011. Wednesday sessions incorporate 30 minutes of Strength and Conditioning to assist in the understanding between body position and swim stroke.

TRAINING SQUADS

● JEREMY MEYER (“MEYER”) BREASTSTROKE SQUAD

TRAINING TIMES:

DAY	TIME	VENUE	COACH
Friday	7:15 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:

Cameron Juha – Coach

Luke DiCiero
Thomas Fleming
Rhiannon Georgeson
Ashley Withell
Shannon O’Neill
Haley O’Neill
Taryn Clark
Taylah Willaton
Regan Webster

SQUAD 2:

Brian Ford – Coach

Connor O’Neill
Mitchell O’Neill
Penelope Georgeson
Odette Parmigiani
Jason Withell
Maddison Clare
Alex Tsebelis
Jordan Parmigiani

TRAINING SQUADS

● 18 & OVER COUNTRY “CALL UP” SQUAD

The Club has won 10 from the last 11 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 at any time with the “Saunders” National 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
Erin O'Connor
Alyce Milkins
Kristie Smith
Maasa Yamashita
Kirsten Lieshout

MEN:

Dale Mitchell
Jeremy Meyer
Dylan Wyatt
Andrew O'Connor
Ben Geard
Scott Ashby
Brenton Ford
Sven Eriksson
Jye Thompson
Matt Dinsmore
Lucas Bennett