

TARGET SQUAD REPORT

22 swimmers were selected from over 30 eligible applicants from across Gippsland Member clubs to take part in Target Squad 2009/10. Many thanks Coaches from respective clubs who encouraged swimmers to apply and for your support of the program.

TEAM DINSMORE - Abbey Derbyshire, Cameron Juha, Charlee Gough, Erin Roberts, Georgia Tsebelis, Matthew Norwood, Hannah Matchett, Lachlan Wyatt, Sean Bulmer, Stephanie Spehar, and Zoe Barwick

TEAM GOETZ - Ian Melrose, James Vandersteen, Kirstie Skinner, Lachlan Evans, Maggie O'Keefe, Matt Accardi, Hannah Accardi, Olivia Ferretti, Sharna Smith, Zac Strini and Zoe Trembath

Session 1: 7:30am – 4:15pm Venue: Sale Indoor Pool, Saturday 15th August 2010

Comprehensive Program of activities – Presented by Coaches Matthew & Andrew Goetz, including Time Management and Self Discipline. Dry land component taken by – Imogen Hubbard, Qualified Fitness Trainer & Specialist Coach from EGWD. An excellent first day, Swimmers, Coaches and Coordinator went away exhausted but very satisfied.

Session 2: 7:30am – 4:30pm Venue Warragul Indoor Pool, Saturday 17th October 2009

Consisted of 2 comprehensive swim sessions, dry land warm ups, goal setting and a Runaway Bay report from invitees. Nutrition session was presented by Louise Letson and parents were given the opportunity to attend.

Session 3: 7.30am – 4pm Venue: Churchill Indoor Pool, Saturday 21st November 2009

Comprehensive Dry Land warm up given by coaches to set swimmers up for a busy day ahead. With another session also provided prior to the afternoon session with Guest Coach Jo Love organised through Swimming Victoria in conjunction with the Gippsland Go Club Development Day.

Session 4: Venue: 8am Bairnsdale Indoor and 10am – Until the end of days swim meet at Bairnsdale outdoor pool, Saturday 6th February 2010

Swimmers were now preparing for the business end of the season. Many had attended States and Country Championships since the last session with some wonderful results and pb's achieved. Billed as the 'DUEL in the POOL', the final Target Squad session consisted of a solid warm up session at the indoor pool before swimmers were dropped to the outdoor pool for the days meet. All swimmers seemed to enjoy this last session and the camaraderie between swimmers was fantastic. Some fun was had with spot prizes awarded during the announcing of the winning team and to finalise the day and season.

Duel in the Pool - Concept:

Using the swimmers in their groups we use the time before the meet to do a group warm up and take them through our plans of attack for the day

The swimmers will enter – with prior knowledge and approval for their respective group coach i.e. Andrew and Matt events that they will swim at the meet (minimum of 4 or 5)

They will also nominate a time that they believe they are capable of swimming for that event to their coach

Throughout the meet the coaches stay and cheer on and guide their swimmers as we record and coach them through their events

At the end of the day the group with the swimmers who went closest to the time that they told us before hand wins, following the point score as below;

Event Distance	Time from Entered Time	Points	Time from Entered Time	Points	Time from Entered Time	Points	Time from Entered Time	Points
50	< or 0.00	+5	0.00 - 0.25	+3	0.50	+2	Over 0.50	N/A
100	< or 0.00	+8	0.00 – 1.00	+5	1.00 – 1.50	+2	Over 1.50	N/A
200	< or 0.00	+12	0.00 – 1.50	+6	1.50 – 2.50	+3	Over 2.50	N/A

i.e. If Matt entered a 200 Free and agreed with his coach that he would swim a 2.02 and on the day he swims a 2.01 Matt receives one point for his team. Similarly if Matt swam a 2.03 Matt receives no points for his team as his time was slower than what he agreed with his coach.

Season Wrap Up: Many thanks to Coaches from respective clubs who encouraged swimmers to apply to the Squad and for your support of the program. Feedback has been fantastic and extremely positive, with swimmers leaving each session tired but thrilled that they have the opportunity to be involved. A number of swimmers gained Country and State Times, whilst 4 gained National Times. Matt Dinsmore and Andrew Goetz really stepped up this year and offered a wonderful program for the swimmers. They have indicated on their availability for next season and Melissa Stewart will also take on the role of Coordinator.

Well done to all, a wonderful opportunity for all within the District – Jackie Madden, Target Squad Coordinator 2009/10