



Swimming North Coast Inc.

2022 Area Development Report

Swimming North Coast has recently been undertaking activities aligned to its 2022 Area Development Program.

The program containing defined selection criteria, was primarily based on the 2022 Swimming New South Wales Area Development Program, however SNC included additional criteria based on attendance at SNC Championships for all squads excluding NAARS.

The squads included:

- NAARS – National Age Area Representative Squad
- SAARS – Senior Age Area Representative Squad
- JAARS – Junior Age Area Representative Squad
- SADS – Senior Area Development Squad
- JADS – Junior Area Development Squad

It was interesting to note, that the principal emphasis of each development day was on swimming skills/techniques not fitness, each head coach had a different aspect to delivering coaching to participants.

At each development day, the head coach was supported by a number of local coaches and all their services were greatly appreciated by the Swimming North Coast Management and Development Committees.

In addition, the development day programs were coordinated by the local Swimming NSW Club Support Officer Lyn Connell in conjunction with SNC Management and Development Committee members. During the weekend, Lyn and SNC Management and Committees members had an informal discussion with parents on matters pertaining to Swimming NSW and Swimming North Coast.

SNC Management and Development Committees appreciate the support of swimmers and their parents in attending the Development Days.

Action will now commence to plan the 2023 Area Development Program.



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Development Days were conducted at

Evans Head 20 August

SAARS and JAARS – 10 participants representing 6 Clubs

Evans Head 21 August

SADS and JADS – 16 participants representing 7 clubs.

The head coach for the weekend was Andrew Hunter – Oasis Pools Banora Point, supported by local coaches Helen Phipps, Nicole Grant (In Training), Shannon Comerford, Luke Anderson and Peter Harvey. Andrew has coached numerous National Age Medallist over the years, with the latest being Julia Remington in 2022.

Andrew discussed his training programming in enabling Julia to firstly qualifying for National Age and then achieving a medal. Breathing was his primary focus followed by drills of starts, underwater streamlining, turns and finishes for each stroke.

Taree 27 August

SAARS and JAARS – 12 participants representing 8 Clubs

Taree 28 August

SADS and JADS – 24 participants representing 11 clubs.

The head coach for the weekend was Kim Taylor – Head Coach for several top 10 NSW and Australian clubs, including Gosford, Woy Woy, Mingara and Kinross Wolarai. Kim has coached numerous National Age Medallist over the years, including Brad Woodward silver medallist at the 2022 Commonwealth Games.

Kim was assisted over the weekend from local coaches Sue Ellen Kingston, Helen Phipps, Zara Phillips, Kim Smith and Luke Anderson.

At the SAARS and JAARS day, Kim initially ran through a stretching and activation program, before commencing a high intensity set of starts, turns and finishes covering all four strokes.

With a large number of participants in the SADS and JADS squads, their program was spent in the pool, similarly undertaking skills of starts, turns and finishes for all four strokes.



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Macksville Aquatic Centre 10 and 11 September NAARS – 8 participants representing 3 clubs.

The head coach for the weekend was Chris Myers, Swimming NSW – Regional Coaching Director, supported by local coaches Fiona Druzinec, Sue Belcher, Shannon Comerford, Luke Anderson, Dean Laurence and Daniel Bannerman.

The emphasis for the weekend similar to previous development days was on skills and techniques including the benefit of underwater streamlining. Chris had a video presentation for each session, and the participants were then required to replicate the presentation information in the pool.

In addition to the skills and techniques sessions, day 1 included a float board activity, whilst day 2 commenced with a pilates session, all designed to test the swimmers core strength.