

2019 Regional Camp & Meet Plans

TAPS SQUAD

Squad Coaches

Darren Ward, Ken Nixon, Carl Gordon

Domestic Camp

16-17 March

AUT Millennium – Auckland

- Biomechanical work with Jodie Cossor
- Swimmer Screening with Bill Smart
- Nutrition – Alice Sharples
- Breathing – Sandro Mota
- Overnight stay and meals at AUT Accommodation

Notes: Availability of Jodie Cossor, Great opportunity to use the filming facilities at National Centre, Pre-NAGS & Opens skill work, PD opportunity for Coaches.

Warm Weather Training Camp + Meet

6-14 July (Date TBC)

Gold Coast – The Southport School (TSS)

Notes: Re-building phase after Opens, warm weather training, NZ School Holidays, Linking in with Chris Nesbitt & TSS Coaches, Competitive opportunity.

- Conditioning
- Nutrition & Hydration
- S&C Support
- Working with TSS Coaches
- Competitive opportunity– Q'sland Short Course Prep Meet 13-14 July

International Competition

14-20 December

Brisbane Aquatics Centre – Queensland State Championships



POTENTIAL SQUAD

Squad Coaches

Darren Ward, Alison Fitch, Graham Smith

Domestic Weekend Camp

6-7th April

Waikato Based

Notes: Pre-NAGS preparation

- Swimmer screenings – Bill Smart
- Nutrition – Alice Sharples
- Breathing – Sandro Mota

Warm Weather Training Camp + Meet

6-14 July (Date TBC)

Gold Coast – The Southport School (TSS)

Notes: Re-building phase after Opens, warm weather training, NZ School Holidays, Linking in with Chris Nesbitt & TSS Coaches, Competitive opportunity.

- Conditioning
- Nutrition & Hydration
- S&C Support
- Working with TSS Coaches
- Competitive opportunity– Q'sland Short Course Prep Meet 13-14 July

International Competition

2nd week of December (Date TBC)

Melbourne - Victorian Age Championships



PATHWAY SQUAD

Squad Coaches

Darren Ward, Helen Barr, Ross Fisher, Mai Morgan, Libby Gray

Domestic Weekend Camp (Alongside Potential Squad)

6-7th April

Waikato Based

Notes: Pre-NAGS preparation

- Swimmer screenings – Bill Smart
- Nutrition – Alice Sharples
- Breathing – Sandro Mota

Domestic Competition

Early July - TBC

Greerton Winter Meet

Domestic Day Camp

21st of September

Waikato Based

Domestic Day Camp

2nd of November

Waikato Based


XLR 8 – 2.5K SQUAD

Coaches: Darren Ward, Allaynah Hill

Regional Technique Clinics

28th April / 29 June / 25 Aug

Waikato Based

A decorative graphic in the bottom left corner consisting of a black, yellow, and red diagonal swoosh.