



*#wearewaikato*

**REGIONAL SQUADS  
INFORMATION HANDBOOK  
2020**



## Swimmers & Parents

This booklet has been put together to help provide as much information as possible on the 2020 Swimming Waikato Squads and all opportunities associated with each squad.

I hope that it will provide you with an overview of the 2020 Regional Squads and allow you to plan, along with your coach and family, to ensure you are available for all squad opportunities.

The Regional Squads are designed to help support the ambitions of the regions top performing and up and coming swimmers and to help these swimmers navigate their way towards their individual goals, whatever they may be.

The Regional Programme is designed to complement the great work being carried out at the home clubs and to help bring together our coaches, swimmers and a multitude of experts to share ideas and to progress as one.

This will be our second year of the updated Regional Squads Programme and I am confident we are already building on strong foundations; I look forward to working with you all in 2020 and building on the success of the previous 12 months.

Please note that there will be a **Regional Squad Parent's Evening** on the 13<sup>th</sup> of February, it is expected that all swimmers are represented by at least one parents or care provider. More information to follow.

#wearewaikato

A handwritten signature in black ink, appearing to read "Darren Ward".

Darren Ward – Regional Hub Director



## PERFORMANCE SQUAD INFO

### Performance Squad Coaches

- Mat Woofe – Hamilton Aquatics
- Darren Ward – Swimming Waikato

### 2020 Camp & Competition Dates

- **Weekend Training Clinics – March 7<sup>th</sup>, May 2<sup>nd</sup>, 4-5<sup>th</sup> July, 5<sup>th</sup> Sept, 7<sup>th</sup> Nov (Locations TBC)**
- **Qld State Championships (AUS) – Dec 2020** (Meet participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Director)
- **Pre-Queensland Championships Long Course Training - TBC**

### Squad Wellbeing

- ***Access to physio screening:*** Swimmers will have regular contact time with Kim Deane, Swimming Waikato physio.

### IPP Talks

IPP Talks (Individualized Program Plan) will be scheduled between February and May with the cooperation of the home clubs. We will do our utmost to ensure these talks are scheduled at the swimmers training base and that we keep interruptions to training at a minimum.

These talks are to allow our Regional Hub Director and Regional Squad Coaches to sit down and discuss the current and future planning and goal setting for each swimmer. It will be expected that all swimmers attend the scheduled talks.

At its core, it's an opportunity for the swimmer to talk about the sport which they dedicate such a vast amount of their time and energy towards.

All information discussed will be available to home coaches.



## POTENTIAL SQUAD INFO

### Potential Squad Coaches

- Graham Smith – St Paul's
- Alison Fitch – St Peter's
- Darren Ward- Swimming Waikato

### 2020 Camp & Competition Dates

- **Weekend Training Clinics – March 8<sup>th</sup>, 3<sup>rd</sup> May, 20<sup>th</sup> June, 6<sup>th</sup> Sept, 8<sup>th</sup> Nov (Locations TBC)**
- **Victorian Age Championships (AUS) – Dec 2020** (Meet participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Director)
- **Pre-Victorian Championships Long Course Training - TBC**

### Squad Wellbeing

- ***Access to physio screening:*** Swimmers will have scheduled contact time with Kim Deane, Swimming Waikato physio.

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## PATHWAY SQUAD INFO

### Pathway Squad Coaches

- Libby Gray - Thames
- Ross Fisher – St Paul's
- Darren Ward – Swimming Waikato

### Camp & Competition Dates

- Weekend Training Clinics – March 22<sup>nd</sup>, May 17<sup>th</sup>, July 19<sup>th</sup>, November 28<sup>th</sup>
- Auckland SC– September (Dates TBC)

### IPP Talks (New for 2020)

*We are pleased to now be extending the Individual Performance Plan's for our 2020 Pathway Squad.*

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## XLR8 2.5K SQUAD

### XLR 8 2.5K Squad Coaches

- Darren Ward – Regional Hub Director
- Development Coaches – Home Clubs

### 2020 XLR8 2.5K Stroke Clinics

- **23<sup>rd</sup> May – Fastlane (Hamilton) 10:00-11:30 AM**
- **27<sup>th</sup> June – Fastlane (Hamilton) 10:00-11:30 AM**
- **29<sup>th</sup> August – Fastlane (Hamilton) 10:00-11:30 AM**
- **24<sup>th</sup> October – Fastlane (Hamilton) 10:00-11:30 AM**

The focus for the XLR8 2.5K Squad is technical skills and maintaining attention to detail throughout a 90-minute session. Swimmers will be challenged to take ownership of how they swim and to think outside of the box, we also actively encourage the swimmers to ask questions of each other and of the coaches.

**With a successful run of Stroke Clinics in 2019 we have decided to add an additional date for 2020.**



## Regional Squad Kit

We are excited to be working with our friends at **Swim T3** to provide our Swimming Waikato Squads with some excellent squad kit.

We expect that all swimmers will wear the allocated kit to all Regional Squad, Camps and Competitions and to take good care of each item. The kit must be current and up to date for each year, in line with our **Swim T3** sponsorship.

We want you to wear the team kit with pride and to ensure you continue to *earn the right to wear it.*

For all your swimming kit needs please visit [www.swimt3.co.nz](http://www.swimt3.co.nz)

## Representing the Region

It is an exciting time for swimming in the Waikato as we continue to build our Regional Hub and our new squad structures. There has been positive investment in the sport of swimming here in our region and this is something we must capitalise on as best we can.

How we move forward is largely down to athletes like yourself, those of you who are truly on the front line of our sport and the ones who are most affected by any changes. You have an exciting opportunity to leave a remarkable legacy for future generations of swimming talent currently behind you.

When you represent the region, whether it's at a regional, national or International competition, or on a training camp it is expected that you do so in a professional manner and in such a way that will leave a positive legacy.

It is our hope that you promote the very best of our fantastic region and its proud sporting heritage.

We are Waikato!



## Finance

As with all development opportunities, our Regional Squad programme does come with a cost.

We are currently working to finalise the budget for each squad level, and we will share the cost with you as soon as possible.

More details on the costing of the Regional Squads will be made available at the Parents Forum in February.

## Possible Funding Support

Trust	Application Deadline	Website
Adastra Foundation	Check Adastra Website	<a href="http://www.adastra.org.nz/scholarships">www.adastra.org.nz/scholarships</a>
Sir Edmund Hilary	End of August annually	<a href="https://www.waikato.ac.nz/scholarships/s/sir-edmund-hillary-scholarship">https://www.waikato.ac.nz/scholarships/s/sir-edmund-hillary-scholarship</a>

## The University of Waikato Applications & Scholarships

<b>The University of Waikato</b>	<a href="http://www.waikato.ac.nz">www.waikato.ac.nz</a>
<b>University Scholarships</b>	<a href="http://www.waikato.ac.nz/scholarships/home">www.waikato.ac.nz/scholarships/home</a>

Further University of Waikato scholarship information can be requested at the following email address: [scholarships@waikato.ac.nz](mailto:scholarships@waikato.ac.nz)



## Apprenticeship & Employment Opportunities

Please email the Swimming Waikato Regional Hub Director for more info  
[darren@swimmingwaikato.co.nz](mailto:darren@swimmingwaikato.co.nz)

## Swimming Waikato Scholarships

Swimmers on the Regional Squad will have the opportunity to apply for a number of Swimming Waikato Swimmer Scholarships. See the 2029/21 Swimmer Scholarships for more detail.

Please check the Swimming Waikato website for more info [www.swimmingwaikato.co.nz](http://www.swimmingwaikato.co.nz)

## Regional Support Services Contacts

Service	Name	Contact
Strength & Conditioning	Barry Jennings	barriejennings@xtra.co.nz
Sports Nutritionist	Lillian Morton	lillian@lillianmortonnutrition.co.nz
Sports Psychologist	Dom Vettise	vettisepsychology@gmail.com
Sports Physio	Kim Deane	kimatlisahansenphysio@xtra.co.nz

Please mention Swimming Waikato when making any bookings. Swimmers may be asked if they are willing to share information with Home Coaches, this is at the discretion of the swimmer and family.

## Drug Free Sport

A full comprehensive list of all banned substances can be found at the following website:  
[www.wada-ama.org](http://www.wada-ama.org)

For more support and help around keeping your sport drug free the following link offer a lot of advice [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz)

Always seek advice if you have any concerns around supplementation. This is your responsibility. If any doubt, speak to your coach or with Darren at [darren@swimmingwaikato.co.nz](mailto:darren@swimmingwaikato.co.nz)



# Useful Websites

## National & Regional Sporting Websites

<b>Swimming New Zealand</b>	<b><a href="http://www.swimming.org.nz">www.swimming.org.nz</a></b>
<b>Swimming Waikato</b>	<b><a href="http://www.swimmingwaikato.co.nz">www.swimmingwaikato.co.nz</a></b>
<b>Sport Waikato</b>	<b><a href="http://www.sportwaikato.org.nz">www.sportwaikato.org.nz</a></b>
<b>High Performance Sports NZ</b>	<b><a href="http://www.hpsnz.org.nz">www.hpsnz.org.nz</a></b>
<b>NZ Olympic Committee</b>	<b><a href="http://www.olympic.org.nz">www.olympic.org.nz</a></b>
<b>Sports NZ</b>	<b><a href="http://www.sportnz.org.nz">www.sportnz.org.nz</a></b>

## World Swimming

<b>British Swimming</b>	<b><a href="http://www.britishswimming.org">www.britishswimming.org</a></b>
<b>Australian Swimming</b>	<b><a href="http://www.swimming.org.au">www.swimming.org.au</a></b>
<b>USA Swimming</b>	<b><a href="http://www.usaswimming.org">www.usaswimming.org</a></b>
<b>South African Swimming</b>	<b><a href="http://www.swimsa.org">www.swimsa.org</a></b>
<b>Canadian Swimming</b>	<b><a href="http://www.swimming.ca">www.swimming.ca</a></b>

## Further Education

<b>The University of Waikato</b>	<b><a href="http://www.waikato.ac.nz">www.waikato.ac.nz</a></b>
<b>Wintec Institute of Technology</b>	<b><a href="http://www.wintec.ac.nz">www.wintec.ac.nz</a></b>



## Swimming Waikato Partners

Swim T3	<a href="http://www.swimt3.co.nz">www.swimt3.co.nz</a>
Brian Perry Charitable Trust	<a href="http://www.brianperry.co.nz">www.brianperry.co.nz</a>
Grassroots Trust	<a href="http://www.grassrootstrust.co.nz">www.grassrootstrust.co.nz</a>
Ingham Hyundai	<a href="http://www.inghamhyundai.co.nz">www.inghamhyundai.co.nz</a>
WEL Energy Trust	<a href="http://www.welenergytrust.co.nz">www.welenergytrust.co.nz</a>
The Lion Foundation	<a href="http://www.lionfoundation.org.nz">www.lionfoundation.org.nz</a>
Paterson Burn Optometrists	<a href="http://www.patersonburn.co.nz">www.patersonburn.co.nz</a>
Deloitte Private	<a href="http://www.deloitteprivate.co.nz">www.deloitteprivate.co.nz</a>
New Zealand Community Trust	<a href="http://www.nzct.org.nz">www.nzct.org.nz</a>
The Southern Trust	<a href="http://www.southerntrust.org.nz">www.southerntrust.org.nz</a>
NZ Racing Board	<a href="http://www.nzracingboard.co.nz">www.nzracingboard.co.nz</a>
Trust Waikato	<a href="http://www.trustwaikato.co.nz">www.trustwaikato.co.nz</a>

## 2021 Regional Squad Qualification

The qualification window for the 2021 Regional Squad will be open from the 1<sup>st</sup> of January 2020 and will run until the 31<sup>st</sup> of December 2021.

For more information on the 2021 Regional Squads please visit <https://swimmingwaikato.co.nz/regional-squads-programme/>

