



Waikato Regional Squads 2021-22

INFORMATION
HANDBOOK
2021-22



Believe in Better



Original Draft: 22/06/2021

This is a living document and amends may be made if deemed necessary. The information is correct at the time of publishing. Swimming Waikato reserves the right to use discretion and adjust the contents outlined in this document.

Swimming Waikato will endeavour to provide all necessary updates when required
via Fastlane or by Direct Email.



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Swimmers & Parents

Congratulations on your 2021/22 Regional Squad Selection

This booklet has been put together to help provide as much information as possible on the 2021-22 Swimming Waikato Regional Squads and all opportunities associated with each squad.

I hope that it will provide you with an overview 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 region's 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. Swimming Waikato will always look to work collectively with all willing coaches and clubs to ensure the best pathway opportunities are available and utilised.

The last 15 months have shown how resilient our sport can be as we ducked and weaved our way through restrictions and untimely cancellations, however it showed a determination and desire from our clubs and athletes to progress and develop, nonetheless. This has also been the case for the Regional Squads as it adapted and continues to adapt to the prevailing changes in the region and globally.

Our tag-line of 'Believe in Better', is a call to everyone involved with our sport to ensure that we are providing the best possible opportunities for our swimmers, this first and foremost starts with the belief that we can be better.

#believeinbetter



Darren Ward – CEO



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PERFORMANCE SQUAD



2021/22 Performance Squad Coaches

- Graham Smith – St Paul’s Swimming Club
- Luke Abbott – Strength & Conditioning
- + Guest coaches to be invited throughout year.

2021/22 Training & Competition Dates

- Dunedin Training Camp – Dates TBC
- Qld State Championships (AUS) – Dec 2021 (Dependant on updated travel restrictions) *
- Pre-Queensland Championships Long Course Training – Perry Aquatic Centre (50m)

* Queensland Champs associated costs are additional to the annual Squad fee. Swimmers going to the Queensland Champs will receive additional Arena Team Kit, including Regional Rep Cap.

Squad Wellbeing & Development

- 1-2-1 Sport / Performance Psychology Session with Dom Vittise (Sports Psychologist)
- 1-2-1 nutritional consultation and two follow-ups with Lillian Morton (Nutritionist) to be arranged by the individual swimmer.
- 1-2-1 physical screening from Kim Dean (Physio) to be arranged with the individual swimmer.

Squad Kit

- Swimmer to be provided with Arena kit, including caps. Australian tour swimmers to receive representation caps and additional squad kit.





POTENTIAL SQUAD



Potential Squad Coaches

- Ross Fisher – St Paul’s Swimming Club
- Zac Taylor – St Peter’s Swimming Club
- Luke Abbott – Strength & Conditioning
- + Guest coaches to be invited throughout year.

2021/22 Training & Competition Dates -

- 18-19 September – Rotorua
- 21 November – Perry Aquatic Centre, Cambridge
- 23 January – Waterworld, Hamilton
- Out of Region Weekend Competition (Likely, Wellington or Auckland) – TBC

Squad Wellbeing & Development

- 1-2-1 physical screening from Kim Dean (Physio) to be arranged with the individual swimmer.

Guest speaker talks to be arranged in conjunction with squad and coaches, plus:

- Nutritionist
- Strength & Conditioning

Squad Kit

- Swimmers to be provided with Arena kit. Official kit supplier - Teamline





PATHWAY SQUAD



Pathway Squad Coaches

- Alison Fitch – St Peter’s Swimming Club
- Bex Freebairn – Swim Waipa Swimming Club
- Luke Abbott – Strength & Conditioning
- + Guest coaches and presenters to be invited throughout year.

Goals:

- Increase motivation of the Pathway Swimmers to continue to learn and to grow their Individual goals
- Offer new skills and ideas for the swimmers to take home to their clubs and compliment their current training
- Coach development and education opportunities, all coaches welcome to join the sessions

What to expect:

- Speed and power development and education
- Land based development, strength and conditioning education, speed and power components on land, reaction based training etc
- Stroke technique and development (all strokes)
- Outside of the pool skills; nutrition, mental skills, team bonding, race day routines etc
- Race day skills sessions; structuring a warmup/warmdown, starts and finishes, reaction times



Training & Competition Dates –

- 8th August – Perry Aquatic Centre, Cambridge
 - Speed & Power Camp
 - Dryland / Strength & Conditioning Session
- 10th October - St Peter's School, Cambridge
 - Long Axis Stroke Development (FR/BK)
 - Mental Skills Session
- 12th December – Venue TBC
 - Short Axis Stroke Development (FLY/BR)
 - Nutrition Session or Team Activity
- 27th March – Venue TBC
 - Race Day Skills Session & Team Activity
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Squad Wellbeing & Development

Guest speaker talks to be arranged in conjunction with squad and coaches, plus:

- Nutritionist
- Strength & Conditioning

Squad Kit

- Swimmers to be provided with Swimming Waikato polo & caps. Official kit supplier - Teamline





XLR8 SQUAD



XLR 8 2.5K Squad Coaches

- Darren Ward – Swimming Waikato
- + Guest coaches

2020 XLR8 2.5K Stroke Clinics

- 15th August – (Perry Aquatic Centre, Cambridge) 10:00-11:30 AM
- 24th October – (Fastlane Fitness, Hamilton) 10:00-11:30 AM
- 12th December – (Waterworld, Hamilton) 10:00-11:30 AM
- 13th March – (St Peter’s School) 10:00-11:30 AM

The focus for the XLR8 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.

Squad Kit

- Swimmer to be provided with Swimming Waikato Cap, supported by our partners *Teamline*.



Regional Squad Kit

We are excited to be working with our friends at **TEAMLINE** 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 **TEAMLINE** 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.teamline.co.nz

Representing the Region

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, more details on the costing of the Regional Squads will be made available alongside this document.

The 2021/22 Squads will be subsidised by Swimming Waikato where possible to keep costs as low as possible, we will also be working with all service providers to bargain the best possible service and facility costs.

Please note that all provided kit has been secured through Swimming Waikato & Teamline sponsorship on behalf of the Regional Squads, these costs will not be passed onto swimmers.

Possible Funding Support

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

The University of Waikato Applications & Scholarships

The University of Waikato	www.waikato.ac.nz
University Scholarships	www.waikato.ac.nz/scholarships/home

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



Apprenticeship & Employment Opportunities

Please email the Swimming Waikato CEO for more info 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 Swimmer Scholarships on website for more detail.

Please check the Swimming Waikato website for more info www.swimmingwaikato.co.nz

Regional Support Services Contacts

Service	Name	Contact
Strength & Conditioning	Luke Abbott	aluke.owen@gmail.com
Sports Nutritionist	Lillian Morton	lillian@lillianmortonnutrition.co.nz
Sports Physio	Kim Deane	kimatlisahansenphysio@xtra.co.nz
Sports Psychologist	Dom Vettise	vettisepsychology@gmail.com

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

For more support and help around keeping your sport drug free the following link offer a lot of advice 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



Useful Websites

National & Regional Sporting Websites

Swimming New Zealand	www.swimming.org.nz
Swimming Waikato	www.swimmingwaikato.co.nz
Sport Waikato	www.sportwaikato.org.nz
High Performance Sports NZ	www.hpsnz.org.nz
NZ Olympic Committee	www.olympic.org.nz
Sports NZ	www.sportnz.org.nz

World Swimming

British Swimming	www.britishswimming.org
Australian Swimming	www.swimming.org.au
USA Swimming	www.usaswimming.org
South African Swimming	www.swimsa.org
Canadian Swimming	www.swimming.ca

Further Education

The University of Waikato	www.waikato.ac.nz
Wintec Institute of Technology	www.wintec.ac.nz



Swimming Waikato Partners

Teamline	<u>www.teamline.co.nz</u>
Brian Perry Charitable Trust	<u>www.brianperry.co.nz</u>
Grassroots Trust	<u>www.grassrootstrust.co.nz</u>
Ingham Hyundai	<u>www.inghamhyundai.co.nz</u>
WEL Energy Trust	<u>www.welenergytrust.co.nz</u>
The Lion Foundation	<u>www.lionfoundation.org.nz</u>
Paterson Burn Optometrists	<u>www.patersonburn.co.nz</u>
Deloitte	<u>www.deloitte.co.nz</u>
New Zealand Community Trust	<u>www.nzct.org.nz</u>
The Southern Trust	<u>www.southerntrust.org.nz</u>
NZ Racing Board	<u>www.nzracingboard.co.nz</u>
Trust Waikato	<u>www.trustwaikato.co.nz</u>
One Electrical	<u>www.oneelectrical.co.nz</u>

