

YOUTH AND AGE GROUP NEWSLETTER



July 2009

Hi everyone,

As this email arrives you will all be in full training for the winter season. Hopefully your test sets are tracking in the right direction, so your training can reflect those results; constant review and evaluation of your training data is an important part of getting it right so you are training smarter every day.

Results from the recent Trans Tasman competition were encouraging in the most part, but as with anything there were some disappointing performances. Over the next few weeks I'll be touch with all the coaches for a debrief on swimmers overall performances from this meet.

Springs is looming up fast and what a meet it's shaping up to be with lots at stake, the battle for places on the Tri - Series tour in January will be a target for all of you that have attended the camps in Palmy. But be warned there are heaps of swimmers out there that are after one of those 60 spots!

We have almost completed the data that was collected from the three camps in May/June, when we have it all we'll be sending it to all coaches as well.

Next year all youth and age swimmers have a feast of International opportunities including:

- Australian Age
- Oceania in Samoa
- Trans Tasman
- World Youth Olympics in Singapore
- Junior Pan Pacs Hawaii

As you can see plenty to work to aim toward, put the plans in place and go for it, don't just dream it!

SNZ are mindful of the commitment being made by our youth and age swimmers, and one of our main objectives is to provide the platform for you and your coach to gather around you a team which can and will achieve stated outcomes in the pool.

Over the last 6 months since taking over the role of Youth and Age Programme Manager, I have been very encouraged by the support from all of our stakeholders towards achieving higher and higher levels of performance which will see us move closer to the world standards.

So that's it team - make every session count so you will be READY when the moment comes.

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