

UWA WEST COAST SWIMMING CLUB

Junior Academy Bulletin May/ June 2021

Welcome to the very first junior academy Bulletin and the start of an exciting Winter season for 2021. We hope you have all (parents and swimmers) enjoyed your breaks from training!

Firstly, congratulations to all our junior swimmers who competed and achieved at the Swimming WA Junior Long Course Championships at the end of March (summer season). What a wonderful result by the team of 47 swimmers, winning the club point score and even more impressive hitting an 80% personal best rate over the 3 days.

Heading into our 6th week of season, our coaches are well planned and looking forward to working with and developing each and every UWA West Coast squad swimmer on their individual swimming pathways.

Introducing UWA West Coast Coaches for the short course winter season 2021 at HBF Stadium and UWA Aquatic Centre:

Junior Gold and White coaches:

Amar Sarmiento, Jess Spring, Peter Fitzgerald and Josephine Suryanto.

Junior Blue and Green coaches:

Jess Cannon, Shani Ferguson, Chloe Hogan and Josephine Suryanto.

Relief coaches:

Madie Moore, Vanessa Casement and Siobhan Du Preez.

Get to know your coach:

Brett Tongue – UWA West Coast Developing National Blue, Emerging National Coach and Junior Development Coach Supervisor.

Brett Tongue moved to UWA West Coast in mid January 2021, a brief bio:

- Brett moved to UWSC from his position as Senior Head Coach/ Director of Swimming at Guildford Kalamunda Districts Swimming Club.
- He has participated in swimming as a competitive swimmer for Kalamunda.
- Formed the Kalamunda Districts Swimming Club from learn to swim through to elite swimming.
- He has been producing national level swimmers since 1996.
- The overall strength of his coaching program has been producing talent from junior to senior level swimmers. This includes developing his own coaching talent.
- His peers have classified him as a stroke technique Guru.



First of the junior UWA West Coast targeted swim meets for this winter short season 2021:

Officials Pentathlon
Sunday 13 June
HBF Stadium
Recommended
Junior Green to Junior Gold

UWSC Club Night # 1
Friday 18 June
HBF Stadium
Recommended
Junior White to Junior Gold

SWA Junior SC Championships
Saturday 4 and Sunday 5
September:
HBF Stadium
Must have State
Qualifying Times

Announcements:

Junior Gold will be able to do a **dryland circuit with Brett Tongue on Fridays before training**, starting at 4.10pm at the 8 lane outside pool deck at HBF Stadium.

Junior Gold swimmers are invited to **join UWA Aquatic Centre Youth Squad for a 2 hour squad session on Monday afternoons 16.15 to 18.15** – with Junior Gold and Youth Coach, Jess Spring.

Please contact administration@uwawestcoast.org to confirm attendance.

Quote of the month:

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.

– **Douglas Everett**

UWA WEST COAST SWIMMING CLUB

Junior Academy Bulletin May/ June 2021

Competitions June 2021:

Register for short course winter season swim meets via UWA West Coast Website and/or My Swim Results Website:

UWA West Coast Swim Meet - Calendar:
<https://uwawestcoast.org/calendar/>

My Swim Results home page:
<https://www.myswimresults.com.au/>

Officials Pentathlon Sunday 13 June:

The Officials Pentathlon is a great swim meet to experience racing as all competitors swim 5 events and the day is broken up into senior and junior divisions.

For those new to competitions UWA West Coast usually sits in the bottom deck in the grandstand behind the announcers table.

All swimmers should make sure they talk with one of our UWA West Coast coaches before and after all races, they will be on the other side of the pool in the coaches area.

UWSC Club Night # 1 Friday 18 June:

If you are in any of our squads then you are ready for UWA West Coast Club Night. It's the best place to learn.

We suggest participating in a couple of club nights before doing any outside competitions.

Remember you must be a Swimming WA member to do outside swim meets.

Please contact UWA West Coast (UWSC) registrar via email registrar@uwawestcoast.org to find out more about becoming a UWSC Club member

or visit the UWA West Coast website membership page for more information: <https://uwawestcoast.org/about-us/club-membership/>

Remember: only meets that are on the UWA West Coast targeted calendar will have UWA West Coast coaches in attendance, ***the major meet for winter will be the Swimming WA Junior Short Course Championships on Saturday 4 and Sunday 5 September, 2021.***

The UWA West Coast junior squads coaching program is designed around the seasons swim meets. Swimmers should start talking with their coaches now about entering swim meets and attending club nights throughout the season to gain an official qualifying time enabling them to enter the end of season Junior Championships.

Quote/ Actions of the month from pool deck:

*"I'm not allowed to do any arm exercises in dryland".
No problem, "I'm allowed to do planks though."*

*"I really need to go to the toilet?" answer, "finish the main set then go." Set finished.
"I don't need to go now!"*

"Mum didn't pack my swimming gear for today's session," "OK where's your Mum?" "She's in Melbourne."

It's really cold this morning, I don't want to take my jacket off? After session drip drying in the cold wind with just a towel talking to team mate for 10 minutes.

Squads Update:

Youth Squad:

The new UWA West Coast Youth Squad program has commenced and is recommended for girls who are 13 years and older and boys who are 14 years and older and are no longer junior swimmers for Swimming WA events.

Thank you to all of our youth squad swimmers who have already committed to this program and are enjoying the experience of swimming with their peers. We recognise swimmers in our youth squad program will have different training needs and we are working towards accommodating more opportunities for our youth squad swimmers over the course of the winter season. As we progress on this journey we welcome feedback and ideas to help us grow this new squad.

Please note in these early stages and while we build up the swimmer numbers required to offer the sessions as a stand-alone squad, a few of the Youth Squad sessions will run concurrently with Junior Gold.

General reminders:

Swimmers Required Equipment:

For training, swimmers will require:

- Swimming cap
- Water bottle
- Kick board
- Long Fins – Jnr White and Green;
- choice of fins – Jnr Blue and Gold
- Pull buoy
- Snorkel – Jnr Blue and Gold

We recommend that you purchase a kit bag to hold the equipment.

Outdoor swimming in winter

Over the winter months to swim at your best we recommend you wear something warm to and from your squad session to keep your body and muscles warm before and after swimming.

COVID-19

Remember if your swimmer is experiencing a fever, a cough or shortness of breath, and/or is sneezing please keep them home from swimming.