

Annette Kellerman Aquatic Centre 2018 Holiday Newsletter

From the coach.

Hard to believe 2018 has come and gone and what was my third year as Head Coach of the program is done.

2018 was another incredibly successful year for the club and, at time of writing, 27 swimmers have qualified to compete at championship level meets for the Long Course Season.

2018 was a year where we saw 3 new faces become integral parts of the program with Darcy, Dominic and Megan all stepping up into major roles. The Program could not have improved the way it has without them.

Squads grew all through winter and the program is now more than triple what it was when I started just under 2 years ago. The commitment of the swimmers and parents to the program this year has been outstanding and I look forward to what next year has to offer as more of our swimmers' continue to transition through the program.

The program has seen many 1sts this year

- First State Medal for Marlon Makin and AKAC SC.
- 5 Swimmers qualifying to compete at NSW Speedo Sprint Finals.
- Expanded our Interclub meet program to 2. (We are adding a third next year)
- Largest team to an Area Champs.
- Largest Team to State.
- 2018 Summer Training camp: - It seems so long ago!!!!

The Program will only continue to grow into the New Year and I look forward to all the exciting new things that summer and the New Year have to offer.

Junior Dolphins now has nearly 200 young swimmers in the program looking to grow and develop. That is nearly triple the number that I started with way back 2016.

I would like to say thank you from the bottom of my heart for everything this year and would like to wish you all a safe, happy and healthy holidays.

Christmas Break.

Squads will be taking a break over Christmas allowing everyone to spend time with their families and swimmers to recharge.

Squads will have their final session on the 21st December and will return on the 7th January.

Direct Debit members will automatically be suspended over this period. Members who pay monthly will have 2 weeks added to their pass expiry date.

The last week and the first week back will run to an amended timetable.

This Timetable will be found later in this newsletter.

Club Race Nights.

Race Nights will continue to run monthly in 2019. On the first Friday of each month; unless this clashes with a higher-level event.

Being involved in Race Nights allows swimmers to gain times and physically see their improvement.

It allows them to see they are progressing against the other swimmers in a fun friendly environment that they are familiar with and allows them to get ready for school carnivals. It also allows them to show off to you everything that they are learning.

AKAC Race Nights are open to all members of the program be it squads, learn to swim and the community so why not get involved. It is great fun and runs for 45-60 mins on the first Friday of each month.

If you are not a club member but would like to join and be involved in the extras that being a member of the club offers; feel free to speak



annette kellerman
aquatic centre

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to me on deck or contact the club at aksc.theseecretary@gmail.com for more information.

Our next race night will be 8th Feb 2019

Squad Swimmer information update.

We have been in the process of attempting to put together an email list to forward information such as this, as well as reminders when payments are due to expire to people.

However, we have found that many people either have incomplete, or obsolete details in the system.

[If people who have changed details or moved into squads in the previous 12 months could let reception know before Christmas it would be very helpful.](#)

Some quick notes about squads.

Equipment.

We have just installed a new cage for equipment on pool deck to ensure that all equipment can be stored safely and securely. The cage is locked and unlocked at the start and end of the sessions.

It is important that swimmers organise to bring their own equipment to training. With some 330 kids in the program we cannot provide fins, boards, goggles, caps to all swimmers.

Parents can find a full list of equipment needed for each level on the website, on the signage on pool deck or by speaking to your coach.

Swimmers are more than welcome to leave their equipment at the centre in the cage provided; but it must be in a large "Mesh Bag." Not the bag that the fins

come in. All equipment must be labelled with the swimmers name.

Attendance

I would like to ask parents to think about consistency and being prepared. It is important for your child's progression that they are practicing and learning the skills regularly.

It is likewise important that swimmers are at training ready to go in swimwear designed for training.

This means swimmers should not be wearing board shorts and rash vests; these make swimmers life harder.

Swimmers with long hair (hair that would get in their face) should wear a cap to make it easier for the child to focus and to pay attention.

Junior Dolphins have been excellent this year for attendance and commitment with so many swimmers making the transition up multiple levels into the squads program and many swimmers engaging in multiple sessions this a week.

I would also like to suggest for those parents and swimmers looking to get the most out of the program they look at club nights and events such as speedo sprint (more information attached) to help their child see that they are progressing and improving.

There are 3 key indicators when assessing a child to move up a level:

1. Technique
2. Attendance & Application
3. Race Night & Competition Attendance.

From these I can draw the conclusion a swimmer's ability to thrive rather than survive in the next level up.

Annette Kellerman Aquatic Centre 2018 Holiday Newsletter

Tracking

In 2019 we will be expanding how we communicate with our swimmers and parents.

We will send more information as the squads program begins to roll out all of these wonderful methods for you.

1. TeamApp – We will be rolling out TeamApp as a free app and a means to communicate with Parents. More information will be forthcoming with this.
2. Newsletters - We will be aiming to do quarterly Newsletters that will coincide with the planning phases we run with Junior Dolphins and Bronze. This is hopefully the first and the next should be available early March.
3. Commit Swimming – A program and app aimed at communicating and analysing swimmers' workouts and Training. This will be logged at the end of each sessions and will be available for you to track what your swimmers are doing at training.
4. Training Logs for Gold – A long time coming!!!! But finally, here they will be in use from week 1 next year.



Annette Kellerman Aquatic Centre 2018 Holiday Newsletter

Training over December.

Training over December will run until the 15th on the normal timetable.

From the 17th - 21st squads will run on an amended timetable.

Squads will be culminating on the 21st with or Christmas party which will also double as AKAC Swim Clubs 2017-18 presentation.

Monday 17th December 2017

Junior Dolphins	4:15-5:00 pm
Bronze	5:00-6:00
Silver, Gold	5:00-6:30 pm
Swimfit	6:00-7:00 pm

Tuesday 18th December 2017

Junior Dolphins	4:15-5:00 pm
Bronze	5:00-6:00
Silver, Gold	5:00-6:30 pm

Wednesday 19th December 2017

Junior Dolphins	4:15-5:00 pm
Bronze	5:00-6:00
Silver, Gold	5:00-6:30 pm
Swimfit	6:00-7:00 pm

Thursday 20th December 2017

Junior Dolphins	4:15-5:00 pm
Bronze	5:00-6:00
Silver, Gold	5:00-6:30 pm

Friday 21st December 2017

Junior Dolphins	4:15 - 5:00pm
Bronze	4:30 - 5:30pm
SwimFit	4:30 - 5:30pm
Squad Xmas Party	5:30 -7:00pm

Training over January 2019.

Squads will resume with an amended timetable from the 7th – 18th

The full timetable will resume for all squads from the 21st.

Junior Dolphins.

7th January – 20th January

Monday – Friday 16:15-17:00.

Saturday 09:30 – 10:15

Bronze

7th January – 20th January

Monday – Friday 17:00 – 18:00

Saturday 08:30 – 09:30

Silver and Gold

Training will run at our sister site Fanny Durack Aquatic Centre for 2 weeks.

This is an opportunity for both squads to train together and enjoy Summer. The earlier sessions will also mean that those swimmers who want to go out during the day/afternoon can do so uninterrupted.

Week 1 Monday 7th – Friday 11th

7:00am-8:30am

Week #2 Monday 14th – Friday 18th.

7:00am-8:30am

Swimmers will need to take their own bag there for the week. They can be stored there over the 2 weeks.

Swimfit

7th January – 20th January

Monday- Wednesday- Friday

17:00 – 18:00

Regular sessions will resume on the 21st January 2018

Annette Kellerman Aquatic Centre 2018 Holiday Newsletter

Speedo Sprint Series.

The first external meet of 2018 will be the Speedo Sprint Series Heats.



Speedo Sprint Series
Heats - Various Venues State Wide
2 - 3 February 2019

It is a great opportunity for people to practice for their school carnivals or to test out what being a member of the swim club

This meet will be **at Ruth Everuss Aquatic Centre on the 3rd February 2019.**

This meet follows School carnival format and is 50 meters of each stroke.

It is also the only meet run by Swimming NSW where people can race who are not members of the club so I will be encouraging Swimmers within the program to race at this meet even if they aren't club members.

It is a great team environment on the day and we are aiming to have a huge team ready to compete. It is a fun way to spend time with the swimmers they train with and cheer each other on.

The meet is on Sunday the 3rd February and while entries don't close until the 23/01/2019 it is best to get these entries done as far in advance as possible.

For those swimmers who are members of AKAC Swim Club you can enter through the link that would have been emailed out.

For those that aren't a member of AKAC Swim Club but wish to take part they can complete the Entry form available from me on pool deck and return it to me or the box in reception with their entry fee by the 19th January.

Any questions feel free to ask.

Refer to the Speedo Sprint Series Poster for Area Dates, Venues, Starting Times and Entry Conditions.

Entries must be forwarded to your Area, not Swimming NSW Ltd.

BOYS	GIRLS	AGE		STROKE
1	2	13 years	50m	Freestyle
3	4	12 years	50m	Freestyle
5	6	11 years	50m	Freestyle
7	8	10 years	50m	Freestyle
9	10	9 years	50m	Freestyle
11	12	8 years	50m	Freestyle
13	14	13 years	50m	Breaststroke
15	16	12 years	50m	Breaststroke
17	18	11 years	50m	Breaststroke
19	20	10 years	50m	Breaststroke
21	22	9 years	50m	Breaststroke
23	24	8 years	50m	Breaststroke
33	34	13 years	50m	Backstroke
35	36	12 years	50m	Backstroke
37	38	11 years	50m	Backstroke
39	40	10 years	50m	Backstroke
41	42	9 years	50m	Backstroke
43	44	8 years	50m	Backstroke
45	46	13 years	50m	Butterfly
47	48	12 years	50m	Butterfly
49	50	11 years	50m	Butterfly
51	52	10 years	50m	Butterfly
53	54	9 years	50m	Butterfly
55	56	8 years	50m	Butterfly

AGE AS AT 2 FEBRUARY 2019

ENTRY FEE MAXIMUM \$6.00 PER EVENT (refer to the poster)

- Any Swimmer who has qualified for the 2019 National Age Championships (excluding MC & Open Water) is ineligible to compete in the Series
- Any Swimmer who wins a medal in an individual event at the 2018 SNSW Senior State Age Championships is ineligible to compete in the stroke in which they won the medal
- Swimmers do not need to be registered with a club to compete in the heats. However, registration is a requirement to contest the finals
- Up to four (4) swimmers per event from each area are eligible to compete in the finals

NOTE: Area relays (Events 25-32) will be conducted on the finals day, thus omitted from the Heats program
Relay teams to be selected from those swimmers who have qualified for the finals



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