



In this edition

Education p. 2

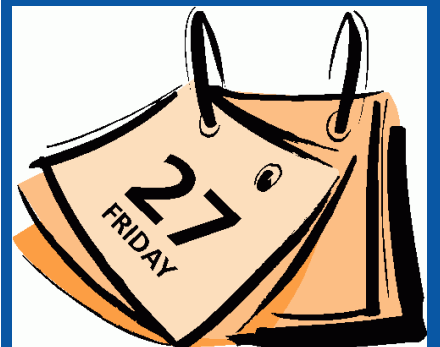
Article p. 2 — 4



Coaching Report p. 5 — 7



asctaNSW News p.8



SNSW/SAL Event Dates p.8 — 9

Blues News

Welcome

Welcome to the Swimming NSW Coaches Newsletter. In this newsletter we will keep coaches up to date with what is happening with our coaches and athletes within NSW. We will also have valuable information from NSW Head Coach Ron McKeon, SNSW Coaching Director Jon Shaw, Chris Myers SNSW Regional Coaching Director & the asctaNSW Board.



Brighton Beach, Adelaide SA—Site where the Australian Open & Age Open Water Championships were held over the Australia Day weekend

Education

Bronze Licence Courses

10th February 2019 – Macksville

To register for either of these courses please click [here](#)

Ascta Convention

2nd – 5th May 2019 – Brisbane
For more information click [here](#)



This year SNSW in conjunction with asctaNSW will be supporting a scholarship group (8) to attend the ascta National Convention. This will be a great opportunity to further develop yourself as a coach while networking with other NSW Coaches. Application forms will be available on the Swimming NSW website as well as asctaNSW Facebook.



Article

5 Ways Swim Coaches Can Get the Best Out of Their Swimmers

Written by: WILL JONATHAN (SWIM SWAM)

People always say that there are two aspects to coaching. The first aspect is obvious, but the second aspect is not so obvious. The first aspect of coaching is being able to teach the sport and develop your swimmers on a physical level. Again, that one is fairly obvious, and most coaches are able to do that just fine. **The second aspect of coaching, and the most important aspect of coaching, is understanding how to get the best out of people; the art of human management.** The truly great coaches understand the importance of that second aspect and don't neglect it or underestimate it.

You can be an amazing coach on a technical level. You

can have world-class training methods and work your swimmers in the pool as much as you'd like. However, if you manage your swimmers' minds and emotions poorly, none of your technical coaching ability, world-class training, or hours working with them in the pool will count for much, as you simply won't be able to get the best out of your swimmers. **The true art of great coaching is being able to, not only develop your swimmers physically, but to also develop them mentally; to understand what makes each of your swimmer's tick and how you need to interact with them in order to get the best out of them.**

Having said that, here are 5 great ways that you, as a swim coach, can develop your swimmers mentally and manage them in the correct way so that you can squeeze their full potential out of them, both in training and competition:

1) Be mindful of what you say, and how you say it.

All coaches have good intentions. No coach, in their right mind, ever intentionally says something that they know is going to harm their swimmers. However, having good intentions doesn't mean it's going to produce good results. For example, I've worked with many swimmers who have told me this story many times: **"I was feeling good and**

ready to swim my race, but then my coach said something that made me feel a ton of pressure, so I got extremely nervous and it ended up affecting how I swam in my race.”

Coaches be mindful of what you say. You may have the best of intentions in telling a swimmer something along the lines of, **“Let’s go, it’s now or never if you want to make your cut.”** However, in doing so, you can place a ton of pressure on them, make them become extremely nervous, and end up negatively impacting how they swim. The same is also true for when their swim is finished. You may mean to be humorous and joking around when you say, **“Well, that was an awful swim now wasn’t it?”**, but in doing so, you may shut them down emotionally going into their next event.

As often as possible, consider the potential impact your words may have on your swimmers and if it’s likely to impact them in a negative way, don’t say it. Change your approach and say it in a way that will lift your swimmers up and impact them in a positive way, not a negative. Don’t sabotage all of the hard work both you and they put in by saying the wrong thing, in the wrong way, at the wrong time. That ties directly into #2....

2) Get them focused on performance, not results.

[Eddie Reese](#), the legendary coach at the University of Texas, said something that I thought was really interesting in an interview he gave after helping Texas win another men’s NCAA National Championship title this year. He said, **“We never talk about winning a national championship. We just talk about being our best every day.”**

As a coach, relieving pressure from your swimmers is one of the most important aspects of your role as their leader. The more pressure you can relieve from them and take off of their shoulders, the better of a mindset you’re going to put them in, the better they’re going to perform in the pool, and the better their results will be as a side-effect of that. This means that, as often as possible, **keep the focus on performance and process rather than results and outcomes.** Each day in training, talk to them about demanding excellence from themselves, not about trying to win that week’s meet. Talk to them about pushing themselves as much as they can and being 100% committed to each exercise they do, not about making certain cuts in their next meet. Talk to them about having fun, enjoying the sport, and loving what they do, not about winning medals or championships.

On meet day, don’t place any results expectations on them. Everything you say, you want it to be performance and process-focused. For example, instead of saying, **“We need to win this meet today/finish the day on top”**, say



something along the lines of, **“Today, let’s focus on being dedicated to what we do and being the absolute best that we can be.”** Instead of saying, **“Come on, get out there and get a new personal best time”**, say something along the lines of, **“Hey, go out there, enjoy your race, and give it everything you can”** or **“Remember, execute those kicks and make those clean turns. You can do it.”** Again, the more you get them to focused on enjoyment, performance, and execution rather than times, results, and outcomes, the better they’ll feel going into their races, the better they’ll swim in the pool, and the better the end-product will be.

3) Don’t be afraid to be vulnerable.

I think that, too often, coaches feel like, in front of their swimmers, they need to be infallible, invincible figures that are perfect, don’t make mistakes, and never get things wrong. This behavior is often rooted in the idea that, if your swimmers feel like you are imperfect, made a mistake, or got something wrong, they’d lose respect for you or your sense of authority would decrease with them. Nothing could be further from the truth. In fact, the opposite tends to be true. The more vulnerable and open you are about your imperfections, the more your swimmers can relate to you and the more connected they can become with you. People don’t like people who give off an air of invincibility or who think that they’re flawless. Not only that, your swimmers can sense that and pick up on that kind of vibe if you give off that kind of vibe. Your swimmers are imperfect, just like you. The more you show your swimmers your human side, the more they’ll feel like they can relate to you. The more your swimmers can relate to you, the more connected they’ll feel to you. The more connected they feel to you, the more they’ll WANT to give to you everything they can in training, in competition, everywhere.

4) Strike a balance between criticism and praise.

You need to critique your swimmers. You need to pick apart, analyze, and evaluate their swimming. You need to

talk to them about what their weaknesses and shortcomings are. Improvement, development, and growth can only come from that process. However, **that criticism also needs to be balanced out with praise; the things they do well, the strengths they have, and the things they get right.** Too much criticism isn't good. If all your swimmers hear you talk about with them is what they're bad at and what they're doing wrong, three things are going to happen. One, their confidence is going to get grinded into dust. Two, they're going to assume that you don't believe in them or have any confidence in them. And three, they're going to develop a poisonous habit of being extremely and overly self-critical. However, too much praise isn't good either. If all your swimmers hear you talk about with them is what they're great at and what they do well, then they're never going to get exposed to the weaknesses and shortcomings they do have and that they need to work on and improve.

You must strike the balance between critiquing your swimmers so that they can improve, develop, and grow, while at the same time, always be sure to praise them and acknowledge to them the great qualities they have, the wonderful attributes they possess, and the things they get right. That way, they get the best of both worlds – They can get better in the pool and grow with in the sport while still feeling confident in themselves and their capabilities. All human beings crave recognition and praise from others in some form, especially from our authority figures and people we see as our leaders. That's just human nature.

5) Get to know your swimmers.

When you coach a swim team, you're coaching a group of individuals, all of whom have their own quirks, qualities, attributes, and personalities. Suzy is different than Katie.

Suzy is more reserved and introverted while Katie is more outgoing and personable. Michael is different to Josh. Michael is a bit more cold and hardened and doesn't mind being screamed at during a set while Josh is more sensitive and tends to shut down if you start screaming at him during a set.

[Jack Bauerle](#) is another legendary coach and the head coach of the swimming program at the University of Georgia. He's produced national championship winning teams, Olympians, national teamers, and the list goes on. His swimmers have talked about how one of his greatest strengths as a coach is that he's able to know his swimmers, understand stand them, and grasp what makes each individual tick. [Melanie Margalis](#) once said this about Jack:

"Everybody is so different, but he knows how to treat each person the right way. I don't know how you do that when you literally have a bunch of swimmers that are totally mentally different, but somehow you know how to treat every single one of them the right way. It's pretty cool."

If you want to get the best out of an individual swimmer, you have to understand them on a deeper level. You have to know what their personality is like. You have to know what makes them tick. You have to have the ability and humility to treat each of your swimmers as the individuals that they are and not just interact with the entire group in exactly the same way as if they were robots. You may get the best out of some if you do that, but you'll be shutting down others who would otherwise thrive if you took the time to understand them individually.

<https://swimswam.com/5-ways-swim-coaches-can-get-the-best-out-of-their-swimmers/>



2018 SNSW State Team — SAL State Teams Championship — Canberra

Coaching Report:

By Jon Shaw (NSW Coaching Director)

The month of January has been an extremely busy one... but a very good one! The weekend of Jan 12 & 13 was spent at Dubbo at the Western Area Development Squad days. These were attended very well with some 45 swimmers attending Saturday and 40 attending Sunday along with 12 coaches on both days. Chris Myers (Regional Development Club Coach) and Jen Noel led the squad sessions targeting skills for all four strokes... the swimmers and coaches attending went away with some new found knowledge!

Chris and I then went down to Canberra where Shannon Rollason (ACT Hub Head Coach) was coaching the Regional Girls Squad (13-15yrs SNSW TID). The squad was also undergoing retesting with Shaun Abbott (MPh, B.ExPhys) with Coaches James Greathead (West Illawarra) and Kim Taylor (Kinross Wolaroi) assisting. A great initiative with the girls learning new skills and training in a great environment.

From Jan 21-Jan 25 I was involved with the NSW STS (State Transition Squad) at the AIS, Canberra. This was a training camp and a great opportunity to "get some runs on the board" after many had a few days off over the holiday period—still a focus on skills. The swimmers were split into stroke groups:

- Female Free, Male Free, Backstroke; Butterfly & the combined Brs/IM group.
- The lead coaches of each group were: Amanda Isaac (Female Free); Mitch Falvey & Matt Brown (Male Free); Greg Salter (Backstroke); Leanne Speechley (Fly), Job VanDuijnhoven & Adam Kable (Brs/IM)

Programmed into the camp were workshops/presentations by each lead coach around their thoughts on the stroke they were delivering... this certainly was a fantastic opportunity for all the coaches to interact with many passionate conversations had!

Fantastic to have Olympic Coaches Greg Salter & Shannon Rollason on board for the camp—terrific contribution by both—powered by the passion they have for their sport.



Next stop Adelaide for the Australian Open & Age Open Water Championships held at Brighton Beach. The championships were held over the Australia Day weekend with NSW coming away with 19 medals over the three days of competition...

NSW Individual Medals: 2 Gold; 10 Silver; 5 Bronze
Total: 17;

Relay Medals: 1 Silver; 1 Bronze Total: 2

NSW Gold Medal winners:

Robert Thorpe (Carlisle) – Boys 15yrs 5km; In one of the most exciting races of the meet Robert managed to win by 3/100ths second... they were only separated by the timing devices the swimmers wear on both wrists... a truly memorable finish!

Josslyn Wishart (Manly) – Girls 14yrs 5km; Difficult to know exactly where everyone is sitting within each race as they race in dual age bands. This was the case for Josslyn as she was in the 14/15yrs age group. She had to swim flat out all the way – she was rewarded for her tenacity – a Gold medal and the title of Australian Age Champion!

NSW Silver Medal winners:

Girls 17yrs 7.5k Open Water
COGLAN, ISABELLA (Randwick City)
Girls 17yrs 5k Open Water
COGLAN, ISABELLA (Randwick City)

Girls 16yrs 7.5k Open Water
FINEGAN, ASHLEY (Uni NSW)
Boys 18yrs 5k Open Water
GALEA, MATTHEW (Blacktown SC)
Girls 14yrs 5k Open Water
JANKOVIC, AVA (Hunter)
Boys 17yrs 5k Open Water
KAYE, LOGAN (Manly)
Boys 14yrs 5k Open Water
ROBERTSON, KAI (Revesby Workers)
Girls 16yrs 5k Open Water
ROWLANDS, HAYLEY (Revesby Workers)
Girls 18yrs 5k Open Water
SHIRES, FRANCES (Uni NSW)
Men 14 & Over 5k Multi Class
HANRATTY, LACHLAN (Revesby Workers)
Mixed 14-15yrs 4 x 1.25km Relay
HUNTER SC

NSW Bronze Medal winners:

Boys 18yrs 5k Open Water
CAME, HARRY (Cronulla)
Boys 17yrs 7.5k Open Water
KAYE, LOGAN (Manly)
Girls 16yrs 7.5k Open Water
ROWLANDS, HAYLEY (Revesby Workers)
Boys 14yrs 5k Open Water
WARN, FLETCHER (Revesby Workers)
Girls 17yrs 7.5k Open Water
WARN, KIERA (Revesby Workers)
Mixed 14-15yrs 4 x 1.25km Relay
REVESBY WORKERS
Congratulations to all the clubs, swimmers and coaches who represented NSW... GO THE BLUES!

Looking forward there is the:

- 9/10 Feb: STS/ETS (13-18yrs) Re-Test weekend at the Auburn Aquatic Centre
- 22-24 Feb: NSW Country Championships—SOPAC
- 2-3 March: Metro Champs (12/13yrs & Under)-SOPAC
- 9 March: NSW Sprint Series Finals—SOPAC
- 10 March: MC Meet #1
- 15-17 March: NSW State Open—SOPAC
- 30-31 March: NSW State Age Champs (12/13yrs & Under)- SOPAC
- 7-12 April: Australian Swimming Champs—Adelaide
- 15-20 April: Australian Age Champs—Adelaide
- 20-22 April: Australian Age MC Champs—

Adelaide

See you on pool deck!

Jon Shaw
SNSW
Coaching
Director



Josslyn Wishart with Manly Coach

Justin Rothwell



Robert Thorpe with Carille Coach

Andrew Taufer

To keep up to date with information from Jon Shaw please follow, NSW Swimming Coaches Group on Facebook by Clicking [Here](#)

To keep up to date with information from Chris Myers as he tours regional NSW educating Coaches follow, NSW Country Coaches Group on Facebook by Clicking [Here](#)

From the dashboard of Country Chris Myers (NSW Regional Coaching Director)



Junee Aquatic Centre

On the road again.....

January has been a busy time since returning from a small break as you've seen...I went to Dubbo with Jon & Jen then went to Canberra for the Regional Girls Squad Camp. Then off to Eden for the SNSW Regional Championships riding with SNSW CEO Mark Heathcote.

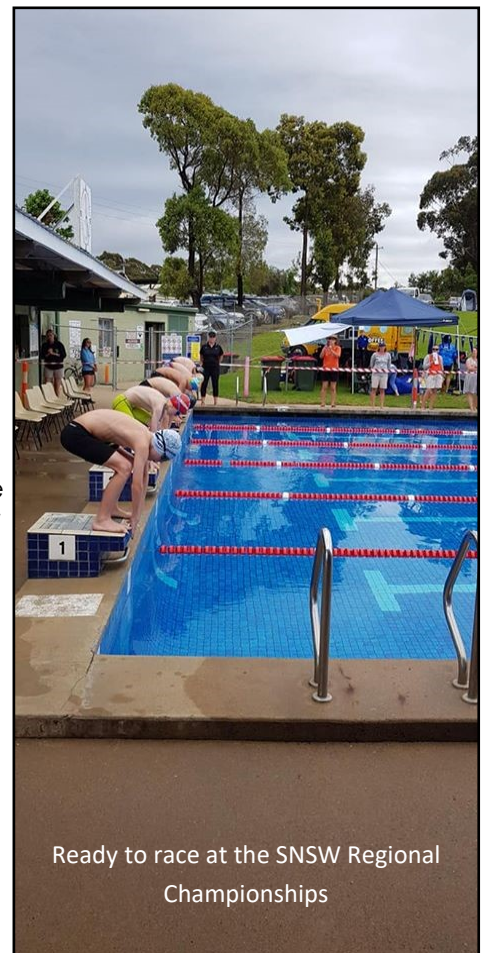
On Saturday 2nd February I travelled to Wagga to present a Bronze License Course... great roll up with 16 coaches attending... including 3 from Victoria! It was a pleasure to present to the keen and enthusiastic coaches who attended.

On Sunday the 3rd February I attended the SISA Championships and Speedo Sprints in Junee... once again great to mix it with the locals!

Good luck to all the coaches preparing their swimmers for the upcoming SNSW Country Championships at SOPAC from Friday 22nd—24th February... looking forward to seeing some FAST swimming!

Don't forget the following:

- At the SNSW Country Championships...Female Coaching Networking Group luncheon from 12 midday to 1:00pm—Special Guest Speaker... Retired Major Theresa Armstrong
- The asctANSW Awards Dinner—a fantastic night... just \$40 for dinner & drinks—a great opportunity to support your fellow NSW coaches



asctaNSW News

To keep up to date with information from asctaNSW and all things related to Coaches & Teachers please follow asctaNSW on Facebook by Clicking [Here](#)

Upcoming Dates

23rd February 2019 – asctaNSW Annual Dinner at the Novotel Sydney Olympic Park, 6:30pm

15th March 2019 – asctaNSW AGM, at the completion of the Heat Session at the SNSW State Open Championships.

2nd—5th May—asctaConvention—Brisbane

asctaNSW Annual Dinner

Saturday 23rd February, Novotel Sydney Olympic Park.
\$40 per Head (incl Food & Drinks)

The night will commence at approx. 6:30pm following Day 2 of the SNSW Country Championships.

A great night to catch up with Coaches & Teachers as we recognise their achievements in 2018

To register please email Darren Howard
coaching@nsw.swimming.org.au

Payment Details

Account Name: Australian Swim Coaches and Teachers Association New South Wales Branch

Account Number: 698 580 BSB: 032-000

When paying EFT you must put Surname, and then the word Dinner. Eg: Smith dinner



Calendar of Upcoming Events 2019

<u>DATE</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9-10 February	2018/19 SAL TID Retest	Auburn
22-24 February	SNSW Country Championships	SOPAC
2-3 March	SNSW Junior Metro Championships	SOPAC
9 March	SNSW Sprint Series Final	SOPAC
10 March	SNSW MC Meet #1	SOPAC
15-17 March	SNSW State Open Championships	SOPAC
30-31 March	SNSW Junior State Age Championships	SOPAC
7-12 April	Australian Swimming Championships	Adelaide
15-22 April	Australian Age Swimming Championships	Adelaide
10-12 May	Sydney Open Invitational	SOPAC
18-19 May	SNSW TID Testing (TBC)	SOPAC (TBC)
1 June	SNSW MC Meet #2	Ryde
9-14 June	Australian Swimming Trials	Brisbane
5-7 July	SNSW Country SC Championships	SOPAC
7-13 July	National Youth Camp (TBC)	NTC, Canberra
8-12 July	SNSW Sharks 1 Camp	Wagga Wagga
17-24 July	FINA World Swimming Championships	Gwangju, South Korea
19-21 July	SNSW Metro SC Championships	SOPAC

<u>DATE</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
24 July-5 August	SNSW Touring Team (TBC)	USA
31 July-4 August	USA National Championships (TBC)	Stanford, USA
3-4 August	SNSW Senior Area Representative Squad Meet	TBC
10 August	SNSW MC Meet #3	Ryde
10 August	SNSW Bronze Performance Squad Training Day	Various (TBC)
20-25 August	FINA World Junior Swimming Championships	Budapest, Hungary
23-25 August	SNSW 13yrs & Over State Age SC Championships	SOPAC
7-8 September	SNSW 12yrs & Under State Age SC Championships	SOPAC
26 Sept-3 Oct	SAL TID Camp (TBC)	NTC, Canberra
4-6 October	SAL State Teams SC Championships	AIS, Canberra
12 October	SNSW Junior Representative Squad Championships	TBC
19 October	SNSW MC Championships	SOPAC
21-27 October	SNSW Silver Performance Squad Camp (TBC)	Melbourne
24-26 October	Australian Short Course Championships	MSAC, Melbourne
9 November	SNSW Bronze Performance Squad Training Day	Various (TBC)

**** PLEASE NOTE DATES ARE A GUIDE ONLY AND ARE SUBJECT TO CHANGE ****

Join the Coaching Community



[asctaNSW Swim Coaches](#)



[NSW Swim Coaches](#)



[NSW Country Coaches](#)

Contact us
Swimming NSW, PO Box 571 Sydney Markets NSW, 2129