



# In this edition

Education p. 2



2019 asctaConvention wrap  
p. 2 — 3

Australian Open and Age Re-  
port p. 4 — 10

Train the way you like to race  
Article p.11

Announcing Swimming NSW  
State Squads p.11

asctaNSW News p.12



SNSW/SAL Event Dates p.14-15

# 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.



Carlisle ST Coach Misha Payne with Australian Age Gold Medallist swimmer Se-Bom Lee

# Education

## ASCA World Clinic 2019 Coach Scholarship

Swimming NSW and asctaNSW have joined together to provide four coaches with the opportunity to attend the [ASCA World Coaches Clinic](#) in Dallas from 2-10 September, 2019.

[Click here to apply by 27 May, 2019](#)

## Bronze Licence Courses

To register for upcoming courses click [here](#).



# 2019 asctaConvention

## Report by asctaNSW Scholarship Group

The ASCTA NSW Scholarship recipients for 2019 attended the ASCTA Conference in Brisbane over the weekend. With the very first talk, "The Power of the Word...", coaches learned that creating a positive culture within your own life would help to inspire yourself and, in turn, inspire others. This message was continued throughout the weekend, with talks centred around being objective towards your coaching and learning how to self-

evaluate. Jack Bauerle gave coaches great insight into allowing yourself time to rejuvenate and learning to let go of situations to move on and become better.

In some interesting presentations, coaches heard a great presentation on ways to incorporate all elements of training into one, collaborative program. A presentation by Chris Mooney and Nathan Doyle showed the changes they have made leading into the Australian Trials in June. They now include more constant swimming throughout the weeks, followed by several days of complete rest. This was interesting to see and allowed coaches to look at their own programs and identify changes for success with their own athletes. An important message in this presentation was knowing what to prescribe within the program. There were several examples of deliberate activation and deliberate recovery prescriptions, while there were also elements of non-prescribed cross training, giving athletes freedom to take charge of their own success.

Down at the pool, coaches learned from Leigh Nugent, Rohan Taylor, Rick DeMont and Jack Bauerle the important elements of each stroke and how to break them down. Although there may have been drills that have been used by some coaches before, it was interesting to see the way the drills were explained to the swimmers by each coach and the ways the swimmers learned. Jack used simple pull drills to expose the importance of tempo in Backstroke, Leigh took advantage of dryland activation to explain the Butterfly recovery, Rick used elements of fun and experimentation to show the importance of the Freestyle catch, while Rohan explained the importance of implicit learning through the drills he used for constant speed in Breaststroke.

The weekend was an opportunity to approach more experienced, successful coaches as colleagues and have in-depth discussions regarding the questions you had for your own program. It was also quite inspiring to watch coaches get recognised for their successes at the awards gala and allowed the coaches within the scholarship group to feel motivated to develop their coaching further and help Swimming NSW become the best in the country. The Scholarship recipients would like to thank SNSW & asctaNSW for this great opportunity. Thank you to Jon Shaw, Darren Howard & Benjamin Tuxford for your leadership and willingness to share your insights into Coaching.

*Right: Knox Pymble SC Coach Simon Cusack was named the Ascta Coach of the Year for the third time for coaching Cate Campbell to five gold medals at last year's Pan Pacs in Tokyo .*



# Coaching Report

By Jon Shaw (NSW Coaching Director)

## 2019 Australian Swimming Champs



### The Mighty Blues Australian Swimming Medal Tally

	Gold	Silver	Bronze	Total
Day 1	3	3	5	11
Day 2	8	4	4	16
Day 3	6	6	2	14
Day 4	2	7	3	12
Day 5	4	5	4	13
Day 6	3	4	8	15
<b>Total</b>	<b>26</b>	<b>29</b>	<b>26</b>	<b>81</b>

Hancock Prospecting Australian Swimming Championships were held in Adelaide from 7-12 April under a new Championship format:

In the heat swims the athletes swim in seeded heats. In the evening there are 3 finals:

- Female: Open (A Final); 19/20yrs (B Final); 17/18yrs (C Final)
- Male: Open (A Final); 20/21yrs (B Final); 18/19yrs (C Final)

At these Championships swimmers are trying to qualify for the following Australian Teams:

- 2019 World University Games
- 2019 World Junior Championships
- 2019 Para Swimming World Championships

At the end of the 6 days the Mighty Blues performed extremely well bringing home 81

medals and producing a number of breakthrough swims.

Cate Campbell kicked off the NSW gold rush on night one. In a great swim, Campbell represented her new club Knox Pymble, winning the Women's 100m Freestyle in a very swift time of 0:52.35. With a strong second 50m (0:27.31) Cate has shown she is on target for a great swim at the upcoming trials in June. Having moved to Sydney in January to be coached by Simon Cusak I'm sure both would be pleased by these performances.

Cate Campbell also claimed Gold in the Women's 50m Freestyle in a time of 0:24.30.

The second night of competition saw some fantastic swimming from the mighty Blues. In what will be one of the swims of the meet Matthew Wilson took the Gold in a world leading time of 2:07.16. Matthew was under world record time for a large majority of the race but just missed out. His time still broke the 5-year-old Commonwealth record and also set a new Australian record. It was also the first time that Matthew dipped under the 2:08 mark...exciting times ahead!

Matthew had two finals in night 3 winning Gold in the 100m Breaststroke in a new best time of 0:59.67. With confidence sky high he then took on the best in the 200m IM winning the Silver medal in yet another PB of 1:59.41. I'm sure his Coach Adam Kable will be pleased but knowing the job is not complete, keeping one eye on the trials in June.

After a career best swim in the 100m Backstroke the night before William Yang came out with all guns blazing to win Gold in the 50m Butterfly. William was his harshest critic saying that the finish could be a lot better... I'm sure that his coach Bobby Hurley will fine tune his skills leading into the Australian Trials in June.

In the Men's 50m Backstroke William Yang broke through to collect his second Gold medal of the meet. In doing so

he produced his first swim under the 25 second mark winning in 0:24.98...another PB for William.

On Day 6 Yang won the Men's 20/21yrs 50m Freestyle in a new PB time of 0:22.74. This was William's 3<sup>rd</sup> Gold medal of the meet...a great achievement.

We witnessed some fantastic breakthrough swims that will certainly put a spring in these swimmers' step! In a massive PB of 4:16.34 Sydney University swimmer Sarah Wellfare (Coach Paul Bruce) picked up the Silver medal by swimming 7.51 secs faster than she has before in the 19/20yrs 400m Freestyle – now that is how it's done!

Also breaking through for his first National medal was Shaye Booth (Mingara – Coach Steve Critoph) in the 18/19yrs 50m Backstroke in the time of 0:26.26 – another PB for the Central Coast swimmer.

Leading the Para swimmer Gold rush for the championships were the dynamic duo from Auburn: Timothy Hodge and Ricky Betar.

In the Men's 100m Backstroke the Auburn boys showed the way. Taking the Gold was Timothy Hodge (S9) in a career best time of 1:02.73... a swim that sees his time leading the World rankings! To back his team mate up was Ricky Betar (S14) winning the Silver medal in a swift 1:02.03...also now ranked No.1 in the world. Coach Clinton Camilleri would be well pleased with his charges some 14 months out from the Tokyo Paralympic Games.

In the Men's 200m IM Timothy Hodge (SM9) won the Gold in 2:16.92 with his team mate 15-year-old Ricky Betar (SM14) picking up the Silver in a PB of 2:15.02.

In the 50m Backstroke Timothy (S9) set a new World mark of 0:29.70 when securing the Gold medal. The record was previously held by the legendary Australian Paralympian Matthew Cowdrey.

Leading the way yet again in the Men's 100m Butterfly was Timothy Hodge (S9)

(Auburn – Coach Clinton Camilleri) swimming yet another PB to tie for the Gold medal in a superb time 1:02.01 I can't say enough about Timothy (or Coach Camilleri) except great job... go you good things!!

Continuing the Gold rush for NSW was Ellie Cole (S9) (Knox Pymble – Coach Simon Cusack – Northern Area Hub) in winning the Women's 100m Backstroke in a time of 1:10.20, taking 0.31 off her entry time!

Ellie backed up her Gold by taking out the top title in the Women's 100m Freestyle. It came down to the last 5m with the 3-time Paralympian winning the Gold in a great time of 1:03.69.

Training under her new Coach Simon Cusack since January there will be more im-

provement for Cole.

At the end of the night six Swimming Australia announced the Australian Para Swimming Team to compete at the Para Swimming World Championships. I'm delighted to see that 10 NSW swimmers made the team with 2 NSW Coaches (Clinton Camilleri and Jon Bell) also selected...fantastic effort and very well deserved. Congratulations to the swimmers selected (see below).

Congratulations to all our NSW Coaches, swimmers and staff...you have done your State proud at the end of a very successful championship meet.

GO THE MIGHTY BLUES!

## Para Swimming World Championship Team

Athlete	Club	Coach
Timothy Hodge	Auburn	Clinton Camilleri
Ricky Betar	Auburn	Clinton Camilleri
Jenna Jones	Auburn	Clinton Camilleri
Ellie Cole	Knox Pymble	Simon Cusack
Matt Levy	North Sydney	Steve Badger
Taylor Corry	Nelson Bay	Tom Davis
Tiffany Thomas Kane	Monte	Jon Bell
Jasmine Greenwood	Bay & Basin	Bob McEvoy
Jade Lucy	SLC Aquadot	Gavin Stewart
Ella Jones	Springwood	Nick Robinson

## 2019 Australian Age Swimming Champs



Australian Age Gold medalist Collette Lyons (Kinross Wolaroi) with her coaches Kim Taylor, Jason Crisp and Jane Gillham.

## The Mighty Blues Australian Age Medal Tally

	Gold	Silver	Bronze	Total
Day 1	4	2	6	12
Day 2	3	7	3	13
Day 3	3	3	3	9
Day 4	3	5	5	13
Day 5	2	7	4	13
Day 6	2	5	3	10
Relays	3	2	4	9
<b>Total</b>	<b>20</b>	<b>31</b>	<b>28</b>	<b>79</b>

From 15-21 April the Australian Age and MC Swimming Championships took place in Adelaide under a new Championship format. The new format introduced by Swimming Australia sees the age entry level

change for the boys to 14 years old...the girls remain at 13 years.

The trio of Joshua Collett, Se-Bom Lee and Charli Brown smashed their PBs to record

some memorable swims on Day 3 finals night. In the third race of the night Joshua (Knox Pymble – Coach Nic Dobson) took 1.44 seconds off his previous best to win Gold in the 15yrs 100m Breaststroke in a time of 1:05.80.

Soon after Se-Bom (Carlile – Coach Misha Payne) put his stamp on the 17yrs 400m IM winning the Gold in 4:19.10 taking 3.63 seconds off his previous best.

In what was one of the races of the night the Girls 16yrs 400m IM, two NSW swimmers swam down the leader to produce a thrilling finish. In the end Charli Brown (Manly – Coach Justin Rothwell) touched out her NSW team mate Jessica Madden (SLC Aquadot – Coach Gavin Stewart) by 0.06 to give NSW a 1-2 finish.

Se-Bom, Charli and Jessica's times were all below the Junior Worlds Qualifying time... great swimming!

Kinross Wolaroi swimmer Collette Lyons left everything in the pool at these championships, showing Australia that she is here to stay. Collette's medal tally was a massive 3 Gold, 2 Silver and 1 Bronze for a total of 7 Australian Age medals... an incredible achievement at this level.

Lyons (Coach Kim Taylor) won Gold in the Girls 13 years 200m IM in a new PB time of 2:18.94. In another remarkable Gold medal performance, Lyons won the 13 years 400m IM in a new State Record time of 4:54.39... a new PB by 9.03 seconds and just outside the Australian Record for the event.

Se-Bom Lee claimed Gold in the Boys 17 years 200m IM... Se-Bom's time of 2:02.01 was a 2.22 sec drop.

In another stunning swim Lee recorded his first ever sub 2-minute effort to win Gold in the 17 years 200m Backstroke in a time of 1:59.53. He was followed home by his NSW team mate Stuart Swinburn (Uni NSW – Coach Bruce Vyvyan) for a NSW 1-2 finish.

With the momentum flowing, the 13 years 200m Butterfly Girls took the podium for NSW. Collette Lyons won the event and was followed home by her NSW team mates Hayley Johnston (Knox Pymble – Coach Brandon Lawrence) claiming the Silver medal with Abbey Connor (Revesby Workers – Coach Alex Clarke) picking up the Bronze.

Robert Thorpe (Carlile – Misha Payne) took out the Boys 14 years 800m Freestyle in a time of 8:34.84...great effort!

Once again NSW had a 1-2 finish with Bailey Krstevski (Wests Illawarra – Coach James Greathead) put together a superb swim in the morning heats to pick up the Silver medal in a 16.86 seconds PB of 8:37.37!



Bailey Krstevski with Coach James Greathead.

In an exciting last night of finals in Adelaide NSW swimmers stood up when everything was on the line.

In the first event of the night, Girls 15-16 years 800m Freestyle, Jessica Madden had the chance to swim herself onto the Junior Worlds Team...talk about a little pressure! Jessica took on the challenge and swam an 8.61 sec PB to win the Silver medal in a time of 8:45.00...a time that was fast



enough to get a plane ticket to the Junior World Championships in Budapest, Hungary!

Not to be outdone Angus McDonald (Trinity Grammar – Coach Matthew Brown) also had a final chance to swim onto the Australian Junior Team in the Boys 17 years 100m Freestyle.

Also in the race were Stuart Swinburn (Uni NSW – Coach Bruce Vyvyan) and Alex Quach (Auburn – Coach Clinton Camilleri).

In an exciting finish NSW swimmers went 1-2-3... a Gold medal for Angus and a time fast enough to qualify for the team.

Amazing 6 days of competition and all our NSW swimmers and coaches must be congratulated on their efforts in one of the hardest age competitions in the World.

GO THE MIGHTY BLUES!!!

## World Junior Championship Team



The Australian Junior World Championship Team was announced at the completion of the finals. Huge Congratulations to 5 NSW Swimmers who made the team and their coaches.

Athlete	Club	Coach
Charli Brown	Manly	Justin Rothwell
Se-Bom Lee	Carlisle	Misha Payne
Jessica Madden	SLC Aquadot	Gavin Stewart
Angus McDonld	Trinity Grammar	Matthew Brown
Alex Quach	Auburn	Clinton Camilleri

# 2019 Australian Age Multi Class Swimming Champs



Australian Age MC 5-times Gold medallist Oscar Stubbs (SOPAC SC) with coach Job Van Duijnhoven.

## The Mighty Blues Australian Age MC Medal Tally

	Gold	Silver	Bronze	Total
Total	16	25	28	69

There was some fantastic swimming over the two and a half days of the Australian Age MC Championships and NSW Swimmers were certainly in the thick of the action. Overall the swimmers managed to win a total of 69 medals – 16 Gold, 25 Silver and 28 Bronze... an amazing job!



L Andrew Tuckfield; R Kaden Smith with coach Gavin Stewart (SLC Aquadot).

Our most successful swimmer was Oscar Stubbs (SOPAC) winning 8 medals...5 of those were Gold (plus 3 Bronze)!

Other swimmers that featured were Alexander Tuckfield (SLC Aquadot) – 4 Gold, 1 Bronze; Lachlan Hanratty (Revesby Workers) – 2 Gold, 2 Silver, 3 Bronze; Jarrod Dyer (Wollongong) – 2 Gold, 4 Silver, 3 Bronze. Other Gold medal winners were Morgan Jean (Wauchope); Nicole Taylor (Griffith) and Ashley Van Rijswijk (Wagga Wagga). Congratulations to all our medal winners and their coaches...great job!!

# Train the Way You Like to Race

**Featured Article: Stephan Widmer, ASCA World Clinic 2007 Presentation**

*Good morning everyone. From where I finished yesterday, I would like to continue along the same track and talk about my thoughts in general about coaching. For those who were not here yesterday I have a bit of an accent. It is a mixture between Swiss and Australian. It may be a bit scary so if you do not understand me, please feel free to ask questions later on. About coaching, what I try to do is get involved in the process-driven coaching much more than about the outcome. It is not what I would like to achieve down the line, it is what I would like to achieve at the moment, on that day, in the session, in the set, in the repetition. That is what I would like to talk to you about today...*

[Click here](#) to keep reading.

## Swimming NSW State Squads Announced

Swimming NSW's 2019 State Squads have been selected and announced. You can view all squad lists on the [Swimming NSW website](#). Congratulations to the NSW coaches who placed swimmers on squads:

Adam Beisler	Chris Buchanan	Greg McWhirter	Larry Brooks	Peter Harvey
Adam Kable	Clinton Camilleri	Greg Towle	Leanne Speechley	Ryo Kito
Alex Clarke	Craig Chantler	Jackie Barck	Madeleine Fleming	Sam Frame
Alyce Bradac	Craig Stevens	James Greathead	Matthew Brown	Shannon Rol-lason
Amanda Isaac	Daniel Neilson	Jim Fowlie	Michael Jacobs	Simon Cusack
Andrea Raso	Daniel Sainsbury	Job van Duijnhoven	Michael Mullens	Simon Watkins
Ben Jenkinson	Darren Howard	John Bladon	Michelle Thomas	Stephen Badger
Ben Tuxford	David Murphy	Jon Bell	Misha Payne	Stephen Critoph
Bob McEvoy	Debby Tatoli	Joshua Stern	Mitch Falvey	Steve Meredith
Bobby Hurley	Edward Chan	Justin McEvoy	Nick Dobson	Thomas Davis
Brandon Lawrence	Gavin Stewart	Justin Rothwell	Nick Robinson	Tim Lane
Brett Winkworth	Gennadiy Labara	Kaz Suzuki	Nicolas Monet	Tobin Condon
Bruce Vyvyan	Graeme Carroll	Kerry Saunders	Paul Bruce	Tomas Noll
Cameron Ellicott	Graham Walker	Kim Taylor	Paul Sharman	

# asctaNSW News

## asctaNSW Awards Dinner

Swim Coaches and Teachers from all around NSW got together for the asctaNSW annual Dinner and Awards evening held at the Novotel – Sydney Olympic Park.

The evening was a night to celebrate the success of our coaches in 2018.

It was great to have life members Ursula Carlile, Tony Shaw (ascta President), Lynn Elliott (ascta Vice President), Chris Myers & Les Barclay all in attendance. Chris Fydler OAM & members of the Swimming NSW Board were also in attendance for this event.



NSW Open point score Coach of the Year award recipient Adam Kable with asctaNSW President Benjamin Tuxford.

## New asctaNSW Board following 2019 AGM

### President

Benjamin Tuxford

### Vice-President

Haydn Belshaw

### Secretary

Lynn Elliott

### Treasurer

Justin Rothwell

### Members

Jennifer Noel  
Gavin Stewart  
Simon Watkins  
Ben Jenkinson  
John Bladon  
Debby Tattoli  
Paul Bruce  
Clinton Camilleri  
Bruce Vyvyan

### Swimming NSW Liaison

Darren Howard

# Congratulations 2018 Award Winners

## Placing a Swimmer & being a Team Coach on to the Australian Senior Team

Adam Kable (*Brad Woodward & Matt Wilson - Commonwealth Games & Pan Pacs*)  
Gavin Stewart (*Mitchell Kilduff - Commonwealth Games & Para Pan Pacs*)  
Clinton Camilleri (*Timothy Hodge - Commonwealth Games & Para Pan Pacs*)  
Steve Badger (*Matt Levy - Commonwealth Games & Para Pan Pacs*)

## Placing a Swimmer on to the Australian Senior Team

Mitch Falvey (*James Magnussen - Commonwealth Games*)  
Haydn Belshaw (*Rohan Bright - Para Pan Pacs*)  
Simon Watkins (*Taylor Corry - Para Pan Pacs*)  
Kimberly Norton (*Jasmine Greenwood - Commonwealth Games & Para Pan Pacs*)

## Placing a Swimmer & being a Team Coach on to the Australian Youth Team

Mitch Falvey (*Lewis Blackburn & Jack Edie - Youth Olympics & Junior Pan Pacs*)  
Bruce Vyvyan (*Stuart Swinburn - Junior Pan Pacs*)  
Jim Fowlie (*Abbey Webb & Jacinta Essam - Youth Olympics & Junior Pan Pacs*)

## Placing a Swimmer on to the Australian Youth Team

Matthew Brown (*Angus McDonald - Junior Pan Pacs*)  
Misha Payne (*Finn O'Connor & Se-Bom Lee - Oceania & Junior Pan Pacs, respectively*)  
Amanda Isaac (*Natasha Ramsden & Shaun Champion - Junior Pan Pacs*)  
Clinton Camilleri (*Alex Quach - Oceania*)

## First National Age Gold Medalist

Alex Clarke (*Henri Carrera*)  
Job VanDuijnhoven (*Jenna Jones*)  
Nick Dobson (*Joseph Hamson*)





Award recipients Cathy Myers (above) and Steve Badger (below) with asctaNSW President Benjamin Tuxford.



**asctaNSW Service to Teaching**

Nerida Powell

**NSW Age Group point score Coach of the Year**

Leanne Speechley & Nick Dobson

**NSW MC point score Coach of the Year**

Clinton Camilleri

**NSW OW point score Coach of the Year**

Bruce Vyvyan

**NSW Open point score Coach of the Year**

Adam Kable

**asctaNSW Service to the Learn to Swim Industry**

Cathy Myers

**NSW Club of the Year**

Knox Pymble

**asctaNSW Para Coach of the Year**

Steve Badger (*Matt Levy*)

**asctaNSW Coach of the Year**

Adam Kable (*B Woodward & M Wilson*)

# Calendar of Upcoming Events 2019

Date	Activity	Location
1 June	SNSW MC Meet #2	Ryde
9-14 June	Australian Swimming Trials	Brisbane
4-11 July	World Uni Games	Naples, Italy
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
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
19-20 October	SNSW LC Qualifying Meet	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)
30 Nov—1Dec	SNSW Senior Metropolitan Championships	SOPAC

*Please note dates are a guide only and subject to change.*

# Join the Coaching Community



[asctaNSW Swim Coaches](#)



[NSW Swim Coaches](#)



[NSW Country Coaches](#)

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