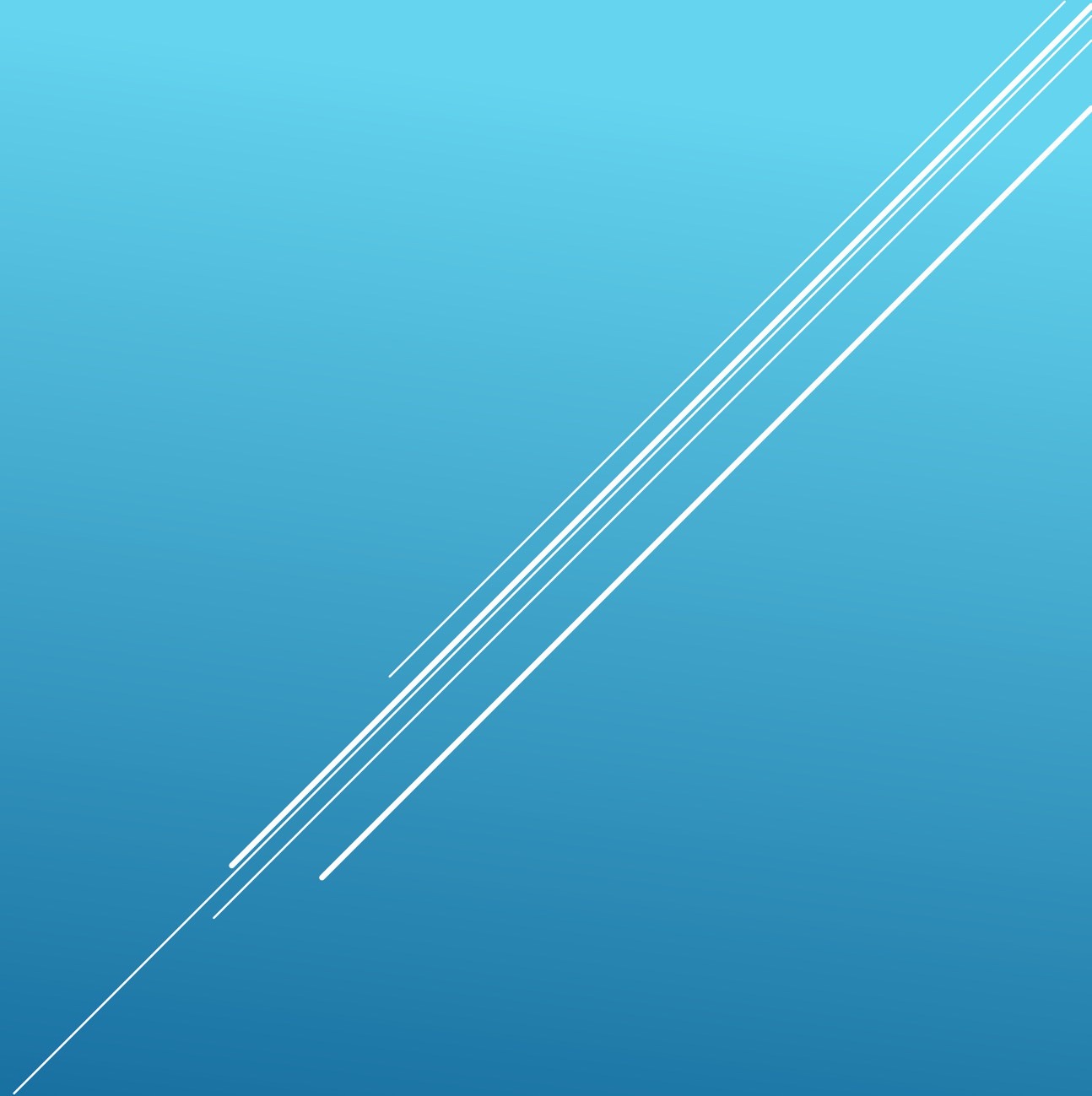



STATE TEAMS



OUTLINE

- What is State Teams?
 - Benefits of this week
 - Example training program
 - Networking
 - Mentoring
 - TO development pathway
 - My personal benefits from State Teams
- 



Each State and Territory, as well as New Zealand, bring their best up and coming swimmers to Canberra to compete for the title of State Teams Champion.



For Technical Officials:

4 x Pool sessions

Training away from the pool led by leading experts in their field

What is the State Teams Championship?

Benefits for Technical Officials

- ▶ It provides opportunities to:
 - ▶ work at a national level meet
 - ▶ perform roles on pool deck in a learning environment where you are helped and mentored along the way
 - ▶ participate in training away from the pool in areas of communication, nutrition and the implementation of swimming rules

Example State Teams Program

- ▶ Day 1 – Meet & Welcome

- ▶ Nutrition
- ▶ Recovery
- ▶ Know the Rules
- ▶ Dinner with Guest Speaker

- ▶ Day 2 – Scenarios and Infractions

- ▶ Art of Officiating
- ▶ Tour of Facility
- ▶ Self-evaluation and self-reflection
- ▶ Communication skills
- ▶ Pool Session

- ▶ Day 3 – Pool Session

- ▶ Elite Referees & Starters
- ▶ Q&A Session
- ▶ Pool Session

- ▶ Day 4 – Pool Session

- ▶ BBQ Lunch



2018




Networking

- ▶ Officials from NSW/ACT
- ▶ Officials from other states across Australia
- ▶ Swimming Australia personnel
- ▶ Dinner with guest speaker



2017

Mentoring

- ▶ Each state sends an experienced official to be a mentor for the state team of officials
 - ▶ Swimming Australia provides a highly-experienced mentor for the starters and referees
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Development pathway for Technical Officials

- ▶ Area Achievers Meet
 - ▶ Swimming NSW Junior Area Representative (JAR) Meet
 - ▶ Swimming NSW Senior Area Representative (SAR) Meet
 - ▶ State Teams
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My personal benefits from State Teams

- ▶ Demonstrating my capabilities on pool deck to SAL Technical Manager
 - ▶ Expert guidance from highly accomplished referees from other states
 - ▶ Meeting other officials from other states
 - ▶ Training sessions to make me reflect on my own communication, decision making, and nutrition & recovery at meets.
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