

Sub-Committee Coaching Report

Emerging Squad Camp

The Emerging Squad Camp was held on the 22-24 September at the Rockhampton Grammar School. There were 11 swimmers in attendance, 3 coaches and 2 managers. Thank-you to Graham Simpson, David Milburn, Jodie Shanks and Jo Banks.

From the evaluation of last year's camp, a few additions were made to the itinerary, which were very welcomed by the swimmers and parents.

The camp commenced with a key note address by Wayne Clifford and this was a great start to the camp. He raised some good points about motivation, training and goal setting. The camp ended on a top note with parents and swimmers attending a nutrition and hydration session with Sue Williams. This was a very informative session.

Other highlights were:

- The individual under water video footage, which the swimmers were able to take with them. Thank you to Tim Miller-Waugh for your assistance.
- The JX clinic with Yolane Kukla and her coach Michael Palfrey, which attracted many other JX swimmers. During the clinic, the swimmers were put through a series of drills which Yolane first demonstrated. This was extremely beneficial. Yolane talked about her training schedule and diet, and answered many questions. We all left thinking what a really lovely person she is and admiring her skill in the water.
- The water aerobics session taken by Jo Banks. This was a very enjoyable activity for the swimmers. How powerful is combining music and exercise to this age group???
- The night time activities – motivational DVD and Red Faces Night. Sorry boys but the girls were just better. They performed a medley combining singing and dancing.
- The food, again.

I feel the camp achieved both educational and fun outcomes, both ingredients for a successful camp. Thank-you again to everyone involved. The behaviour of the swimmers was again exceptional.

Jodie Hiron (Manager)