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## PRESIDENTS REPORT 2023

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### Welcome

Firstly, I would like to thank everyone for taking the time to join us for the Immanuel Piranhas 2023 AGM. I'd like to especially welcome those new members that have joined our Club over the past 12 months and are here tonight.

It has been my privilege to serve as Club President for the past 12 months, which has been both challenging, and very rewarding to see the club continue to grow and strengthen.

### Agenda

Our AGM agenda includes:

- A. Confirmation of the minutes of the previous meeting.
- B. Receive any reports including the Presidents Report (Annual Report), the Treasurers Report, the Coaches Report and the Captains Report.
- C. Adopt and approve the annual report(s) and financial statements.
- D. General business arising out of the 2021 AGM minutes.
- E. Notice of motions – Various changes to the Constitution.
- F. Election of members of the Committee

### Membership Status

The year started with a drop-off in memberships that was largely a result of changes in membership policies post COVID lockdowns. But membership numbers have steadily grown since the start of the membership year and currently stand at 225. This growth has come from junior swimmers progressing from iSwim squads and also ongoing transfers from other Clubs.

It was pleasing to see in the SSA 2022 AGM Report that out of the 40 clubs affiliated with SwimmingSA, the majority of clubs recorded growth in numbers, which suggests that swimming as a sport has bounced back from the COVID shutdowns and is doing well. In terms of total member numbers and specifically, swimmer members, we're now firmly a top 3 Club in terms of size. This is a far cry from 2015 when started the process of rebuilding the Club. We were 23rd in terms of total member numbers (& 20<sup>th</sup> in swimmer members).

We put that growth in membership down to several factors:

- **Partnership with iSwim and Immanuel College:** The continuing strong relationship and support we get from iSwim with transfers from the Swim School squads to Club squads. This is underpinned by the Memorandum of Understanding (MoU) that we executed with Immanuel College 5 years ago and has been a significant factor behind our growth.
- **Strength of the Coaching Team:** The quality of the coaching staff we have who motivate and encourage our swimmers, both new to the sport and experienced swimmers, to continue their involvement with the

sport of swimming. The coaching team continues to grow around our core group of coaches and is undoubtedly one of the strongest coaching teams of any Club in SA.

- **Willingness to welcome swimmers of all abilities and interests:** Our willingness to embrace both competitive and non-competitive swimmers. And also, our willingness to support those with an interest in pool, multi-class, surf and open water swimming. There are options for all swimmers.
- **Strong results of our swimmers:** The continued strong results that our young swimmers are getting at competitions, gets noticed. More and more our swimmers are making finals at States (Age and Open) and in some events at the recent State Open SC Champs we made up nearly half of the swimmers in certain final heats. Our relay teams across the age groups also performed strongly and were frequently in the top three. This is a reflection of the quality of our coaches and the commitment from our swimmers; and
- **A supportive and united team:** The strong united team that we have on show at carnivals and events. It gets noticed and for that I thank our swimmers and parents. The things we did as a smaller Club that united us and have helped us grow:
  - Was to always sit together. Talk and get to know people. It's the best way to break down barriers. Plus, we're bigger when we're together.
  - Always be supportive and tolerant of all our members whether swimmer, team manager, official or parent/supporter; and
  - Loudly cheer on all our swimmers.

As we grow it's really important that we all embrace these things that have helped us to grow.

Whilst it's not all about the numbers, the strong growth we've benefited from over the past several years is a positive reflection on what we're doing across a number of fronts. As things stand today our numbers continue to grow and we currently have 225 financial members (126 of whom are swimmers!). We hope you all continue your membership with IMSC for the 2022/23 season.

### **LC Season 2022/23 Highlights**

Fortunately, the 2022/23 long course season was largely back to normal after several disruptions as a result of COVID restrictions and our swimmers had many strong performances throughout the season. The Long Course season wrapped up with IMSC finishing 3<sup>rd</sup> club overall (combined Age, Open & Relays) at the State LC Champs. This was an equal best result at LC champs and backed up our 3<sup>rd</sup> place at the 2021/2022 LC State Champs.

Again, it was exciting to see so many of our swimmers qualify for, compete, make finals and medal at the Open Water Nationals (January 2022) and also the Australian Age Championships (April 2022). This was only the third time in our Clubs recent history that we sent swimmers to national championship events.

Natalie Beech, Rosie Davies, Kelly O'Leary, Euan Stenhouse, Oscar Dingwall, Toby Sutton and Lachlan Washington, all represented IMSC at the Australian Open Water Championships.

Jack Bell, Lachie Bell, Clair Borgmeyer, Alinta Dingwall, Amelia Downie, Cameron Ellul, Charlise Green, Tahni Kelsh, Reuben Lehmann, Georgia McAvaney, Laura McAvaney, Emilia Noriega, Shayanne Potter, Noah Pronk, Maisy Pronk, Eliza Tan and Lachlan Washington all represented IMSC on the national stage and they should be very proud

of their results. This was our largest representation at Age Nationals in the Clubs history, with 17 swimmers in total (an increase from 11 swimmers in 2022).

An additional highlight was Claire Borgmeyer's participation in the Australian World Championship trials held in Melbourne.

As a Club we can hope that their collective results motivate other swimmers in the Club to also strive for their best. It's very pleasing to see that there's a strong group of young swimmers on the cusp of obtaining their first National Age qualifying times. We're looking forward to sending up what we expect to be an even bigger squad to the Australian Age Championships in 2024.

### **SC Season 2023 Highlights**

Our swimmers backed up their strong LC performances with many great swims throughout the SC season, culminating in IMSC finishing in 3<sup>rd</sup> position at the 2023 State SC Championships (combined Age, Relay and Open). Again, firmly consolidating IMSC as a top 3 Club in the state.

As a result of their great results at the State SC Championship, several of our swimmers also qualified for and will compete at the 2023 Australian Short Course (Open) Championships in Sydney.

We also had 13 IMSC swimmers represent South Australia at the Australian School Swimming Championships, held in Queensland. These swimmers were Alinta Dingwall (withdrew due to injury), Claire Borgmeyer, Charlise Green, Oscar Dingwall, Amelia Downie, Cameron Ellul, Izyus Mika, Blake Allan (withdrew due to injury), Levi Webber, Samara Connley, Jack Williams, Jacob Tucker and Rose Kishinets.

Swimming Australia also published the results of the Junior Excellence (JX) program, with an impressive 48 IMSC swimmers receiving JX awards (up from 36 in 2022). The JX program recognizes the performances of swimmers ages 9-13 to encourage and inspire the next generation of competitive swimmers. Congratulations to all our swimmers who were recognized with a JX award.

To round out the season, IMSC swimmers were also prominent in numbers in the Swimming SA performance pathways programs with 8 swimmers qualifying for and selected for the SwimmingSA Flippers program:

#### **SwimmingSA Flippers Performance Pathway program:**

- Claire Borgmeyer
- Oscar Dingwall
- Alinta Dingwall
- Amelia Downie
- Maisy Pronk
- Noah Pronk
- Eliza Tan
- Lachlan Washington

The future looks very bright as we continue to build our squads and get greater representation across the older age groups.

## Fundraising & Sponsorship

Financially, the Club is in a greatly improved position than in 2022. This is largely due to the substantial effort invested in fundraising and sponsorship. Led primarily by Brian Clinch with support from Rian Pate and Peter Muller, the Club has brought on board several new important sponsors/partners:

- Slape & Sons – Platinum Sponsor
- Bell Architecture – Gold Sponsor
- Adelaide Women’s Imaging – Silver Sponsor
- Beyond Bank - Silver Sponsor
- Brighton Foodland – Bronze Sponsor

Additionally, we have formed a partnering agreement with Glenelg Surf Lifesaving Club and secured additional grant funding from the Office of Sport & Recreation for purchase of small equipment and training aids.

Fund raising and grants exceed expenditure for the year and means that the Club can now look to implement various initiatives that will support swimmers across a range of squads.

There will certainly be a need for continued focus on additional fundraising opportunities throughout the year and this must be one of the top priorities for the new Committee.

There are several things that fundraising is necessary for, and these are for the benefit of all Club members (across all squads):

- **Coaches’ attendance at targeted meets.** There is universal support for this and a growing demand from members that we ensure there is support for our swimmers at targeted meets. Clearly, we cannot make every meet a targeted meet, but we endeavor to provide coaches at 3-4 targeted meets plus championship meets each season (SC & LC). This is our single biggest expense and I’m sure everyone would agree is a tremendous benefit to all our swimmers across development, state and national squads.
- **End of year awards.** Another significant expense is trophies for end of year awards. In 2021 the Committee agreed to increase the number of awards on offer to include 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers by age. This has been carried through to the 2023 season also. This recognizes and rewards the efforts of a wider group of swimmers and is also a result of our growing numbers.
- **National Championships:** As a result of the successes of our swimmers we will be sending swimmers to National Championship events more often. Whilst families pay their own way, the Club funds the travel, accommodation, meals and wages of the coaches. This is normal practice in Clubs and with the growing number of swimmers with or near national times, this will be a cost the Club needs to plan for going forward. It is a measure of our success, and we look forward to seeing many more of our swimmers represent IMSC at national championship events in the years to come.
- **Equipment purchases.** With the new shared dry land training room finished there will be a need to purchase dry land training equipment, storage equipment and other training gear. This will be for the benefit of all swimmers across all squads.
- **Other training support.** Beyond the pool training sessions there are other ways the Club can support our swimmers. These include providing access to sports dieticians, sports psychologists, strength and conditioning coaches, subsidizing boot-camps etc. Subject to the success of future fundraising, these are opportunities we’d hope to be able to make available to our swimmers.

The 2022 Committee recognized this need, and to this end put things in place to ensure that the Club has the ability to fund these initiatives, both in the near and long term. This will require an ongoing contribution from all

members to help out with fundraising and sponsorship opportunities. There will be a renewed focus on fundraising by the Committee throughout 2023/24, and this will include:

- **Sponsorship Opportunities:** The Fundraising Subcommittee (currently Peter Muller, Brian Clinch & Rian Pate) secured several new sponsors throughout 2022. If you have a business, know someone with a business that may be willing to sponsor the Club please reach out to someone on the committee.
- **BBQs:** Immanuel College allowed the Club to run BBQs on Saturday mornings while the school is busy with Saturday morning sports. Brian Clinch took this offer up and with the generous donation of sausages from Slape and Sons we have run several BBQs over 2022/23. These have been successful and have the potential to raise \$5-7K per year. We will be looking for support from all members to run these BBQs throughout the remainder of 2023 and 2024.
- **Uniforms:** Whilst we make a small margin on our official uniform sales through our supplier Fullhammer we have developed a range of casual wear (t-shirt & hoodies) with Club branding that can be used as training clothing or just casual wear. Our releases of t-shirts have proven popular and hopefully the hoodies have similar appeal to swimmers and other family members. The profits from which will go to fund Club related activities. We thank Natalia Rudaya for taking on the role of Uniform Officer. She has done a fantastic job in coordinating and promoting the official club uniform, new casual wear and cap orders. Both our official Club uniform and casual wear are important for our Club image, so we appreciate families' support in encouraging swimmers to wear the Club uniform and casual wear at swim meets.
- **Club X Lotto:** We have also run a couple of Club X Lotto fundraisers which have proven successful, and we plan on holding these quarterly. They have the potential to raise \$1-2K a year. Thanks Mel Beech, for getting these organized.
- **Other initiatives planned for 2023 to 2024.**
  - **24hr Swim:** The Club plans to host a 24hr swim. The details of which still need to be worked through but would involve swimmers seeking sponsorship from family and friends for every lap swum over a 24 hr period. We may invite another club to do this with us to include some friendly interclub rivalry. More to come on this.
  - **Quiz Night:** later in the year (2023) we are planning on holding a quiz night. These are often enjoyable social occasions and also a good opportunity to fund raise. Details to come.
- **Government Grants:** Government grants are cyclical and generally only able to be spent on equipment (not uniforms or other operational costs). Depending on the nature of the grant, may also require a co-contribution. With the new shared use space, a small equipment grant will assist in purchasing dry land training equipment.

There is a considerable amount of effort behind each of these initiatives and we will be calling on all members for your support. It will ensure we have the ability to support swimmers across all our squads.

### **Memorandum of Understanding (MoU) 2.0**

For those that may not be aware, in 2016 we started discussions with Immanuel College around formalizing a relationship with the College. This took the form of a Memorandum of Understanding that we executed in 2017. The purpose of the MoU was to strengthen the relationship between the Club, the College and iSwim and help the Club re-build from what was a pretty shaky position. The original objectives were to help the Club rebuild to be a top 5 Club in terms of numbers and results and to also develop our squads so that we had national age qualified swimmers. The original MoU has certainly helped provide focus, purpose and direction for the Club and has greatly simplified the administrative burden and general management of Club duties. This has allowed the Committee to focus on those tasks that have allowed us to re-build.

The Committee has started the process of redrafting the MoU (version 2.0) with the College and there is strong support and alignment of purpose from both parties on new form that the updated MoU should take. At a high level it will be more orientated towards the Club consolidating and strengthening the gains we have realized over the past 5 years. We hope to have this finalized in the coming months.

### **Subcommittees**

The subcommittees are constituted by By-laws of the Club, which are available on the Club website. These are informal groups and will meet as required to advance certain initiatives to support the Club. They are chaired by someone from the committee and are open to as many people as want to get involved. Meetings will be informal and may be face to face, via Zoom or simple phone call. At this stage the subcommittees include:

- Competitions Subcommittee
- People, Club Culture and Social Subcommittee
- Strategic Planning, Grants and Fundraising Subcommittee

These are a great way to get involved and learn more about swimming and you can contribute as much (or little) time as you have. So please consider getting involved with these subcommittees if you have an interest in any of these areas. You don't need to be a Committee member. Only a member of the Club.

### **Coaching Staff**

We are incredibly lucky to have the depth of quality coaching staff that we have with Carol as Coaching Director and both Rian Pate and Grant Muller as our senior coaches responsible for the National, State, Development and Surf Squads. Rian and Grant are very capably supported by Alannah Slade, Mark Chu and Eyerus Curtis across all the Club Squads and the Dryland / Gym program.

The strength of this team and the attributes each coach brings to the Club is reflected in the results we are getting at Carnivals and Championship events (State and National), along with the number of swimmers being selected on SwimmingSA performance programs. Additionally, both Rian and Grant are often invited to provide coaching support at SwimmingSA performance squad training sessions which is a testament to their skills as coaches and the respect that have earned from their coaching peers.

We are very grateful for the commitment and dedication all our coaches have towards our swimmers and whilst I might be a little biased, I think it's one of the strongest coaching line-ups in SA. This team will continue to grow and get stronger.

### **Policies and Procedures**

Another notable achievement is the significant effort that our Secretary, Tanya Borgmeyer has put into preparing several new Club Policies and Procedures. These are crucially important from a Club Governance perspective. The new policies include:

- Uniform Policy
- Communications Policy
- Social Media Policy
- Complaints Policy
- Member Well Bring Policy
- Drug and Alcohol Policy

- Chaperone Policy

These are in line with Sports Integrity, Play by the Rules and Swimming Australia guidelines on similar policies. They sit alongside and are complemented by our Member Handbook and Code of Conduct. All of which are available on our Club website. Please take the time to check it out <https://immanuel.swimmingclub.org.au/>

### **Officials**

We're very fortunate to have three qualified Officials in Max Richardson, Malcom Freak and Greg Borgmeyer to represent the Club. Several of our younger swimmers have also tried their hand at officiating at junior carnivals run by SwimmingSA, which is fantastic to see them giving something back to the sport. It's worth noting that it is a requirement that all parents contribute towards officiating duties at carnivals at some stage. This is common across all Clubs. We know that this can sometimes seem daunting for parents new to the sport, so with the support of our qualified Officials we are planning on running some training sessions at the Club throughout 2023/24. This is a great way to learn a little bit more about swimming, get more comfortable with your role as an official and support your kids. Stay posted for more updates on some Official's training sessions.

### **IMSC Carnival 2023**

Another highlight for the year was the hosting of our first Club Carnival since pre-COVID. A significant amount of effort goes into organizing these events and whilst there were certainly lessons to be learnt (& we have a list) it was fully booked-out and raised important funds for the Club. We will be seeking to host another SC event in 2024 and look forward to all our members contributing towards supporting the Club for our next Carnival.

### **The Year Ahead**

The year ahead will be busy with an increased focus on fundraising, Consolidating the new squad structures, new training and development opportunities for our swimmers, finalizing the MoU 2.0 with Immanuel College, planning various social opportunities and planning associated with sending our squad of swimmers to Age Nationals, Open Nationals, SC Nationals and Open Water National. And of course, continuing to look for new ways to engage with our members and invest back into the growth and development of our swimmers.

It will no doubt be another busy year and we look forward to your ongoing support. Remember that there are ways you can support the Club without being on the Committee. So, if you have an interest and a little bit of time to support the Club, please make contact with anyone on the Committee.

### **Lastly – Thankyou's**

To all the **parents** that have helped at swim meets, support the kids at competitions and with their training commitments – thank you.

To all the **swimmers** that represent the Club so well at competitions – thank you.

To **Immanuel College (& Kevin Richardson)** – as always Kevin's unwavering passion and support for the Club has enabled the Club to go through a significant re-building phase over the past five years which has seen us grow in numbers and consolidate our position as a top 3 performance Club in the state. We are stronger than we have ever been. Thank you, Kevin and Immanuel College.

The **Coaches** (Carol, Rian, Grant, Alannah, Mark and Eyerus) & **iSwim**– for their enthusiasm, passion and absolute tireless commitment to helping the club succeed and for being awesome mentors and coaches to the swimmers – thank you.

I would like to especially thank the **Committee**:

- Peter Muller – Vice President
- Tanya Borgmeyer – Secretary (outgoing)
- Rian Pate – Treasurer
- Tamara McAvaney – Membership (resigned)
- Heather Pronk – Publicity
- Henry Lambert – General Committee Member
- Brian Clinch – General Committee Member (outgoing)
- Mel Beech – General Committee Member / acting Membership & Nominations (outgoing)
- Kirrily Dingwall – General Committee Member / acting Membership & Nominations

... who over 2022/23 attended meetings, supported the administration and governance of the club, assisted with fundraising, and other Club initiatives etc. We're all volunteers and the amount of time and effort you have contributed to supporting the Club has been of tremendous value in the continued growth and success of the Club. To all the outgoing members and those re-nominating – thank you for everything you have done to help strengthen and shape the Club.

Reflecting on all the positives over the last 12 months leaves me extremely excited about where we are heading as a Club and what we can achieve. We have realized many of the strategic goals we set for our Club, and we are well on our way towards being a stronger, more inclusive Club that supports swimmers from development level through to high performance squad swimmers in all swimming disciplines. There's certainly more work to be done, and the focus is firmly on strengthening and consolidating where we're at so we can continue to transform and build the Club to support and provide new opportunities for our all swimmers at all levels.



**Richard Washington**

**President 2022/23**

**Immanuel Piranhas Swim Club**





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## TREASURERS REPORT 2023

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The statement of accounts have been independently reviewed and prepared by Hern Associates to comply with the Australian auditing standards.

For the period of 1 May 2022 to 30 April 2023.

Despite having been a small club in the past, the club has undergone structural changes of all squads in order to maintain our growth and help all swimmers achieve their goals. Increased funds have been injected into targeted meets to create more opportunities for swimmers specific to each squad, as well as various guest speakers to assist in the development of our club outside of the water as well. Fundraising and sponsorship will continue to be a primary focus over the next year as we continue to grow as a club on local and national platforms, as well as building a greater club culture in and out of the pool amongst all squads through various club events and mentoring programs.

The full report can be requested via the Committee.

Regards,

Rian Pate

Treasurer

Immanuel Piranhas Swimming Club Inc.



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## COACHES

### REPORT 2023

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I am pleased to present this report detailing the progress, achievements, and challenges faced by our swimming club during the 2022-2023 season. This report aims to provide a comprehensive overview of the club's performance, individual swimmers' progress and the strategies employed to enhance their skills and abilities. Thank you to the committee, Parents, Volunteers, Officials and of course our partnership with iSwim for making this season such a success as none of this would be possible without your endless support. It has been an eventful season for the club as we grow and undergo new challenges to be able to provide support and development for all our emerging swimmers at all levels from individuals that are joining the squad program to emerging national swimmers starting to compete in open competition for the first time.

During the 2022-2023 season, our swimming club has exhibited commendable performance in various competitions and events. We have maintained a strong presence at both local and national events consistently securing top positions in various age categories. The dedication and hard work of our swimmers have contributed significantly to our club's positive reputation in the swimming community.

As coaches we have made structural changes to the squads, introducing a Yellow Squad / Blue Squad / Green Squad / Red Squad / Black Squad and White Squad aligning with the colours of the Olympic rings.

These changes were put in place due to:

- The growth of the club over the last 12 months
- Align with swimmers' current levels, goals and development.
- To tailor programs that will benefit each squad and their targeted competitions throughout the year, helping get the most out of each and every individual.

This year the club has exceeded all expectations in terms of growth with improvement across all squads at all competitions from local through to national representation.

**State Open Long Course Championships:** 28 Swimmers (3<sup>rd</sup> Overall Ranked SA Team 204 Points)

**National Open Water Championships – 7 Swimmers**

- Lachlan Washington, Toby Sutton, Euan Stenhouse, Oscar Dingwall, Rosie Davies, Kelly O'Leary and Natalie Beech.

*Lachlan Washington also picked up a bronze medal in the 17Yrs 5km swim.*

**State Age Long Course Championships:** 58 Swimmers (3<sup>rd</sup> Overall Ranked SA Team 1641.5 Points)

**National Age Long Course Championships - 16 Individual Swimmers:**

Georgia McAvaney, Laura McAvaney, Amelia Downie, Lachlan Washington, Noah Pronk, Cameron Ellul, Charlise Green, Emilia Noriega, Alinta Dingwall, Maisy Pronk, Claire Borgmeyer, Lachlan Bell, Jack Bell, Reuben Lehmann, Tahni Kelsh, Eliza Tan.

*National Age Point Score Ranking: (64<sup>th</sup> Ranked club with 189 Points)*

**National Open Long Course Qualifiers - 4 Swimmers**

- Madeline Rawson, Euan Stenhouse, Claire Borgmeyer, Noah Pronk,  
*Euan and Claire both competing at their first National Open LC Championships.*

**World Championship Trials – 3 Swimmers**

Qualifiers: Claire Borgmeyer, Noah Pronk, Maddie Rawson

*Claire Borgmeyer was our only athlete to contest these championships.*

**SA State School Sport Championships – 13 Swimmers selected.**

**Secondary School:**

Alinta Dingwall, Izyus Mika, Cameron Ellul, Claire Borgmeyer, Amelia Downie, Charlise Green, Oscar Dingwall.

*Medallists:*

*Claire Borgmeyer:*

*Silver 15yrs 50m Breast / Bronze 15-16yrs Mixed Medley Relay*

*Izyus Mika:*

*Silver 13yrs boys 50 Freestyle / Gold Boys 13-19yrs 300m Handicap Relay / Bronze 13-14yrs boys 4x50 Free Relay (SAR)*

*Cameron Ellul:*

*Bronze 13-14yrs Mixed Medley Relay / Bronze 13-14yrs boys 4x50 Free Relay (SAR)*

*Amelia Downie:*

*Bronze 13-19yrs 500m mixed 10x50 Free Relay*

**Primary School:**

Jacob Tucker, Blake Allan, Rose Kishinets, Levi Webber, Samara Connley, Jack Williams.

*Medallists:*

*Rose Kishinets:*

*Gold 10yrs 100m Back / Gold 10yrs 50m Back / Silver 10yrs 100m Freestyle / 10yrs 50m Back*

**National Open Short Course Qualifiers - 10 Swimmers**

- Madeline Rawson, Euan Stenhouse, Lachlan Washington, Noah Pronk, Maisy Pronk, Tahni Kelsh, Alinta Dingwall, Amelia Downie, Eliza Tan, Claire Borgmeyer.

**SA State Pathways Team:** (Based upon a National framework set by Swimming Australia and Swimming SA)

- Alinta Dingwall
- Oscar Dingwall
- Amelia Downie
- Lachlan Washington
- Noah Pronk
- Maisy Pronk
- Claire Borgmeyer
- Eliza Tan

## **JX Junior Excellence 2022-23 Results – 48 Swimmers**

- Gold 8
- Silver 9
- Bronze 14
- Blue 17

### **12 MONTH PLAN:**

Over the next 12 months we plan to build upon this success and start to transition swimmers into the next chapter of their swimming, helping everyone achieve their goals. Our partnership with Marion Outdoor Pool has been a huge part of our success and we shall continue to build upon usage of their facility over the next 12 months. As our national squads begin their long course season, we aim to expose them to more interstate competition in preparation for national targeted meets as well as build club culture from the top down. We will begin bridging sessions between Green and Blue now that we have changed the squad structure to help assist with the transition from State to National as those swimmers begin to emerge onto the national platform, as well as building team cohesion. Our Red squad is currently made up of swimmers and junior surf lifesavers so we aim to create a tapered state session for them to also assist with their development whilst start to meet with junior surf club managers to get a bigger picture of what each surf lifesaver needs to improve on so we can implement that into our programs as well as all the technical aspects they will need to learn in the pool.

Thank you,

Rian Pate (Head Coach)

Grant Muller (State & Development Coach)

Alannah Slade + Mark Chu (Assistant Coaches)

