

Hello Swimmers,

All your focus will now be on the Spring Meet in two weeks, a time to put all your winter preparation to the test. As I have said a number of times competition is always a reflection of your training both in skill development and the time you have put into training. If that has been done, then the rest is easy – just do it.

Sometimes though, we all need some extra stimulus to bring the best performance out of us, it might be our swim team or it might be a selection for some a trip. I would like to suggest that you all remember that we are a part of something special, something no one else in New Zealand is part of – The Three Regions.

We are all part of a Regional Coaching Programme that is slowly evolving into a unique 'team'. We might be from different regions and compete against one another, but I see something else when I attend our meets. I see our Three Regions "team" of coaches working together and our 'team' of administrators working for all of us and the 'team of swimmers, all competitors but you have that special bond amongst you.

I want you to take that with you to Christchurch and use the Three Regions as that something extra towards your performance and show the rest of New Zealand we are special out in the regions.

Test Sets

Well done it was a great result and I really appreciate the feedback I have had from the first months test sets. There were a few problems with the templates but it does not matter. Getting results sent in was the first step.

- I will attach the templates again for the t2000/ 4x100 and 5x200 kick; both templates are on the XL. Page one/two.
- The t2000 should have 100m splits recorded on the white squares on the template.
- The best idea is to work in pairs so that you can do stroke counts. If it does not fit in with your usual training, do it in the weekend then go out for a coffee after!
- Use the hard copy as a recording sheet and transfer the results on to the template.
- Remember the next set of 4x100 constant velocity are to be increased by 2x100 and try to maintain the same average pace.

[The next results are due on 31st October](#)

I will be away at that time but I still want the results sent in so that I can process them. I will call a meeting of all Aquaknights during the Central North Island Championships to discuss the test sets and an update on the RCP leading into the summer season.

Log books

At the June camp every swimmer handed in a log book – it was a first! Please keep this up. I have asked the coaches to review their seasons planning before heading into the summer season, this is what you should be doing as well, your log book is vital for evaluating how the season has gone.

American Grand Prix Tour 2010

Selection for this tour will be

- 750pts FINA long course.
- Olympic events only
- At the Open Nationals 5th – 9th April 2010.

The tour will take in three meets over a period of about 22 days. The cost will be approximately \$5500 per person.

Expressions of interest will be sent out in December for the tour.

Proposed changes to the FINA Points Qualifying for Aquaknights

I will be proposing to the Three Regions Executive, that the Aquaknights Qualifying periods be...

- 1st July – 31st December short course points
- 1st January – 30th June long course points.

Aquaknights Camp questionnaire

Just in case those of you who attended the Aquaknights camp wondered what happened to all the work you did answering the questionnaire about future camps. I have these and will be collating your answers soon to present to the coaches.

Long Term Athlete Development. (LTAD)

Part of the RCP is to put in place a LTAD Plan for or swimmers in the regions. We want to try to retain our swimmers in the regions as long as we can. There are some exciting plans being worked on at the moment.

Some of you will be considering going to University or a Polytechnic in the near future. There are a number of possibilities available in the Regions. We are working with the University of Waikato and have a memorandum of understanding in place with the University and the Three Region as part of the Hillary Scholarship Scheme. If you want to discuss these options call me 021 660 293. Or contact Judith Armstrong IJ.Armstrong@xtra.co.nz

Why not look at this first and remain in the best place in the world – the three regions!

I will not be at the Spring Meet but I will be watching the results as they happen on the net – I am sure you are all going to have some great results.

Take care.

Clive Power
Regional Director of Coaching

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