



## NSW State Championships LC 2015

	13-18 (2013)	13-18 (2014)	13-18 (2015)	12/U (2013)	12/U (2014)	12/U (2015)
<b>PB's (IND)</b>	N/A	66%	67%	N/A	44%	61%
<b>Gold</b>	2	0*	6	1	0	1
<b>Silver</b>	1	1	8	1	0	1
<b>Bronze</b>	1	5	2**	0	0	2
<b>Top ten – no medal</b>	?	16	32	?	5	8
<b>SMNE</b>	8 <sup>th</sup>	5 <sup>th</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	3 <sup>rd</sup>
<b>NSW</b>	31 <sup>st</sup> (354)	20 <sup>th</sup> (467)	8 <sup>th</sup> (950)	36 <sup>th</sup> (73)	44 <sup>th</sup> (72)	12 <sup>th</sup> (239)
<b>NSW Medal</b>	25 <sup>th</sup>	50 <sup>th</sup>	7 <sup>th</sup>	22 <sup>nd</sup>	No score	16 <sup>th</sup>

\*Also Callum Trethowan won Gold in the 5km 13 years NSW Open Water Championships 2014.

\*\*Also Callum Trethowan won **Bronze** in the 5km 14 years Open Water Championships 2015.

Hi Everyone,

Extremely pleasing results from our fantastic State Team 2015. The team statistics of this meet are displayed above as well as individual results in the attached excel spreadsheet. It goes without saying we absolutely nailed it!

Part of the process of preparing this report requires me to check on last year's submission. I am so honoured to be able to present a report that displays an improved level of performance, team work, leadership and results.

We aimed to increase medals, membership, point score position, PB's, National Qualifiers as well as develop an even stronger team ethos than ever before. Happily we have achieved all this!

We achieved our most successful relay campaign in the history of the club. In the 13 – 18 years we got 8/8 top ten's in the girls (includes medals and records) and 3/5 in the boys. EPIC! The 12/U girls also flew onto the podium with a Silver.

Abbotsleigh Swim Club's results are a product of a full team effort. Our team is made up of coaches, parents, athletes, officials and support staff. To begin to list the names of those that went above and beyond, I am afraid I would miss someone as there are so many. I would like to try by mentioning the following few. Chris Fydler our club president really practices what he preaches – what a highlight to have him anchor our 10x50 (23.33secs is not bad for the old boy). The boys were so stoked to swim with him and the team support on the final night from all the parents and swimmers in both the boys and girls 10x50 relays displayed the strength of our team spirit. Thank you to Liz Booth for her work on entering the team relays as well as everything she does to ensure our team is up to scratch with entries



and all that is racing. Thank you to Nicole Dunlop for being the rock of the coaching staff. No job is too big for this amazing lady from camp to pancakes, she is on it. We all are so grateful to her. Thank you to our third camp manager, Rose Fydler – all these ladies have put in some tough yards to make our camp successful and it overflows into our results. Thank you to Ben Ramsden for the amazing job he does on the website. He keeps us organised, inspired, humoured and informed. It is a great site and the innovation from Ben on all levels has been a huge help in moving our club into the future.

Thank you and congratulations to Brandon Lawrence, Rafael Rodrigues and Chris Austin. The boys and I have really stuck together and worked as a team. The results from the junior's was the steepest improvement via tripling the results. I am so impressed with how far our coaching team's knowledge, commitment, work ethic and innovative thinking has come. We have really pushed ourselves and dared to try new things and it has paid off. We will continue on this path and push harder every term to be better than before. Jess Chambers has been a reliable, dedicated and innovative dry land coach. Jess continues to push her limits of knowledge and aims to be swimming specific in her prescription. Thank you Jess.

In concluding last year's report I wrote the following:

*"With 467 points we were placed 20<sup>th</sup> in the state and 5<sup>th</sup> in SMNE which is an improvement on last year's results of 31<sup>st</sup> and 8<sup>th</sup> respectively. There are many factors that influence point scores, but with our continued focus on growing the club numbers and keeping Team Abb a fun team to be part of, I am convinced that it won't take us long to be a force, not just in the North Shore, but also a top 10 club in the State"*

This year I write – *"See the table above!"* We are still having fun, we are growing in numbers and we are reaching our goals. Now to set them higher! There is still many area's we can improve on, so rising higher will definitely be achievable – but only if we are prepared to do *"What It Takes"* **WIT!** I am boldly suggesting we can be top 5 in the State next year and we will aim for top 2 in SMNE!

To achieve this we must continue to improve our skills, technique, self-management, knowledge, strength, mobility, flexibility, mental toughness, race intelligence, nutritional knowledge, recovery skills, leadership qualities and continue to have lots of fun!

As always there is room for some constructive criticism as well as praise. See below for Brandon and I's observations on the meet and the team as a whole.

Regards,

**Leanne Speechley -Head Coach**



**Report 10 & under-12 years – State Champs LC 2014 (By Brandon)**

**Summary**

What a complete turnaround from 12 months ago. It is really pleasing for our future that those swimmers who qualified for 1 or 2 events 12 months previous, competed at this year's meet in 5 or 6 events. We had an incredible 41 swims and 6 relays across the weekend; an incredible achievement from our junior swimmers.

It is a tough couple of days, with many swimmers having to continually back up race after race and our swimmers performed fantastically displaying great physical and mental resilience. Below are some constructive comments that will help enhance our teams' future performance:

- There has been a major improvement from skill and technique from 12 months ago. That being said your racing performance is a result of the skills and technique you have developed throughout the countless laps you do in training. Make sure you are continually working on your skills and technique throughout training. Remember relays are equally important as individual races; even more so in developing a strong team culture. If you are selected for relays please prepare yourself as if you are racing an individual event.
- Qualification for Championship meets begins when the season starts! Don't wait to work hard in training a couple weeks before entries are due! Give yourself the best opportunity of qualifying by working hard from the beginning of the season.

***Do COUNT the laps; and make the laps COUNT!***

**Brandon. Very Happy Coach.**



**Report 13-18 years – State Champs LC 2014 (By Leanne - includes Brandon's swimmers)**

**Summary**

Our team is growing and with that it creates new and different dynamics and friendships. I am proud to say that with all the new team members we have been able to not only keep our team spirit and supportiveness but increase it.

I observed a noticeable improvement in racing plans and execution, warm-up/recovery skills and ownership of success and failures. This team is really engaged in the process of winning not just the outcome.

Those that engaged in the whole season as well as the State qualifiers week really saw the benefits of this. I am happy to report the success of this plan and will continue to execute this in order to get the best from the team.

**Constructive Comments**

These points should be thought of as futuristic opportunities. The process of reflecting on a meet or race is essential for all of us to maintain our continued improvement attitude. Even Olympic Gold Medallists will tell us how they could have made improvements in their medal winning races. Some points to think about:

- Although our skills are remarkably better than 12 months ago there was still too many 4<sup>th</sup>, 2<sup>nd</sup>, and 11<sup>th</sup> places due to silly mistakes on skills. You know who you are when it comes to the silly.
- Our girls learnt some valuable lessons on listening to the check starter when it comes to relays. Let's all learn and check our order from now on.
- On relays again – we are becoming a force to be reckoned with and people are excited by this. I need all swimmers to lift for the relays and prepare for them as you would for your main events. Even if it means backing up and backing up again.
- At the big meets – the big issues show their ugly faces. Whether it be anxiety around main events or slackness around non main events – I need you all at your best mentally for every race by the time these big meets arise. We must take action to overcome any mental needs before Nationals.

One last big thank you to the committee, the coaches, the parents and the Aquatic centre staff for their fantastic support over the past 12 months. One last big congratulations to Team Abb. We have WIT!

**Leanne. Very happy Coach. WOOHOO!!!**