

Arena Swim Club

The 2010/11 Season

Success is a Choice

Think Global



Summer Season Goals

- Have more fun than ever before
- To remain A grade premiers
- To get more swimmers Nationally qualified
- To have more relays at Nationals and States
- To have more numbers at Nationals and States
- National and State medals
- JX and YPS qualifiers



Coaching Staff

Who are these people?



MICHAEL SHAW



Studying a double degree in business (major in finance) and Law.

Current board member of ASCTA WA.

Nominated for WA youth award for extensive contribution to swimming in Western Australia.

Awarded the 2010, Swimming WA, presidents award for his contribution to both Malaysian and WA athletes and coaches while on tour to Kuala Lumpur.

Currently in Canberra as he was selected as a coach for the WA state team competing at the AIS.

A successful swimming career spanning over 10 years, seeing him win copious state medal, finals at Nationals, and competing in the 2008 Olympic trials.



Carey Martin



I have coached at Arena since February and am looking forward to the performance changes that are being planned in the Asc program. I am a silver level coach and have coached swimmers to national age level. All my kids are members of the Asc and swimming is a sport for all people for all their life.



Warren Paynter



I have been coaching swimming and athletics for the last 5 years. I currently have my junior assistant and bronze coaching accreditation and used to compete in both sports before I moved to Australia. My main goals for kids swimming in my squad are to enjoy the sport and to swim at the best of their ability!!



TIFFANY WALL



Coaching since the age of 16
Swimming since I was 10.
I love to pass on knowledge to the younger swimmers and see them achieve their dreams.
Currently at university studying Exercise and Sport Science and working towards Sport Psychology.
Loves to spend time at the beach with friends or head to the snow and tear down the slopes.



CHRIS GUARD



Health and Physical Education Teacher at Hale School
Head Swim Coach of the Hale Swim Team.

Completed a Bachelor of Science (Exercise and Health Science)

Graduate Diploma in Education

Certificate 3 and 4 in fitness.

Been swimming for about 16 years. I have won State Gold medals at age group level and competed at National Age Championships.

Once won the Rottneest Channel Swim in a team of 4.

Represented the WA School Boys team for water polo.

Currently training and competing in Triathlon.



Alicia Hallett



Coaching at Arena for just over a year now, and absolutely loving it

Currently studying Sports Science Exercise and Health at UWA

Swum at Arena since 2000, and currently swimming in the Aussie Surf Program.

Competed at National Age level for Arena

Competed for WA in Athletics, Cross Country, and a squad member of the Triathlon Excellence Program last season

These have also provided me unforgettable experiences, giving me the opportunities to travel and compete throughout Australia



Kimberley Hallett



I have been coaching at Arena for the last 6 months, and really enjoying it. Currently in year 11 at Lake Joondalup Baptist College. Once completing year 12 I plan to study Human Movement at UWA. I have swum at Arena since 2000, and currently swimming in the Aussie Surf Program. I have competed and medaled at state level. I have also represented WA in both athletics and triathlon, and qualified as a squad member of the Triathlon Excellence Program last season. These opportunities have enabled me to have the opportunity to compete both here and over east provided me with many unforgettable experiences.



Karen Briggs



I have been a swim coach for the past eight years, I have my bronze license and I have been involved with Arena for the last eighteen months. Both my children were very involved with swimming as they were growing up, so I understand the swimming world from both a parent and a coaches perspective. I am currently coaching the juniors and help with the aussie surf program.

Prior to being a mother of swimmers I swam at state level back in Zimbabwe(many years ago) so I have always been near to or involved with swimming.



Ross Briggs



I have currently been coaching at arena for 12 months. Currently in year 12 studying at ocean reef high school. Have been swimming since I was 6 years old and have been on a few state teams and won medals at a national level.

I enjoy passing on my knowledge from a swimmers perspective.

I'm still swimming and will probably swim for a long time to come.



Emma de Mamiel



I have been associated with the Arena Swim Club for 9 years. During this time I have been a competitive swimmer with the club and have achieved National qualifying times and attended the National Age Championships on several occasions.

I am a qualified Junior level and Bronze level coach and am currently one of the Shallow End Junior coaches. I am extremely enthusiastic about swimming and gain so much from seeing the kids get the same enjoyment out of the sport, helping them to achieve their goals. I even jump in on occasion to demonstrate a skill that we are working on. Coaching is such a rewarding job, and I want to continue to develop my skills in order to be able to coach swimmers at an elite level



Kacey O'Connell



Coaching for 4 months now at arena, enjoying the job very much

Once I have completed Year 12 at Mindarie Senior College, I wish to take a gap year and then study Fitness and Health at TAFE.

Competed at Nationals since I was 12 and this has taken me all over Australia.

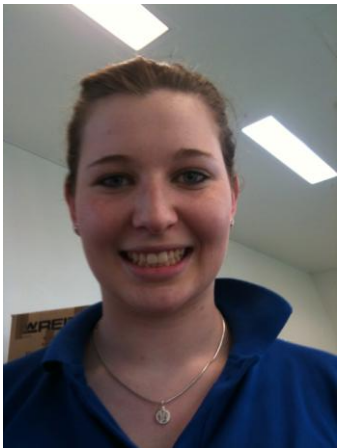
With winning gold's at Nationals I have travelled on the Trans-Tasman with the rest of Australia and New Zealand's champions.

These experiences have provided me with many unforgettable moments and memories.

I'm still swimming as an Arena Swim Club Member and will continue to swim over the years to come.



Natalie Cackett

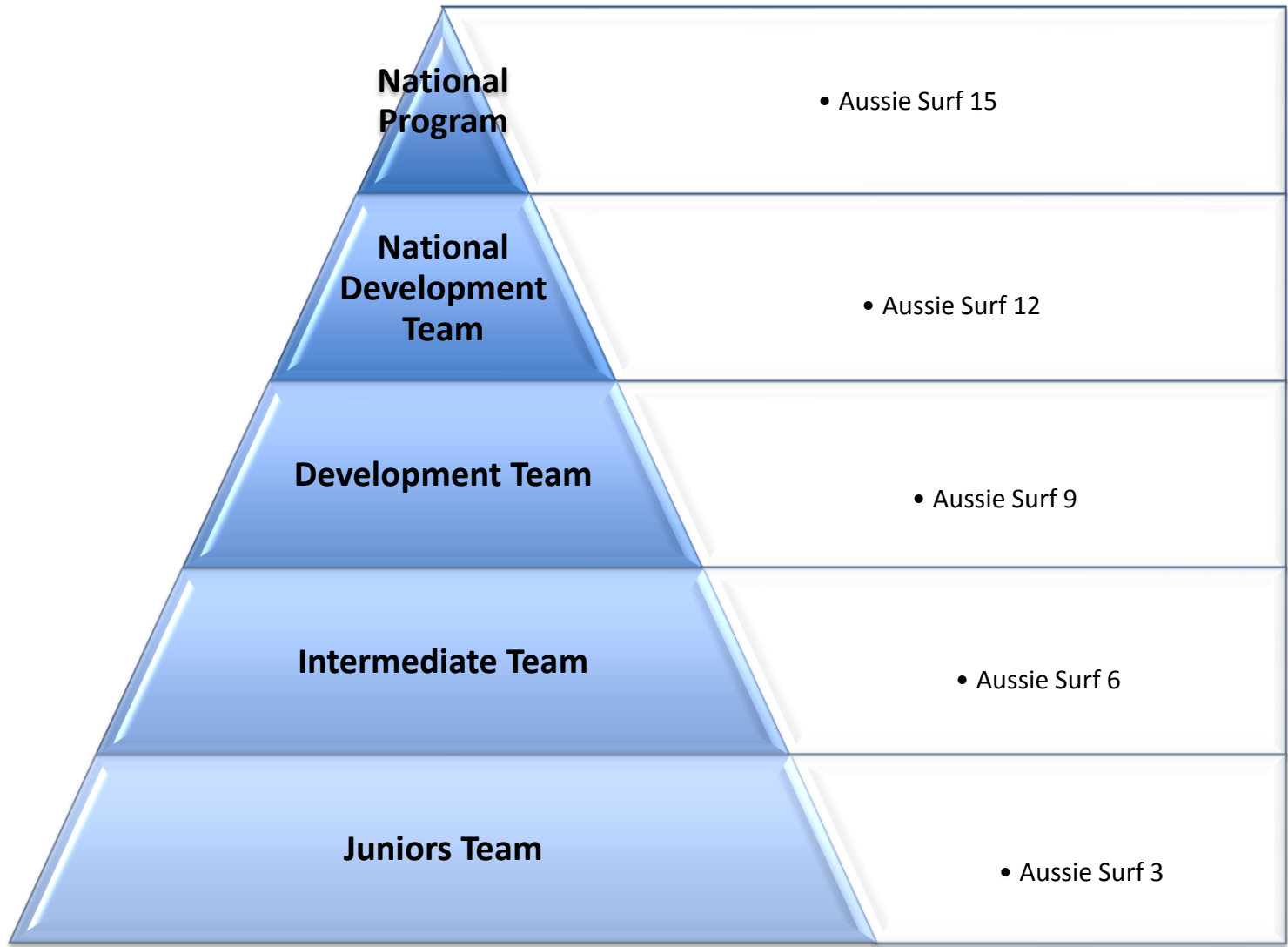


My name is Natalie. I am 16, I've been volunteering coaching for almost 2 years and I'm loving it. I'm currently year 11 and I'm attending Mindarie Senior College, when I leave school I would like to go to uni to study primary school teaching. I also would like to continue coaching and expand my knowledge.



Teams Structure





Training Objectives



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Junior Team Training Objectives

Motor Skills

1. Develop the feel of the water and the ability to make corrections in movement patterns.
2. Learn the technical skills of all four strokes
3. Develop general body co-ordination and strength
4. Learn good habits for maintaining and improving flexibility
5. Learn to maintain technique for longer (sub maximal) swims
6. Learn to maintain technique on short sprints.

Knowledge and attitudes

1. Enjoyment of pool and land based activities
- 2. Become part of club and team culture.**
3. Learn to function as an individual within a group activity
4. Become familiar with rules and competitive situations
5. Learn about stroke technique and training methods

Competition Objectives

Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment is recognized and reinforced.



Intermediate Team Training Objectives

Motor Skills

1. Improve stroke technique and learn race skills (turns, starts, pacing and acceleration)
2. Consolidate stroke development
3. Improve conditioning components of endurance and speed while maintaining technique.
4. Develop simple race strategy and tactics.

Knowledge and attitudes

1. Enjoyment of pool and land based activities
2. Become part of club and team culture.
3. Develop habits which support an active, healthy lifestyle.
4. Begin to function with less direct supervision and make positive decisions regarding training compliance.

Competition Objectives

Club level competitions leading up to state level competitions. Skill development improvement and number of events swum are the most important goals.



Development Team Training Objectives

Motor Skills

1. Maintain efficient technique as body proportions change.
2. Accommodate increases in muscle strength to improve swimming efficiency
3. Retain diversity in performance goals (compete in various stroke and distance events)
4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes).

Knowledge and attitudes

1. Enjoyment of swimming activities and desire for personal improvement.
2. Broader knowledge of training methods and the resulting on performance outcomes.
3. Improved personal management skills (balancing training, school, and other social activities).
4. Develop self discipline and increasing commitment to swimming.

Competition Objectives

Club level and state level competitions. Performance goals are evaluated regularly as they apply to both training and racing. Each race opportunity is used as a learning experience.



National Development Team

Motor Skills

1. Maintain efficient technique as body proportions continue to change.
2. Develop increases in muscle strength to improve swimming efficiency
3. Retain diversity in performance goals although starting to develop specificity towards main events.
4. Develop pace and sprint stroke counts and rates towards racing events.

Knowledge and attitudes

1. Enjoyment of swimming activities and desire for personal improvement.
2. Broader knowledge of training methods and the resulting on performance outcomes.
3. Continuity of personal management skills (balancing training, school, and other social activities).
4. Measure self discipline towards commitment to swimming.

Competition Objectives

Club level, state & tracking towards national level competitions. Training and racing goals are evaluated regularly as they apply to performance.



National Program Training Objectives

Motor Skills

1. Adapt to diverse training methods
2. Refine stroke technique through
3. Apply strength and power to swimming performance
4. Specialize in strokes and competition distances.
5. Retain range of motion and muscular co-ordination at all swimming speeds.
6. Refine race skills (turns, dives, pacing, tactics etc.)
7. Learn to taper for peak performance.

Knowledge and attitudes

1. Enjoyment of the process (i.e. goal setting) and the product (i.e. attainment of the result) of sport participation and competition.
2. Understand and practice performance management skills such as good nutrition, recovery techniques and mental skills.
3. Independence (i.e. working with coach and support staff but still taking responsibility for self).
4. Improved personal skills (including educational and vocational objectives).

Competition Objectives

State and National Age group goals. Competition in open events as ability improves. Selection of events begins to focus on distance and stroke. Race strategies and mental skills are perfected.



Training Times



Training Times

Juniors Team		Intermediate Team	
Monday	4:00 – 5:00pm	Monday	5:00 – 6:30pm
Tuesday	4:00 – 5:00pm	Tuesday	5:00 – 6:30pm
Wednesday	4:00 – 5:00pm	Wednesday	5:00 – 6:30pm
Thursday	4:00 – 5:00pm	Thursday	5:00 – 6:30pm
Friday	4:00 – 5:00pm	Friday	5:00 – 6:30pm
Saturday	8:00 – 9:00am	Saturday	6:00 – 8:00am – Invitational



Training Times

Development Team	National Development Team
<p>Monday 5:00 – 6:30pm</p> <p>Tuesday 5:00 – 6:30pm – 6.30-7.00 Land Training per coaches discretion</p> <p>Wednesday 5:00 – 6:30pm</p> <p>Thursday 5:00 – 6:30pm – 6.30-7.00 Land Training per coaches discretion</p> <p>Friday 5:20 – 7:30am 5:00 – 6:30pm</p> <p>Saturday 6:00 – 8:00am</p>	<p>Monday 5:20 – 7:30am</p> <p>Tuesday 5:00 – 7:00pm</p> <p>Wednesday 5:20 – 7:30am</p> <p>Thursday 5:00 – 7:00pm</p> <p>Friday 5:20 – 7:30am</p> <p>Saturday 6:00 – 8:00am</p> <p>Land Training per coaches discretion</p>



Training Times

National Program

Monday	5:20 – 7:30am	4:50 – 7:00pm
Tuesday	5:20 – 7:30am	4:50 – 7:00pm
Wednesday	5:20 – 7:30am	4:50 – 7:00pm
Thursday	5:20 – 7:30am	4:50 – 7:00pm
Friday	5:20 – 7:30am	4:50 – 7:00pm
Saturday	6:00 – 9:00am	

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Fees are still the same as marketed at the start of the season.

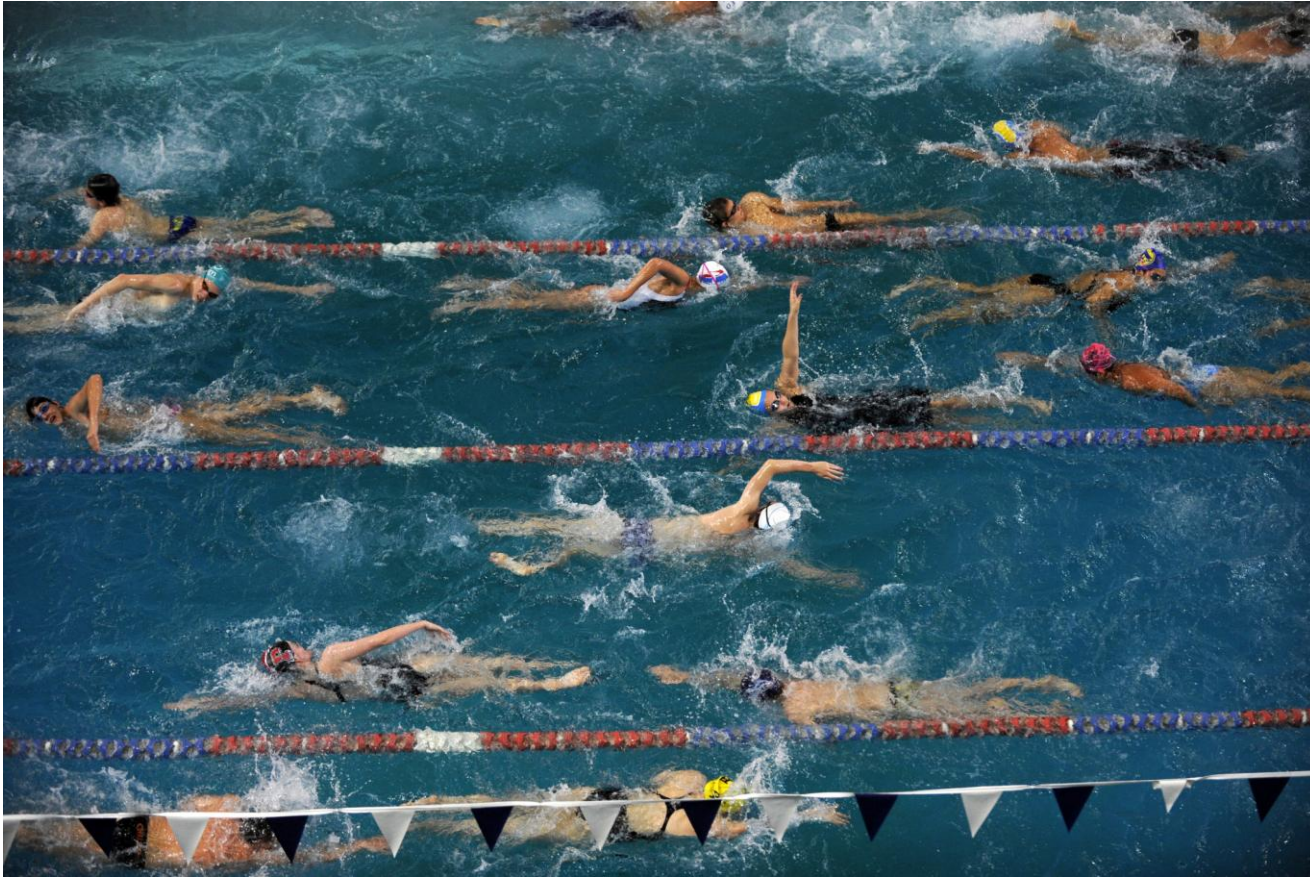
If you get promoted you get more so you pay more.

Your accounts will be adjusted accordingly .

Swimmers moving teams will be given a letter to confirm.



Development Pathways



Club



Regional Championships
Regional Carnivals
Club Nights



Country or Metropolitan
Championships

**State Age &
Development Squads**



State Championships



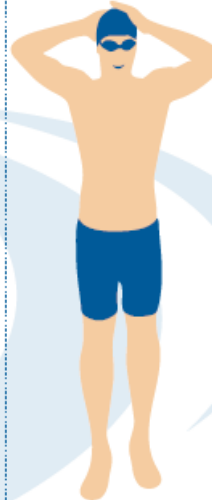
flippers



National Age
Championships

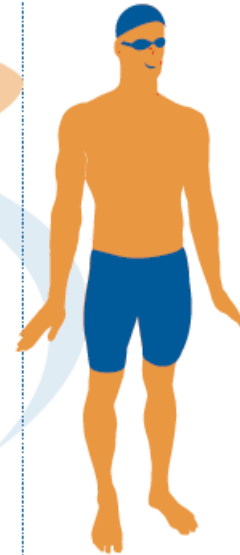
Trans-Tasman Series
Gold Medalist
at National Age

**State Open
Squads**



Australian
Championships

Pan Pacific
Championships
Junior Pan Pacs
Oceania Championships
Youth Olympics



Olympic Games
World Championships
World Short Course
Championships
Commonwealth Games





Junior Excellence

9 and 10 year-olds

Green standard - At least 1 Tier 4 time in any of the specified events

Bronze standard - At least 1 Tier 3 time in any of the specified events

Silver standard - At least 1 Tier 2 time in any of the specified events

Gold standard - At least 1 Tier 1 time in any of the specified events

Gold Star standard - At least 1 Tier 1 time in 3 or more of the specified events

9 & 10 year old times will be recognised from both short course and long course events.

11-13 year-olds

As above except;

Gold standard At least 1 Tier 1 time in 2 or more of the specified events

11 -13 year old times will be recognised from long course events only.





Youth Performance Squad

How they are worked out?

YPS Gold times = the average third place finishing time at the past three Australian Age Championships

YPS Silver times = the average tenth place finishing time at the past three Australian Age Championships

YPS Bronze times = qualifying times for the 2011 Australian Age Championships.

To qualify

Required YPS time standards are listed on the YPS qualifying times chart.



Tiff's Travel





“TIFF’S TRAVELS”

**AMF Bowling
(23 Franklin Lane, Joondalup)**

When: Friday, 24th September 2010

Time: 4.15pm (Instead of Training)

Cost: \$16 (2 games)



**ALL SQUADS ARE INVITED TO ATTEND AS WELL AS
SIBLINGS**

**Go to the Arena Swim Club Website to sign up – this
closes on Friday 17th September!**

www.arenaswimclub.com.au

Websites



www.wa.swimming.org.au

healthway  **healthway**

[Home](#) [About Us](#) [Club](#) [Events Calendar](#) [Results](#) [Development](#) [Contact Us](#)

Upcoming Events

13 Sep [Entries close for Swimming WA Distance 'No Time' Qualifying Meet](#)
[Entries close for Swimming WA Sprint 'No Time' Qualifying Meet](#)

17 Sep [Entries close for Kimberley Open Short Course Championships](#)


18 Sep [2010 State Teams Age Short Course Championships \(Canberra\)](#)

20 Sep [Entries close for Swimming WA LC Qualifying Meet #1](#)

[More](#)

Subscribe

[Sign up](#) to our newsletter to receive news and updates every week direct to your inbox.



Latest News

2010 HFMF OPEN SC CHAMPIONSHIPS - WRAP UP

205 of West Australia's best state swimmers descended on Challenge Stadium on Saturday 4th and Sunday 5th September to compete at Swimming WA's 2010 Hancock Family Medical Foundation Short Course Championships.

[News Article](#) 6 Sep 2010

SWIM FOR MS

The MS Society of WA in association with the Rotary Club is excited to be hosting the inaugural Swim for MS to be held at the Melville Aquatic Centre on Sunday 19th September at 8am.

[News Article](#) 6 Sep 2010


SWIMMING WA FUTURE SQUAD SESSIONS

Swimming WA is introducing the Swimming WA Future Squad Sessions, a new initiative that aims to provide junior swimmers with development and educational opportunities which will assist their pursuit of higher achievements. The benefits also extend to the coaches, providing them with the opportunity to up-skill and work with local coaches within Western Australia.

[Squads Article](#) 3 Sep 2010

NewSat Junior Virtual Speedster Meets

NewSat Junior Virtual Speedster Meets are a quick, fun way of swimming competitively without having to leave your own area. Using official times, swimmers can see how they compare to other swimmers in clubs all over the state. More information about the [NewSat Junior Virtual Speedster Meets](#), as well as registration details and results, is available via this [link](#).



Search:

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Website by [Big AnyWare](#)

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www.swimming.org.au

The screenshot shows the homepage of the Swimming Australia website. At the top, there is a navigation bar with the following links: Home, News, About Us, Getting Involved, Community, Events, High Performance, Media, and Contact Us. The main content area is divided into several sections:

- Left Sidebar:** Contains a 'GOSWIM' logo, a 'FIND A CLUB' button, and three search-related buttons: 'SEARCH RESULTS', 'SEARCH PROFILES', and 'UPCOMING EVENTS'. At the bottom of this sidebar is a 'YouTube' logo and a 'FOLLOW US ON' button.
- Latest News:** Features a photo of a swimmer's hands on a starting block. The headline is 'Strong Performance by Team WA at Op..' and the sub-headline is '05-September-2010: 209 of West Australia's best st..'. Below the text is a pagination menu with numbers 1 through 10 and a 'Next' button.
- Noticeboard:** Announces the 'Delhi 2010 Commonwealth Games' and includes a link to find out more. It features the Delhi 2010 logo and the text 'COME OUT AND PLAY'. Below this is an announcement for the 'Swimming Australia Annual General Meeting' on Saturday 23 October at the Novotel Brighton Beach Hotel in Sydney, with a 'More Information' link.
- Right Sidebar:** Contains a 'BUY YOUR 2010 FINA APPROVED SUIT HERE' button and a promotional image for 'Enjoy "Cash Back" with Accor hotels in Thailand'.
- Bottom Section:** Includes a 'FACEBOOK' button, a 'FAST Mail' sign-up form with fields for 'Full Name:', 'Date of Birth:', and 'State:', and a 'PHOTO GALLERY' section with a photo of a swimmer.



The screenshot displays the website's layout. On the left is a navigation menu with links: Home, About The Club, Membership 2010/11, Tiff's Travels, Forum, How Do I Join?, Documents & Forms, Sponsors, Swim Meets 2010-11, Top Gun + Top IMer, Gallery, PBs & Records, Uniforms/Bathers, Links, Contact Us, Platinum Sponsors, and Paul's Taxi & Transport Service. The main content area features a header with the club logo and a '2010 A GRADE CLUB PREMIERS' banner. Below this is a 'Key Dates' calendar for September 7 and 8. The main article is titled 'Arena Women Sweep the Relays at the WA State Open Championships' and reports on a successful weekend at the WA State Open Championships, listing gold medalists and their events. A sidebar on the right contains 'Archives', 'Recent Posts', and 'Latest Photos'. A search bar is also present.

Home
About The Club
Membership 2010/11
Tiff's Travels
Forum
How Do I Join?
Documents & Forms
Sponsors
Swim Meets 2010-11
Top Gun + Top IMer
Gallery
PBs & Records
Uniforms/Bathers
Links
Contact Us
Platinum Sponsors
Paul's Taxi & Transport Service

2010 A GRADE CLUB PREMIERS
Arena Swim Club

Key Dates

Tuesday, September 7 ▾

Tuesday, September 7

6:00pm ASC Committee Meeting

Wednesday, September 8

6:00pm Entries Close for SWA LC Distance NT Qualifying Meet

Events shown in time zone: Western Time - Perth

Google Calendar

Arena Women Sweep the Relays at the WA State Open Championships

Arena Swim Club had a successful weekend at the WA State Open Championships collecting 4 Gold, 5 Silver and 6 Bronze medals.

The three Arena women's Relay teams, that included various combinations of, Kacey O'Connell, Rhiannon Dielesen, Gianna Leone, Sophie Markham, Jasmine Stimson and Candice Wall won Gold in the 4 x 100 Medley, the 4 x 200m Freestyle and the 4 x 100m Freestyle State Open Relays.

The other Gold Medal was won by Jasmine Stimson in the 50m Backstroke.

[Join the forum discussion on this post](#)

Posted by [President](#) Monday 6th September, 2010 |

Tiff's Travels – Bowling 24th September

See the attached [Permanent Link to Tiff's Travels – Bowling 24th September](#)

There is also a new [menu item](#) on the left hand side of the page.

[Online Registration](#) now open.

[Join the forum discussion on this post](#)

Archives
Select Month ▾
Recent Posts
Arena Women Sweep the Relays at the WA State Open Championships
Tiff's Travels – Bowling 24th September
September
LC Meets 2010/11
Top Gun – 30th August
Aussie Surf 9
Search for:
Search
Latest Photos
Get



- Home
- About The Club
- Membership 2010/11
- Tiff's Travels
- Forum
- How Do I Join?
- Documents & Forms
- Sponsors
- Swim Meets 2010-11
- Top Gun + Top IMer
- Gallery
- PBs & Records
- Uniforms/Bathers
- Links
- Contact Us

Platinum Sponsors



Paul's Taxi & Transport Service

- Wheelchair Friendly
- Taxi Service for 1 to 11 pax
- Tour's
- Airport Transfer's
- Pre-bookings Available

0402 - 098 - 511



Swim Meets 2010-11

Meets Not Listed: PLEASE HAND TO THE REGISTRAR IN PERSON AT LEAST 7 DAYS BEFORE THE PUBLISHED CLOSING DATE

IMPORTANT DOCUMENT FROM THE REGISTRARS

Meet	Closing Date 6pm	Coach Attending?	Entry Form	Entry List	TKR
ASC Race Session #3 (10/9/10)	Closed	Yes			
State Teams Age SC Champs (18-20/9/10)	TBA	Yes			
SWA LC Sprint & Distance NT Qualifying Meets (25-26/9/10)	8/9/10 (Wednesday)	Yes	Online Print		
City of Perth Classic (9/10/10)	20/9/10 (Monday)	Yes			
ASC Distance Champs (15-16/10/10)	11/10/10 (Monday)	Yes			
SWA Club Sprint Champs (30/10/10)	11/10/10 (Monday)	Yes			
SWA HFMF Distance Meet (6-7/11/10)	18/10/10 (Monday)	Yes			
ASC Race Session #4 (12/11/10)	8/11/10 (Monday)	Yes			
SWA LC Qualifying Meet #2 (20-21/11/10)	1/11/10 (Monday)	Yes			
West Coast Dorsogna Cup (28/11/10)	8/11/10 (Monday)	Yes			
Arena Sprint Carnival (5/12/10)	15/11/10 (Monday)	Yes			
ASC Race Session #5 (10/12/10)	6/12/10 (Monday)	Yes			
SWA State Age LC Champs	29/11/10	Yes			

Archives

Select Month

Recent Posts

- [Arena Women Sweep the Relays at the WA State Open Championships](#)
- [Tiff's Travels – Bowling 24th September](#)
- [LC Meets 2010/11](#)
- [Top Gun – 30th August](#)
- [Aussie Surf 9](#)

Search for:

Latest Photos

