

Arena Lifesaving & Aquatic Inc. Arena Swim Club Inc.

The 2013/14 Season

Success is a Choice

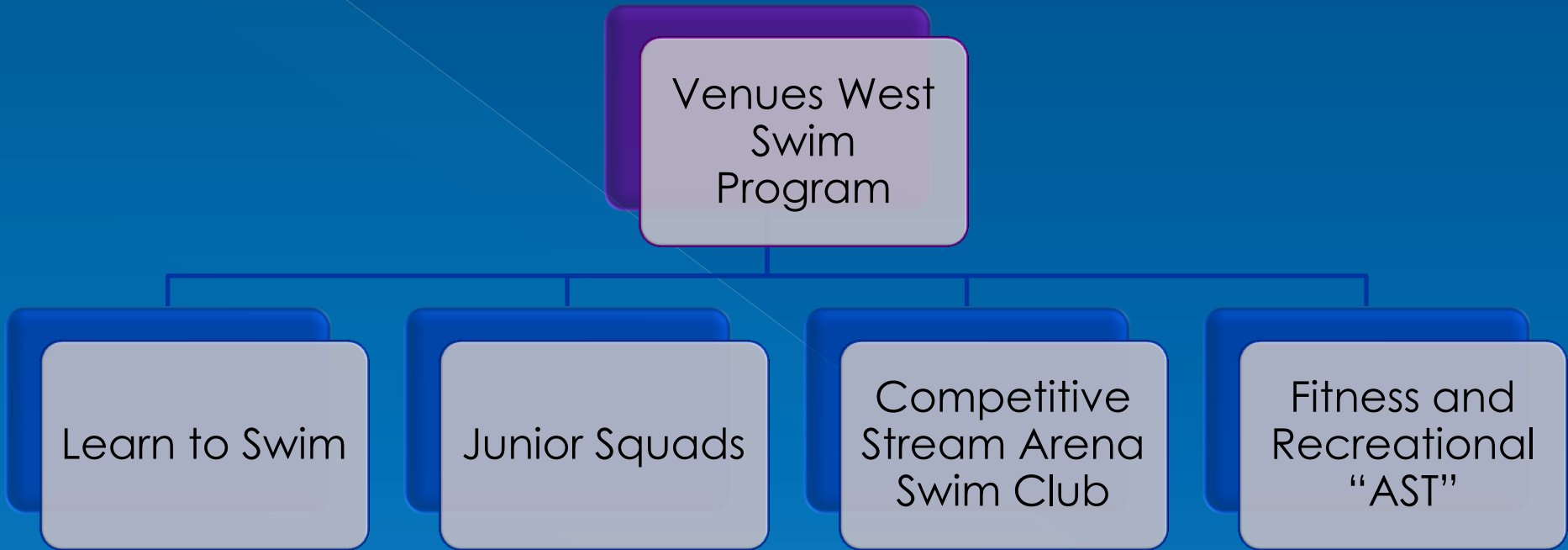
Think Global

Transition From Venues West

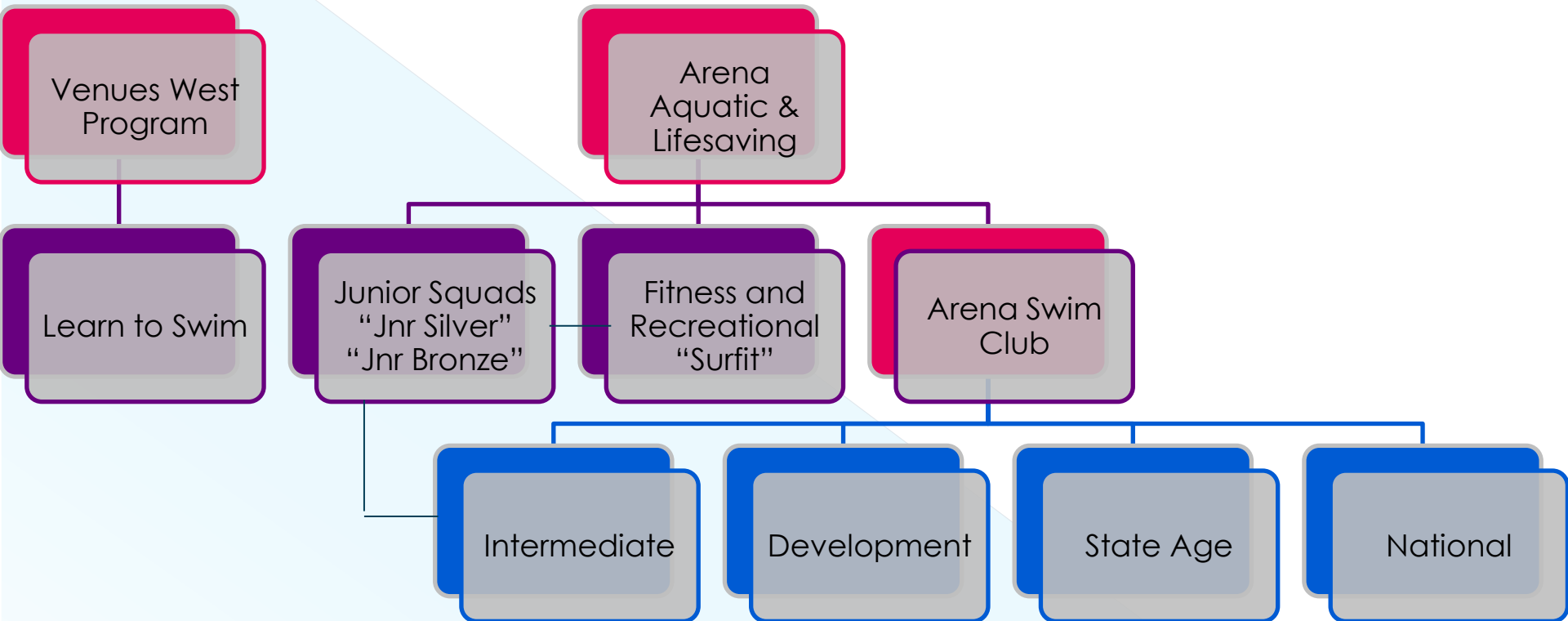
- Corporate Structure
- Squads & Training Times
- Training & Entry Fees
- Coaching
- Questions



Corporate Structure - Existing



Corporate Structure - Proposed



Squads

- Junior Bronze
- Junior Silver
- Intermediate
- Development
- State Age
- National
- Fitness & Recreation
“Surfit”



Junior Teams

Junior Bronze

Tuesday	4pm-5pm
Thursday	4pm-5pm
Friday	4pm-5pm
Saturday	8am-9am

Junior Silver

Monday	4pm-5pm
Wednesday	4pm-5pm
Friday	4pm-5pm
Saturday	8am-9am

Training schedule above will commence 1st May 2013



Junior Teams 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 & Development

Intermediate		
Monday		5pm - 6:30pm
Tuesday	6am - 7:30am	5pm - 6:30pm
Wednesday		4pm - 5:30pm
Thursday	6am - 7:30am	
Friday		5pm - 6:30pm
Saturday	6am - 7:30am	
Land work at coaches discretion		

Development		
Monday		4pm - 5:30pm
Tuesday	5:30am - 7:30am	
Wednesday		4*pm - 6:30pm
Thursday	5:30am - 7:30am	5pm - 6:30pm
Friday		5pm - 6:30pm
Saturday	6am - 8am	
* 4pm-5pm landwork		

Training schedule above will commence 1st May 2013



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

State Age & Nationals

State Age		
Monday	5:30am - 7:30am	*5:30pm - 7pm
Tuesday		
Wednesday	5:30am - 7:30am	*6:pm - 7:30pm
Thursday	5:30am - 7:30am	
Friday	5:30am - 7:30am	^5:30pm - 7:30pm
Saturday	7:30am - 9am	
*Land work 30 mins 2 x per week		
^ One Hour Spin get changed then One Hour swim		

Nationals		
Monday	5:30am - 7:30am	5:30pm - 7:30pm
Tuesday	Gym only(TBA)	4pm - 6pm
Wednesday	5:30am - 7:30am	5:30pm - 7:30pm
Thursday	Gym only(TBA)	4pm - 6pm
Friday	5:30am - 7:30am	4pm - 6:30pm^
Saturday	6am - 8am	
*Land work 30 mins 2 x per week TBA		
^One Hour swim, get changed, then One Hour Spin		

Training schedule above will commence 1st May 2013



State Age Team Training Objectives

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 Team 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.

Fitness and Recreation “Surfit”

Fitness & Recreation		
Monday		6:30pm - 7:30pm
Tuesday	5:30am - 7:30am	
Wednesday		6pm - 7pm
Thursday	5:30am - 7:30am	
Friday		6:30pm - 7:30pm
Saturday	7:30am - 9am	

Training schedule above will commence 1st May 2013



“Surfit” Fitness and Recreation Team Training Objectives

Swimmers in this team are generally over the age of 12 and are looking to achieve positive results in surf competitions, triathlons, or simply general fitness and recreation. They may have education, other sporting or work commitments that restrict their current ability to commit to the requirements of the competitive team.

Being a member of this team, offers you the choice of up to 6 sessions both morning and evening to fit in with your schedule and other commitments. We offer from 8 1/2 hours per week through to as few as 3 hours per week .

This team allows for a great deal of flexibility.

The history of this team over the years has seen its swimmers move into the competitive stream and compete at state & national competitions in swimming, surf, triathlon, ironman, athletics and cross country.

Carey Martin



I have been a coaching for more than 10 years and have been at Arena swimming club for the past 4 years.

I hold a Silver license qualification, and will be coaching the National Team.

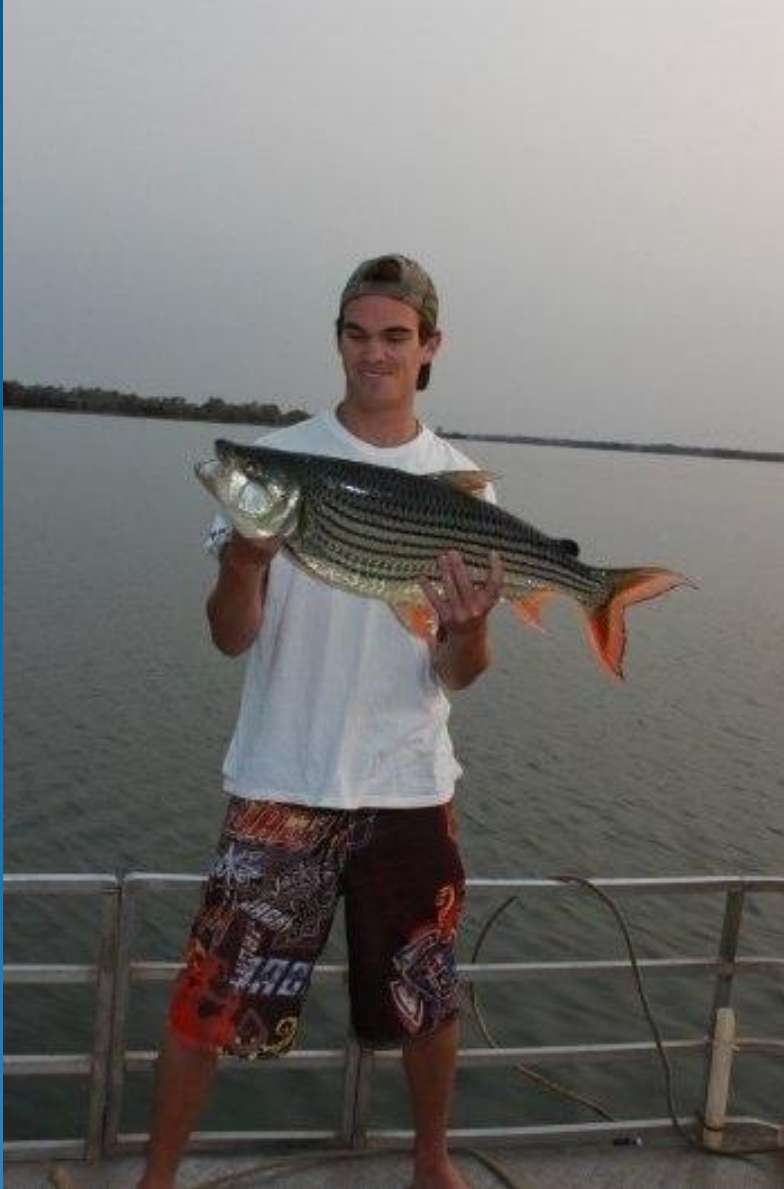
I swam as a teenager at State and National level. When I retired I branched out into the Horse industry where I trained race horses both here and overseas.

Coaching and helping swimmers achieve their goals both in and out of the water is my passion.

I have a wonderful husband and 3 amazing children. All of whom have been members of Arena, one retired, one coaching juniors, and one still competing and in the National Team.

I live on a 6 acre property with lots of animals and horses. Most of my leisure time is spent with my family and friends and enjoying the sport of Polocrosse with the family.

Warren Paynter



I have been coaching swimming and athletics for the last 7 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 8.

I love to pass on knowledge to the younger swimmers and see them achieve their goals.

Currently at university studying Psychology and Exercise/Sport Science, working towards Teaching.

Love to spend time adventuring and hanging with friends at the beach, underwater, jumping out of planes or tearing it up on the slopes in the snow.

Ashlee Martin



I have been swimming since I was 8 and have been helping out juniors since I was 10. I have been with Arena for the last 4 years as a competitive member and have decided to hang the bathers up and coach our new bunch of up and coming swimmers. I have my junior and bronze licenses for coaching. I am also a qualified learn to swim teacher/instructor with the Education Department, and have my Certificate 4 in business. I enjoy working with young children and love swimming so the two go together perfectly. I get great enjoyment seeing their faces light up when they achieve a goal. Most of my chill out time is spent playing riding my horse and playing Polocrosse.

Emma de Mamiel



I have been associated with the Arena Swim Club for 12 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 Junior Silver 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

Alicia Hallett



- Have been associated with the Arena Swim Club since 2000, as both swimmer and coach.
- Have achieved National qualifying times and attended the National Age Championships on several occasions, as well as competing for W.A in athletics, cross country and triathlon.
- I am a qualified Junior level and Bronze level coach
- Have a Bachelor of Science degree, majoring in Sports Science, Exercise and Health, and currently completing my Graduate Diploma in Work Health and Safety at UWA.

The screenshot displays the website for Arena Swim Club. On the left is a navigation menu with links such as 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 banner for '2010 A GRADE CLUB PREMIERS' with the club's logo. Below this is a 'Key Dates' section with a calendar view for Tuesday, September 7 and Wednesday, September 8, listing events like 'ASC Committee Meeting' and 'Entries Close for SWA LC Distance NT Qualifying Meet'. A news article titled 'Arena Women Sweep the Relays at the WA State Open Championships' is featured, detailing the club's success in collecting 4 Gold, 5 Silver, and 6 Bronze medals. A search bar and a 'Search' button are located on the right side of the page. The footer includes a 'Get' button.

Home
About The Club
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Tiff's Travels
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Sponsors
Swim Meets 2010-11
Top Gun + Top IMer
Gallery
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Paul's Taxi & Transport Service
• Wheelchair Friendly
• Taxi Service for 1 to 11 pax
• Tours
• Airport Transfer's
• Pre-bookings Available
0402 - 098 - 511

2010 A GRADE CLUB PREMIERS

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

[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](#)

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Select Month ▾
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[Aussie Surf 9](#)
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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](#)

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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

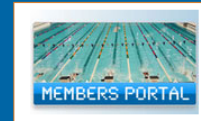
Swimming WA is introducing the Swimming WA Future Squad Sessions, a new initiative that aims to provide junior swimmers with development and educational opportunities which will assist their pursuit of higher achievements. The benefits also extend to the coaches, providing them with the opportunity to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

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