

HEAD COACH'S REPORT

April 2013 - June 2014

It is with pleasure that I present the annual report for 2013-2014.

This report aims to encapsulate the essence of 2013-2014 and to identify and celebrate the successes and achievements of our DSCB swimmers during this year.

It was a very busy year with the significant growth of numbers of swimmers across all the squads. We successfully went through a number of significant changes within our coaching team, which at times was not easy. However, I am proud to say that with the increased numbers of swimmers we were able to handle most of a workload between myself and Simon. The current coaching numbers are still not ideal and in order for us in a future to increase the outcomes we will need to address this issue as well.

2013 - 2014 we implemented new programs for the D, C, B, A, Surf and Tri squads focusing on improving techniques and building swimmers competition skills for a future. Since April 2013 the numbers of swimmers have increased from 120 members to 192 members. We are planning to meet the target of 200 members this year. At this stage we already reached 96% of our capacity and this is a great result, taking into the consideration constrained coaching resources.

Looking back on 2013 the highlights of the year must include the fantastic performances of Kate Godfrey and Matthew Glassford (qualifying and attending the University Games in Russia). With Cameron James and Kurt Crosland qualifying to the Oceania (2014) and I was asked to be the coach for this meet. However, due to Cameron's university exams he had withdrawn from the competition and Kurt has since retired from the swimming, which is disappointing but understandable under the circumstances.

Another great achievement has come from Andrew Trembath, who had qualified to the Youth Pan Pacific Champ in August this year in Hawaii and I have been appointed as the coach to support the team during this competitions.

This year Caitlin Deans, Nick Pryde, Courtland Ellis, Tame Govaerts, Devon Familton have been selected and will be attending the National Age Group Programs (October, 2014). I have been selected as one of the coaches to facilitate this development program.

Two swimmers (Jack Divers and Kou Kitahara) have been selected for the National Juniors Program (camp, June 2014), and Simon has been selected as the coach.

"Pathway to Podium"

Swimming New Zealand, working in close partnership with High Performance Sport New Zealand (HPSNZ), has produced a Carding Support system designed to identify and prioritise emerging and current talent. Resources are then allocated on a top-down, targeted basis focusing on those individuals and teams that have the greatest chance of achieving finals and winning medals at the next Olympic Games. Both Andrew Trembath and I have been selected by SNZ for the "Pathway to Podium" program for 2014 - 2016. This will give me an opportunity to attend a number of seminars and camps to enhance my professional development.

Simon is in a process of obtaining his Bronze Licence qualification/registration and I continue to work closely with Simon to up skill him and grow his knowledge. During a short period of time Simon has been able to build a trusting and respectful relationship with his swimmers based on mutual respect and trust. He proved himself to be professional and is a valued team member.

With the growing numbers of swimmers we reconsidered our approach and put extra emphasis on a long term goals and improved performance. In light we the new strategy it become evident that we require an additional expertise skills with the dryland and gym programs. Stephen Fenemor was appointed on a part-time basis to assist us with the above as well as providing nutritional advice to our competitive swimmers. From the beginning of last week Stephen started coaching along side of Simon our C squad and this week he will start dryland training with the B squad.

With Steve Prescott moving to Ashburton next month, we need to reconfigure our coaching resources in relation to the Triathlon squad; in a mean time we will have no other option as for me to train them till we make another appointment. Steve was a great support during his tenure as an Aquatic Manager and did a great job with the Tri squad. We wish him best of luck in his new role.

New season will starts at the end of May. All squads came back from the annual break and have commenced their training in a preparation for the first season's competition: Queens Birthday in Dunedin (78 swimmers from all the squads will be taking a part in this meet).Coaches for this meet will be Simon, Steve and Stephen. Andrew Trembath and I will be attending SNZ Camp in Auckland (30May-1 June) in preparation for the upcoming Youth Pan Pacific Championship in August.

Heal Coach's Recommendations: I would like to recommend that we take a different approach when DSCB swimmers are travelling to the national and South Island Champ competitions. One city - One team (SwimDunedin). I would like to suggest that all club swimmers, their coaches and parents travel together and stayed as one team. I strongly believe that it will increase sportsmanship and friendship among swimmers and create high performing culture as well as boosting morale and create a sense of community. It is a very common practice around the world and proved to be a very successful model when we operated OSCA. I believe that this will be a good approach for all the swimmers and community.

Dunedin currently has 6 clubs for 120,000 populations with one pool available. In comparison Auckland has 10 clubs for 2,000,000 populations and has 8 pools available. For this reason I am proposing to unite all clubs under one umbrella and within that create one competitive club and development club to cater for diverse needs of the swimmers, but with the clear pathway to the competitive swimming. This structure will enable us to avoid a situation where different clubs (size wise) competing against each other when we need to boost an environment where swimmers compete against each other in order for us to achieve better results in a future. I am happy to discuss and clarify this further.

During the last year overall number of swimmers around different Moana pool squads (including learn to swim was approximately 3,000 swimmers). However, despite this we only have 20! new swimmers joining our SwimDunedin programs. This is simply due to the fact that each club has only one day a week when they are having access to the water and it is simply

not enough to sustain kids and parents interest in the long run. I am happy to discuss it and clarify this idea further, as I strongly believe this presents a significant problem if we were to continue this way.

As discussed previously we need to update our information board in the pool as we still have the details from last year on it. As was previously discussed we would like to have two Flags within the pool area to bust the competitive spirit.

It is absolutely vital that new Administration assistant will work in collaboration with coaches and being involved in planning and organizing competitions, training camps and travel for everyone, not only coaches. Potential candidate for this role should have a necessary knowledge and skills (previous coaching experience) or a desire and ability to learn new skills and gain necessary qualification (min Bronze licence) and in a long run start coaching our development squads. It is absolutely vital that this person has a professional relationship with the head coach and meets with me on a fortnightly basis.

Based on the current number of swimmers: (200-250members) we ideally require the following: 1 x Head Coach (F/T), 1 x Age Group Coach (F/T), 1 x Development coach (P/T) and 2 x assistant coaches (P/T).

I would like also discuss further some possible ways of supporting our swimmers better in a future such as (uniform, gear, travelling, members' fees). I would like also to recommend that the fees for all members remain the same.

It is with the anticipation that I am looking forward to the next competitive year.

Yours sincerely
Gennadiy Labara
Head