



## **FNQ REGIONAL DEVELOPMENT PLAN 2015 / 2016**

We are excited to announce that Swimming Queensland has appointed Drew McGregor and Barry Prime as Club and Coach Development Officers.

Drew and Barry will work with clubs and coaches to optimize the club experience for the swimmer and to help swimmers achieve their athletic potential, and to ensure that Queensland remains a world force in competition.

Drew McGregor has been appointed the FNQ Region as his area of development and our coaches and a group of swimmers were lucky enough to work with Drew last weekend. Both Tracy and Kerry met with Drew to go through our squad structure and planning for our squads. Drew was very supportive of the plan for FNQ and offered advice for both our regional calendar and our squads. We are busy planning with Drew when he will be back in FNQ and we will keep you all up to date of when this will be happening as soon as plans are finalised.

### **McDonalds FNQ Junior Development Squad**

Head coach- Duncan Todd  
Age Group – 9 to 12 years

This squad is open to all swimmers in FNQ aged 9 to 12 years. This is the first squad an FNQ swimmer has the opportunity to belong to and these clinics are to help reinforce the work that club coaches are doing as well as encourage younger swimmers to improve their technical ability. Three sessions were held last season focusing on drills that will help promote correct stroke development with

particular focus being placed on balance, breathing, rhythm and connection. Additionally, the clinics were intended to help foster closer co-operation and collaboration between club coaches in the region and as such, club coaches were encouraged to attend.

4 dates have been allocated for the 2015 / 2016 season and Duncan will let us know what each session will include. Dates will be advertised soon.

### **McDonalds FNQ State Development Squad**

Head coach- Ben Geard  
Age Group – 12 and over  
(Excludes HPS swimmers)

This squad is to recognise and support swimmers who have a goal of attending Qld State Championships in 2015.

Qualifying times have been set and are based on times from the 2014/2015 season. Coaches may apply for swimmers to join this squad who are not within the qualifying times. An example of this may be if the swimmer had a state time last season and has now “aged up” and is outside of qualifying times. Applications are to be made by the swimmers club coach only.

Planning is underway for a weekend camp. Swimmers will also be encouraged to attend Gardens carnival in Townsville where they will swim for FNQ and be coached by the SDS Head Coach. This carnival is a great meet for swimmers to experience swimming in heats and finals.

Swimmers that attend these sessions will be considered for selection for the FNQ Regional Relay team at Qld State Champs.

It is not uncommon for swimmers from season to season to float between the State Development Squad and High Performance Squad as swimmers circumstances change.

Squad members will be announced soon. Swimmers may be invited onto the squad throughout the season as times are achieved. This squad is also to encourage a close relationship between club coach and FNQ SDS and HPS coach and as such club coaches are encouraged to attend sessions where practical.

#### **McDonalds FNQ SWD squad**

Head coach- Herbie Howard supported by June Cotter

This is a new Squad for the 2015/2016 season. The FNQ Development committee has recognised that the swimming with a disability swimmers are to be recognised and congratulated for their efforts and achievements in the pool. This program is still in the development phase and FNQRSA will be relying heavily on Herbie and June to help us make this squad a success.

Announcement of the SWD Squad will be made soon.



#### **McDonalds FNQ High Performance Squad**

Head coach- Kirk Donaldson  
Age Group 13 & over

The revamped High Performance Squad is in its 2<sup>nd</sup> year. This squad is designed to support the swimmers who not only has a goal of attending Australian Age Championships in 2016 but displays a high standard of club training and commitment. Incorporated into this squad will be the Open Water swimmers who swim and can train at a National level.

The level of swimming for this squad is of an extremely high standard and swimmers will be able to move between the State Development Squad and High Performance Squad as swimmers circumstances change. Moving of swimmers between the squads will be at

the discretion of the FNQ HPS Head Coach and FNQ SDS Coach and discussed with the swimmers club coach.

Selection into this squad is based on qualifying times and swimmers attendance\commitment at club training. This is difficult to monitor so relies on home coaches to enforce expectations needed.

Qualifying times are based on the Australian Age Qualifying times. It is hoped that a close relationship between FNQ High Performance Squad Coach, State Development Coach and Club Coaches are developed and as such club coaches are encouraged to attend sessions with their swimmers where practical.

Swimmers from the HPS Squad will be considered for selection for the FNQ Regional Relay team for Qld State Champs.

A HPS Development camp is being planned now and more information will be made available as soon as plans are finalised. Last year saw our HPS swimmers attend a training camp in January on the Gold Coast and swum at the Miami Super Challenge Meet.

Swimmers will be invited onto this squad as times are achieved during each season.

**All squad information will be made available through your head coaches and on the FNQ website.**

**Any further information needed, please see Tracy Lammert or Kerry Kresevic.**





# FNQRSA Development Pathway



## Learn to Swim

### Club Squad Swimming

Swimmers join a squad of a FNQRSA Swimming Club and become a member of Swimming Queensland. Swimmers attend local carnivals

### Junior Dolphin Carnivals

First experience for Learn to Swim swimmers to attend a very casual and fun carnival. The Junior dolphin concept is still in its trial phase, being trialled by several regions around Australia

### Junior Development Program

All FNQ swimmers aged 9-12 years will be given the opportunity to work with a coach on strokes, starts, turns and finishes. Swimmers are able to attend these clinics regardless of what squad they have qualified for.

### State Development Squad

Swimmers with Qld State Long Course Championships qualifying times or within the FNQRSA approved State qualifying times will be invited to training sessions with the FNQ State Development Squad. This Squad will attend a training camp in the local area and swimmers on this squad will be encouraged to attend the Gardens Swimming Carnival held in November each year. This gives swimmers an opportunity to swim in a heats and finals environment. Swimmers who attend these sessions will also be considered for selection for the State Regional Teams Swimmers can join the squad as they make the time during the season.

### High Performance Squad

Swimmers who are within National QT (Bronze) by the approved FNQ Margin for two or more swims will be invited to attend training sessions with the HPS Squad. Swimmers can join the squad as they make the time during the season. Squad members will remain on this squad for the whole season. Swimmers remain on their entry level unless they make a higher time until the start of the new season.

### Swimming Queensland Development Pathway

McDonalds Junior Development  
McDonalds Bronze Squad  
McDonalds Flippers Squad  
McDonalds Silver Squad  
McDonalds Gold Squad  
QAS Target Squad