



# Sunday 11<sup>th</sup> July 2021 Information Booklet

| <b>Contents</b>                          | <b>Page</b> |
|------------------------------------------|-------------|
| Overview                                 | 2 & 3       |
| Swimmers Registration Form               | 4           |
| Coaches Registration Form                | 5           |
| Technical Official Workshop Registration | 6           |
| Invitation to Attend Registration Form   | 7           |

The Ovens & Murray Swimming District is very excited to have Gary Barclay coming along for our District Development Day.

Gary has been involved in swimming for more than 30 years, firstly as a swimmer, then a swim teacher, swimming coach, athlete manager, event manager with Swimming Australia and 17 years as CEO of Nunawading Swimming Club.

Gary began swimming in 1974, he swam at State level from the age of 10 and at National level from 11 years. Gary won multiple gold medals at the Victorian Championships over a 14-year period and was also a very successful swimmer at a National level, winning many National level medals.

Gary coached swimming for 12 years and was very successful with junior and age group swimmers with swimmers winning more than 100 gold medals as the State Championship level.

Gary is also the author of Swimming for Parent, Behind the Goggles and Nutrition for Swimmers.



This is an excellent opportunity for Swimmers, Coaches, Technical Officials and Parents.

Coaches are invited to attend the sessions providing an excellent arena for professional development for local coaches. These sessions provide an opportunity to learn the types of drills these top coaches have been implementing in their own squads. There will also be a chance for coaches to ask questions after each session. Coaches attending will be eligible for professional development points.

All Coaches can attend any session at no charge.

### **Coaches 9.00am to 10.00am**

Education session for Coaches

The Non-Negotiables in the training program – technique, skills and more (30 min)

Weekly Planning for Junior Age Group Swimmers (30 min)

Followed by a practical session on pool deck covering both Breaststroke and Butterfly.

Earn valuable professional development points towards your reaccreditation, please register so that PD Certificates can be organised.

## Participant Information

All swimmers must be registered with an Ovens & Murray affiliated Swimming Club.

Swimmers that are currently on a Swimming Victoria Development Squad or NSW/SISA equivalent are ineligible to attend this District Development Day.

### Due to the limited space available we have had to set a criteria for swimmers to attend sessions.

**11- and 12-year age group** – swimmers must have placed in the top 6 at Ovens & Murray Championships in either a Breaststroke, Butterfly or the Individual Medley events.

**13 year and over age group** – Swimmers must have placed in the top 4 at Ovens & Murray Championships in either the Breaststroke, Butterfly or the Individual Medley events.

If your child was unable to attend the Ovens & Murray Championships due to illness or other medical reason, please complete an invitation to attend.

This does not guarantee a place on the day, we will advise as soon as registrations are finalised.

### All Swimmers are to bring along snacks/lunch and water bottle.

Cost per swimmer \$20.00 this includes pool entry.

#### Swimmers 11 – 12 years

9.45am

10.00am to 11.45am

11.45am to 12.00pm

12.00pm to 1.00pm

- The non-negotiables in the training program (30 min)
- The Pathway – the fundamental skills required to transition to the next level (30 min)

#### 9.45am to 1.00pm

Arrival and Registration

Pool Session – Breaststroke and Butterfly

Dry off, quick snack (Bring your own)

Parent & Swimmer Education Session

#### Swimmers 13 & Over

11.45am

12.00pm to 1.00pm

- The non-negotiables in the training program (30 min)
- The Pathway – the fundamental skills required to transition to the next level (30 min)

1.15pm to 3.00pm

#### 11.45am to 3.00pm

Arrival and Registration

Parent & Swimmer Education Session

Pool Session – Breaststroke and Butterfly

### Technical Officiating Workshops with O&M's Mark Eddy and Judy Foley

Session 1 – 9.45am to 1.00pm

9.45am to 10.00am

Introduction to Officiating – brief overview of Officiating and the Technical Official Pathway.

10.00am to 11.45am

Practical Pool Deck Session – Turns and Strokes

12.00pm to 12.45pm

Starter Workshop

Session 2 – 12.00pm to 3.00pm

12.00pm to 12.45pm

Starter Workshop

12.45pm to 1.00pm

Introduction to Officiating – brief overview of Officiating and the Technical Official Pathway.

1.00pm to 3.00pm

Practical Pool Deck Session – Turns and Strokes

**This is a free event:** registration is essential

# O&M District Development Day Swimmers Registration Form

Name: \_\_\_\_\_

Gender: \_\_\_\_\_

DOB: \_\_\_\_\_

Age as at 11/07/2021: \_\_\_\_\_

Club: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

If Yes, please provide details of medication and treatment:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical Conditions: \_\_\_\_\_

If Yes, please provide details of any restriction on activities:

\_\_\_\_\_  
\_\_\_\_\_

Cost \$20.00

Account Name: Ovens & Murray District Swimming Association

BSB: 640 000

Account No: 111 112 019

Reference: Swimmer and Club Name

**Please email registration forms to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)**

# O&M District Development Day

## Coach Registration Form

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please email registration forms to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)**

# O&M District Development Day

## Coach Registration Form

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Please email registration forms to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)**

# O&M District Development Day

## Technical Official Workshops

### Registration Form

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Workshop: \_\_\_\_\_

**Please email registration forms to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)**

# O&M District Development Day

## Request for an Invitation to attend

### Registration Form

Name: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_

Age as at 11/07/2021: \_\_\_\_\_ Club: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list swimmers time achieved at a Swim Meet, this must be a Breaststroke, Butterfly or an Individual Medley time

Stroke and Distance: \_\_\_\_\_ Time: \_\_\_\_\_

\*Note: Time must be listed on the Swimming Australia website results service. The Swim Meet cannot be a Club time trial or Club Championships.

Medical Conditions: \_\_\_\_\_

If Yes, please provide details of medication and treatment:

\_\_\_\_\_  
\_\_\_\_\_

Physical Conditions: \_\_\_\_\_

If Yes, please provide details of any restriction on activities:

\_\_\_\_\_  
\_\_\_\_\_

**Please email registration forms to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)**