

Swimming Victoria's Country Development Squad Camp 2012

Wangaratta Swimming Club member Elli Warren and Wodonga swimmer James Jarrous spent the first weekend of the school holidays in Ballarat attending Swimming Victoria's Country Development squad camp. The head coach of Wangaratta, Mark Synnot was one of the three assistant coaches on the camp. This camp gathered the best swimmers in country Victoria. The weekend had many diverse activities. The usual pool sessions conducted by the development squad coaches were broken up with Boxing, Sports Psychology and Ten Pin bowling. One of the more interesting sessions was the fitness testing conducted by Honours students from the University of Ballarat. Olympian Matson Lawson then joined the group to discuss certain motivators and the drive behind the passion to swim. Matson's discussion about his recent Olympic experiences provided great insight and motivation for swimmers. Matson left with some advice, "if you have a talent, work with a passion for it to succeed."

On the last weekend of the school holidays Elli Warren attended the State Teams Short Course Challenge at the AIS in Canberra as part of the Victorian team. She had an extremely good meet posting personal best times in all events including a massive fifty six second improvement in her 800m freestyle. In the process Elli helped the Victorian team to second place, their highest ever finish in this competition.

Also Wangaratta Head Coach Mark Synnot attended the Victorian Coaches conference in Melbourne where he presented a paper on the Wangaratta swimming club, its structure and processes, which have helped the club become one of the top five clubs in country Victoria.

The following Ovens and Murray swimmers have been selected for Swimming Victoria Development Squads.

Target 2016 Silver Squad	
Georgia Stadelmann	Wodonga
Junior Talent Squad	
Ben Bayes-Smith	Wodonga
Heath Macleod	Wodonga
Country Squad	
James Jarrous	Wodonga
Alyce Parker	Wodonga
Elli Warren	Wangaratta