

**RDC SIX MONTHLY REPORT**  
**THREE REGIONS / AQUAKNIGHTS**

**Introduction**

This six monthly report covers the period 1<sup>st</sup> June – 30<sup>th</sup> November 2007. It has been a slow six months for the establishment of the Regional Coaching programme. It has been difficult to determine where the most appropriate coaching support was needed and at what level. At times I despaired, to the extent that I could not see where, as RDC that I was going to have any real impact, let alone achieve most of the expected outcomes that were outlined in the Position Description. There are so many things that I can not control in the present regional structure, administratively and with coaching, that are affecting our development.

I believe that the only way forward is to keep exploring and implementing new structures, similar to the new format that is now in place for the Regional Championships. Eventually this will replace the existing old structures that are preventing us moving forward. This approach of course, will require the same innovate thinking and action that was taken with the Regional Championship format.

I have set out in this report, discussion points, and tracking and action comments, couched in the layout of the RDC Position description.

**A To Provide**

<p>1. To provide world class coaching expertise to coaches within the three regions who have swimmers at National Age group level and above.</p>	<p>The appropriate level of coaching support at the moment in the three regions is at the national level not at world level.</p>
<p>2. To provide world class coaching expertise and support to swimmers in the three regions.</p>	<p>There are only two pool swimmers (800 +) in the Aquaknights programme (Kane Radford / Dylan Dunlop – Barrett) who are at the level that requires a higher than national level coaching input.</p> <p>Both swimmers as part of SNZ Youth and Distance programme have and still are, receiving coaching at a level commensurate to 800 swimmers.</p> <p>Kane</p> <ul style="list-style-type: none"> <li>- Was on the youth team on American Grand prix tour.</li> <li>- Trained under Bill Rose after the tour</li> <li>- Is returning for a months training with the US team at La Loma in Mexico.</li> </ul> <p>Dylan</p> <ul style="list-style-type: none"> <li>- Will take part in his first 800 workshop in December for testing</li> </ul> <p>Johanna O Connor, surf athlete is also high performance and has been part of my programme through to the recent series in Australia.</p>

## B Objectives of the RDC

	Discussion / Tracking / Action
<p>1. To assist coaches in the region with design and Implementation of coaching programmes.</p> <ul style="list-style-type: none"><li>• Interfacing between theoretical aspects and practical aspects of coaching.</li> <li>• Developing a common coaching language and setting up of interchangeable coaching programmes.</li> <li>• Setting up common test sets.</li></ul>	<p>Three different sessions have been held. <b>1.</b> Planning (Forums in three regions) <b>2.</b> Race strategy (Bay Winter Short Course meeting) <b>3.</b> Stroke rate (Programme visits Practical session) # 1/2 were open to all coaches #3 was conducted at programmes who had 650+ swimmers and open to other coaches to attend. To achieve these expected outcomes it is going to take two different approaches.</p> <ul style="list-style-type: none"><li>• Forum type sessions for coaches who have swimmers below 650 points.</li><li>• Programme visits (practical poolside sessions) for coaches with swimmers 650+ points.</li></ul> <p>This has not been attempted to date. However there have been informal discussions to implement generic coaching programmes, for club and squad coaches with swimmers below 500 pts. This arose from concerns some of the senior coaches had of the skill level of many coaches working on poolside. The original 5 region concept had a “coaching cook book concept” for delivering generic coaching programmes. SNZ is preparing a similar coaching cook book to be released soon. <u>We will adopt this if it is practical to do so in May 2008 – the RDC to administer.</u></p> <p>This was started with 5 test sets, but like the national youth programme the response from coaches has been very limited, therefore was of little value to the programme in producing any meaningful analysis or results. The High Performance Coaching Council has test sets on its agenda for the December meeting. Test sets will resume in May 2008 – coaches must participate if they have swimmers 650+ points. <u>If they do not submit results they will not be included in RDC visits and swimmers will not be invited to camps.</u></p>

<ul style="list-style-type: none"> <li>• Meaningful onsite visits into training programmes.</li> </ul>	<p>The November visits to coaches (with 650+) achieved this outcome where the previous visits did not.</p> <p>To achieve this outcome -----</p> <p>Coaches <u>below 650 points</u></p> <ul style="list-style-type: none"> <li>- Must attend two clinics in 2008 a central location.</li> <li>- Invited to attend coaching sessions at 650 + programmes.</li> </ul> <p>It is envisaged that senior coaches be involved in mentoring other coaches in their respective regions and contribute to the clinics.</p> <p>Coaches <u>above 650+ points</u></p> <ul style="list-style-type: none"> <li>- RDC conducts one training session as a skills test.</li> <li>- RDC conducts a “topic session” introducing a key coaching skill.</li> <li>- Follow up meeting must be held to evaluate sessions am / pm</li> </ul>
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### C Services to be provided by RDC

<p>1. A series of 3 camps with the identified Aquanights – all coaches invited to attend.</p>	<p>Only two camps have been held June / October, excluding the Taranaki organised camp in July. It is not possible to hold any further camps before June 2008.</p> <p>Where possible the RDC will visit squad camps during December / January – coaches to notify where and when they are being held.</p> <p>The camp programme needs to be reviewed. It is not in the interest of either coaches or swimmers to run camps which cover a range of swimmers under 500 – 650+ points which the current selection criteria for the the Aquaknights sets out.</p> <p>The June camp can continue as the highest point’s swimmers from each region up to top 12 (excluding 800 + points who are invited). For more productive management of this camp, coaches will be appointed to the different levels and assigned specific coaching tasks.</p> <p>Subsequent camps</p> <ul style="list-style-type: none"> <li>- 2 x above 650 camps (Fri – Sun) and to be staffed by RDC + 2 coaches who have swimmers at this level other coaches welcome</li> <li>- 2 x below 650 camps (Fri – Sunday) and to be staffed by RDC + 2 coaches who have swimmers at that level.</li> </ul>
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<p>2. Attendance at appropriate national meets</p> <p>3. Regular communication</p> <p>4. Annual report</p>	<p>RDC has attended all national meets except the national Age groups in 2007 due to prior coaching appointment.</p> <p>This has been achieved through various newsletters, visits, camps and on pool deck at meets and other e-mail etc.</p> <p>This report will be sent through the 3 Region administrator to all Regions and Coach contact personal.</p> <p>The offer had been extended to the boards of each Region to have me attend a board meeting to give updates, while I was in a region, but apart from some informal meetings this was not taken up.  <u>Attendance at one board meeting per year should be undertaken.</u></p>
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**D Expected Outcomes**

<p>1. Demonstrate in reports to executive of each region that all expected outcomes met.</p> <p>2/3 Increased numbers in the regions in all national competitions and other performance indicators. An Improvement shown in the numbers on accelerate points and in the youth programme 700+ points.</p>	<p>No number or frequency of reports was indicated.  For the previous 6 months the activities of the RDC is indicated by the newsletters and other reports and this 6 monthly report.</p> <p>There has been an attempt to gather this information – the first visit was on planning. A growth triangle tool was presented and other ways of analysing progress in coaching programmes.  This visit and subsequent visits showed that most coaches are not tracking the progress of their swimmers and are not writing up proper annual plans let alone 3 or 4 year plan.  At the November visit coaches were asked to present an analysis of the winter, up to Spring meet covering all areas that were on the evaluation template presented in April May. Only two presented a written evaluation.  <u>All coaches with swimmers above 650 will be sent a programme evaluation template at the end of March to evaluate the Summer season. The template must be filled out and returned to the RDC by 20<sup>th</sup> April before their programme can be involved in the visits.</u></p>
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<p>4/5 Coaching language / Test sets</p> <p>6 Increased numbers of coaches making national teams.</p> <p>7. Retention of swimmers within the three regions by providing a better quality service.</p>	<p>This has been covered above</p> <p>This relates directly to the coaches ability to place swimmers on national teams -</p> <p>The minimum requirement for appointment on NZ teams is 1.to have swimmers attend the age group camps and with enough accelerate points to place swimmers on the Trans Tasman team 2. For Youth teams the minimum requirement for selection is 800 points.</p> <p>This is the most urgent crisis we are facing at the moment and in the future. It is not only just about better service – it is about changing perceptions of parents and swimmers of the adage that “pastures are greener over the hill” particularly in smaller regions. Unless this is addressed in the short term this programme (Aquakights) will never reach its expected outcomes and we will be resigned to being age group based.</p> <p>To ensure we retain our best swimmers it is going to be about --</p> <ul style="list-style-type: none"> <li>- Making changes, not just thinking we (coaches are good enough) and we (region /clubs are doing everything right).</li> <li>- Going beyond the pool and creating more comprehensive pathways in education and social areas.</li> <li>- Coaches being able to work together to allow swimmers to train in other training situations in the region – “Performance Centre” type centres where the best educational opportunities are available.</li> </ul> <p><u><a href="#">The RDC to come up with a plan / proposal to present at the June Hui. Administrators, Coaches and swimmers to participate in a forum.</a></u></p>
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**E Performance Review**

The date for the RDC performance review is to be set -

**Further to the annual report – discussion changing other structures!**

1. Competition – Regional Summer Champs

Further changes have been made to the Summer Regional Championships which will present the swimmers with an enhanced competitive opportunity.

- Heats offering two competitive objectives 1. Age group winners and 2. Qualification for three finals, ABC.
- ABC final (top 24) with 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Medals form A final Certificates from B/C final
- Cash prizes
- AWD swimmers as part of a Grand Prix series.

The implementation of no marshalling.

2. **Proposal** – Winter Regional Championships (short Course)

Further to offering more competitive opportunities to our 3 region swimmers –

The Regional Winter Championships be made into a Grand Prix type series of three meets, ending with one final meet with the highest points' scorers over the series contesting the final.

- Cash prizes be awarded
  - This would be an open meet series
  - Meets run over two week intervals August 3<sup>rd</sup> – 5<sup>th</sup>  
17- 19<sup>th</sup>
- |             |           |                        |
|-------------|-----------|------------------------|
| Grand Final | Aug /Sept | 31 <sup>st</sup> – 2nd |
|             | November  | 2 <sup>nd</sup> 4th    |

3. **Proposal** – Inter Club Competition Regional / inter Regional

This proposal shifts the emphasis off the top competitors and could involve fringe swimmers in the club (surf/ water polo/club swimmers) to help foster growth in the clubs.

Each region puts in place an interclub competition to be run over a 4-month time frame.

- Larger training squads compete as one team regions could divide the region into areas geographically to allow smaller clubs to compete as combined teams

A final of the top regional teams compete in a final (three teams) or an A section and a B section of three teams each, allowing more participants.

<p>4. <b>Proposal</b> – Review of clubs and coaching programmes</p>	<p>I have had a number of discussions with coaches and administrators regarding the club structures in the regions.</p> <ul style="list-style-type: none"> <li>- Do we have too many clubs?</li> <li>- Are we utilising our resources in the best way possible?</li> <li>- Are coach and swimmer pathways going to be able to be established in the present structure?</li> </ul> <p>The club system in the 3 regions needs to be discussed at all levels with coaches and administration during 2008. I mentioned in the introduction that there were a number of things the RDC can not control, most of this relates to the club structure.</p>
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**Budget of expenditure**

Date	Purpose	Item	Cost	Balance
29 <sup>th</sup> April	Planning forum BOP - Rotorua	time	150.00	150.00
4 <sup>th</sup> May	Planning forum - Hamilton	time	150.00	300.00
14 <sup>th</sup> May	Planning meeting - Stratford	time	150.00	450.00
2-4 June	3 regions camp			
9-15 July	Taranaki Camp	-----	-----	-----
6 <sup>th</sup> August	Coach visit - Hamilton	time	300.00	750.00
17 <sup>th</sup> August	Bay Winter Champs	-----	-----	-----
23 <sup>rd</sup> Sept.	Spring meet	-----	-----	-----
1-6 October	3 Regions Camp	Time / material / travel	1869..76	2619.76
20 -24 Nov	Coach visits	Time / material /travel/ accommodation	1325.60	3945.36
June - Nov	Newsletters	Time / material	500.00	4445.36
<b>Total</b>				<b><u>\$4445.36</u></b>

Invoices and receipts will be posted out

A considerable amount of time has been spent in addition to what is covered in this report, working with coaches as part of other short term coaching contracts. The costs have therefore been able to be kept to a minimum.

I would like to thank all the people administrators, coaches and swimmers who are contributing to the creation of this 3 region model. There is a great deal of work to do. I believe though, that we have the people in our regions that have the willingness and are brave enough, to step outside the comfort zone of what has been considered the only model for our sport, to explore other options.

Clive Power  
Regional Director of Coaching Development  
30<sup>th</sup> November 2007