

**SUMMIT PROCEEDINGS**

The summit will be run in two streams

*Stream one: If you coach a swimmer 600 FINA points.*

*Stream two: If you coach swimmers under 600 points and are a club coach involved with the development area.*

**Friday 13<sup>th</sup> May**

- **12:00** Arrival and check in at KiwiPaka reception.
- **12:30** Opening and the Presentation of Regional Director of Coaching Annual Report.

- **1:00 Bill Sweetenham:**  
 Overview of World Swimming in the context of club, region and national development programmes
  - Growing the sport.
  - LTAD programmes.
  - Establishing pathways.
  - How does a small country make it on the world stage?

**Stream One Conference Room**

**Stream Two Club Rooms**

- **2:00 Bill Sweetenham**
  - In December 2010 a Competitive Plan was proposed for CSNZ. This Summit is charged with reviewing this document in its entirety so that a final plan will be in place for June 2011 – May 2012.
  - The afternoon will be devoted to this purpose, chaired by Bill and will include open forum discussions and smaller discussion groups.

*The feedback from the RDC visits last year highlighted the lack of 'Big Picture Planning' by many coaches. This afternoon's sessions will offer valuable information on a personal basis as well.*

Order of Discussion

  - Pages 1/2 Aquaknights Points Pathway – selection criteria
  - Pages 3/4 Aquaknights Competencies
  - Pages 5 Aquaknights IPP's / test sets

*The format for this year's second stream will be an evolutionary pathway for a successful coaching programme.*

- **2:00 Clive Power**  
 The beginning: setting a model for the future success of your programme.
  
- **2:30 Horst Mieke**  
 The stages: Enrolment
  - : Progressions through the stages
  - : Communicating pathways to parents
  - : Retention of swimmers in the programme

May 2011

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- **3:00** Afternoon Tea

**Stream One – Conference Room**

- **3:20 Chair Bill Sweetenham**
  - Continuation of the CSNZ competitive pathway

**Stream Two – Club Rooms**

- **3:20 Horst Miede**
  - Continuation of 'The Stages'
- **4:00 Horst Miede**
  - Practical pool session – testing competencies for the stages

- **5:30** Social break – Conference Room
  - This is a time to mix, meet and chat about coaching.

- **6:00** Evening Meal

- 7:00 After dinner Presentation Sue Southgate.

**'The Charlotte Webby Story'**

*I trust the day has been productive to all participants – To ask is to learn!*

May 2011

CENTRAL SWIMMING NEW ZEALAND COACHING SUMMIT  
BAY OF PLENTY – HAWKESBAY POVERTY BAY – TARANAKI - WAIKATO

Saturday 14<sup>th</sup>

6:00 Wake up – swim – jog – walk

7:00 Breakfast

8:00 Bill Sweetenham

This session will cover a number of varied topics which impact on our sport particularly in the regions. We have some of the best coaches in the country doing a great job. However the drain of our swimmers out of the regions does affect the development of the regional coaches. What do we need to put in place to stop or do the regions have to accept that they are feeders to the rest of New Zealand? If so how can we best structure this situation?

- Establishing a LTAD model for your programme.
- Retention of swimmers.
- Planning.

**Stream One – Conference Room**

9:15 Open Forum

- The previous topic can merge into this session as questions arise from the presentation.

**Stream Two – Club Rooms**

9:15 Graham Smith

- Development of aerobic capacity in young swimmers

10:15 Morning tea

**Stream One – Conference Room**

10:30 Bill Sweetenham

- For the remainder of the day Bill will make presentations / workshops which will be challenging and require input by all coaches in stream one.
- These presentations will be both theory sessions and practical sessions

**Stream Two – Club Rooms / Pool**

10:30 Donna Bouzaid

- Programmes and seasonal plans for Junior and age group swimmers

11:30 Sue Southgate

- Practical Butterfly progressions

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**Saturday Cont.**

**12:30** Lunch

**Stream One – conference Room**

**1:30**

- Continuation of Bill's workshops

**Stream Two – Club Rooms / pool**

**1:30 Tom Froneck – George May**

- Practical Back stroke progressions – coordination of skill development within one programme.

**2:10 John Pike**

- How to use evaluation sets.

**3:00 Afternoon Tea**

Stream One and Two indoor pool

**3:30 – 5:00**

- Practical Bill Sweetenham ' construction of complex sets'

- **5:30** Social break – Conference Room
  - This is a time to mix, meet and chat about coaching.
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- **6:00** Evening Meal
- **7:00** After dinner Final Presentation by Bill Sweetenham

May 2011

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Sunday 15<sup>th</sup>

6:00 Wake up – swim – jog – walk

7:00 Breakfast.

**Stream One – Conference Room**

**8:00**

*This topic was on the agenda for 2010 but was not held. Over the past 12 months the situation has worsened in some cases and many of our regional coaches are struggling in their employment situations.*

**Open Forum**

**Chair John Pike**

Coaches employment – There are many varied employment situations around the Regions. At times it seems as if we are at a crisis situation with a number of coaches involved in employment issues.

What is the best employment arrangement?

- Self employment.
- Contract
- Council employee
- Club Employee.
- 

*The forum is to decide if any action can be taken in assisting coaches negotiate better employment situations.*

**9:00 Shona Hutt**

- Work Shop Stream One Coaches and the CSNZ Executive to discuss CSNZ plan for 2010 / 2012

10:00 Morning tea

**10:15**

This final session will be a wrap up of the summit and will provide the opportunity for participants to raise any outstanding questions and to confirm CSNZ's plan for 2011.

**Stream Two – Club Rooms**

**8:00 – 10:00 Donna Bouzaid.**

Group workshop:

*If coaches in stream two have any questions relating to their coaching that they would like to have answered at the Summit, please submit these to Donna before Wednesday 11<sup>th</sup> May.*

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