

HEAD COACH REPORT: 2014-2015 SWIMMING SEASON

21/6/15, Metro West Short Course Meet, MSAC. 7 excited swimmers and enthusiastic parents and supporters, all make the trek to where State qualifying times are finally made and or added to and National Open Qualifying times are achieved by our soon to be new member of our club. PBs were achieved. Other skills developed at the competition included: warm up and cool down procedures, receiving feedback from myself as the coach and consolidating all the skills we had been working on in training for the last year. Yes an excellent end to our best swimming season for a while.

We have come such a long way this season. Our club has grown in so many ways.

I started to count all PBs and records achieved at swimming meets- encouragement and official meets, club Championships and even School competitions and I gave up! The list is endless. I will start at the beginning.

I have had 4 fantastic club captains in Ronan, James, Jillian and Abbey. They have been excellent helpers at training, in and out of the water and during swim meets. The club and their parents, should be proud of how they have all grown into fantastic young leaders of the club. Thank you to all for all you have done for me, especially Ronan, who asked me each week if I needed help, and a "Thank you" for the lesson each night.

Club Long and Short course Championships were run and won, with a growing number of entries and swimmers. We all braved the elements of the outdoor pool to support the swimmers as either a supporter or in the capacity of a time keeper or another essential roles including my Starter. Thanks to all for the smooth running of these competitions. Many of long standing records were broken, congratulations to all who achieved this and most importantly to those who had a go, well done.

Events/Meets we had swimmers take part in as a club included: State Schools Championships, Metro West long and Short Course meets, Road to Kardinia qualifying meet, Essendon Encouragement Meet, Mill Park encouragement meet, National Schools meet and School meets which are always a great start to swimming in general. As mentioned, records have tumbled this year, swimmers have got stronger, the club is growing and numbers are on the increase over all.

I also had a busy year with being selected as National Head Coach of the Schools Team Vic coach as well as National Coach and advisor on the Australian Team. I am also on the Board of management at Swimming Victoria and ASCTA-VIC: Coaches association where I have been able to incorporate all knowledge gained into programming and expansion of swimmers potential.

Thank you to the SASC hard working committee for their ongoing support.

My biggest thank you must go to the 2 families who have driven me home from not only training but swimming meets. I can't thank you enough. Thanks James for giving me the front seat whilst you sat with your knees up around your ears, and Jasmin and Leah for the entertaining fun ride home as well.

Finally as our club draws near to the 50 year mark, I can look back and reflect on the 32 years of my involvement in our club in one capacity or another, but that story is for another time.

Swim well this coming season, as usual, as significant amount of preparation has gone into planning for the swimming season. Each swimmer has a plan, a goal and a dream to share on their own journey to success. It's how far you as swimmers want to go, will determine what course of direction we will go. It might be just to train, or to attend the fun on club nights or to attend district meets or state Championships as some swimmers have already done. In amongst our group, there may be that 1 swimmer who wants to take the journey again with me to the International level, and be proud to have Sunbury Amateur swimming Club on their shirt, next to the Green and Gold of an Australian Team. Our club has had a few members of this elite club in the past, I will be waiting to take that journey with you, if you are prepared to dream.

Enjoy the upcoming season, swim well, and swim fast.

Karen Garrard

Sunbury Amateur Swimming Club Head Coach.