

# EXCITING NEW INITIATIVES IN WA

## Open water star and Volunteer Coach shine in Albany

Maida Vale's Ceinwen Roberts was guest presenter at several promotional activities in the Great Southern region of WA in November, courtesy of funding from the Department of Sport and Recreation, as part of MSWA's membership growth projects.

Ceinwen presented to the Great Southern Regional Coaches Forum on Friday 15<sup>th</sup> November and attendees were motivated enough to get straight into the water after hearing first-hand of Ceinwen's recent achievements which included completing the Triple Crown of open water swimming: English Channel in 2011, Manhattan Island in March 2013, followed by the Catalina Island crossing in September. However according to Ceinwen her career highlight is her successful triple crossing of the Rottneest Channel in March, which she used as training for the Manhattan event where she finished as first female.



In conjunction with Ceinwen's visit to Albany, Fremantle's Head Coach Kim Tyler was busy volunteering again conducting LiveLighter coaching clinics and coach mentoring at country Clubs in the south. On her way to Albany Kim conducted 2 sessions at Narrogin on a Friday morning, which meant that the Narrogin Coaches could enjoy one session as a swimmer and the other as a Coach.



The following day Kim conducted a pool session with Albany members and enthusiastic swimmers from around the Great Southern Region in conjunction with Ceinwen as guest speaker. On the Sunday morning Ceinwen presented again to an enthusiastic group and Kim assisted with the ocean session at Middleton Beach. Again the feedback was very positive and hopefully Albany club will gain some new members from the promotional exercise.

On the Monday following the Albany weekend Kim conducted the LiveLighter coaching clinic in Bunbury which again received rave reviews from enthusiastic members. Additionally Kim will travel to Geraldton in April to conduct another LiveLighter coaching clinic for Masters' members with a special emphasis on preparation for the LiveLighter 2014 State Championships!

Subsequent to the Albany promotional weekend Ceinwen has agreed to become the Ambassador for the Albany Port Authority's Harbour Swim which will be conducted by the Albany Masters Club on Easter Saturday 19<sup>th</sup> April where she will meet up with and swim with some of her newest fans!

## LiveLighter Super Clinic

On Saturday 30<sup>th</sup> November MSWA conducted another new initiative, the LiveLighter Super Clinic. The project was a direct result of the need to provide practical coaching for trainee Coaches going through the accreditation courses, especially those new to pool-deck. Additionally the opportunity for members from different Clubs to train with each other and under four different (Super) Coaches completed the plan.

MSWA booked the outdoor 8 lane pool at Challenge Stadium and 57 swimmers participated in 2 x 45 minute training sessions which covered different strokes and levels:

- Freestyle stroke correction/training session
- Open water/Endurance session
- Sprint training session
- Breaststroke session (entry level)
- Butterfly session (entry level)

The 37 participating Coaches attended a 30-minute briefing with the four Super Coaches prior to the first session and a debrief after the second session which included completing an evaluation. During the 2 x 45 minute training sessions the participating Coaches observed the Super Coaches conducting the training sessions who were able to field a few questions on completion.

The feedback received by the Coaches was very positive for this type of workshop to be conducted again on a regular basis, with refinements already in place after the Super Coaches personal de-brief. The participating swimmers are completing the same evaluation on-line however the buzz at the end of the day was excellent and there were many smiling faces seen leaving the pool!

