

# SWIMNT



IN

DIVING



**NO.4**  
MAY 2025

## WELCOME

CATCH-UP WITH ALL  
THINGS SWIMMING IN THE  
NT OVER THE PAST FEW  
MONTHS & EXCITING NEWS  
COMING UP

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## NEWS

TWO SWIMMING AUSTRALIA NEXT  
WAVE SWIMMERS SELECTED FROM  
THE NT, SWIMMING AUSTRALIA  
AGE, MC & OPEN CHAMPIONSHIPS  
ACHIEVEMENTS AND MUCH MORE!!

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## PARENTING SWIMMERS

“COMPARISON IS  
THE THIEF OF JOY”





Welcome to the fourth edition of the Swimming Northern Territory monthly newsletter - 'DIVING IN'. After a break over the past 12 months, we have read the feedback from our Membership Insights and Strategic Review Survey and are bringing DIVING IN back to increase our levels of communication.

There has been an enormous amount happening over the previous period and there is a huge amount coming up, including the launch of our Fuelling the Ochre Flame Swim Camp in the first week of school holidays. In addition to this, we are pleased to announce the NT Short Course Championships will again be held virtually, in both Darwin and Alice Springs. On top of this, we have the very exciting news of the numerous Australian Swim Teams coming to Darwin for Event Camps in the lead-up to the World Championships this year.

Enjoy reading about all of these exciting events coming up and the incredible results from the last couple of months. Also, a huge congratulations to SNT Life Member Paul Carter, who has been selected to officiate at the 2025 World Masters Championships in Singapore.

We are looking forward to celebrating the 2025 Gala & Awards Night and 50 Years of Swimming Northern Territory with you all at the Darwin Golf Club on Saturday 12th July 2025, for a wonderful evening. Tickets are now available.



Warren Dopson  
CEO - Swimming NT

# NEWS

# Thank You



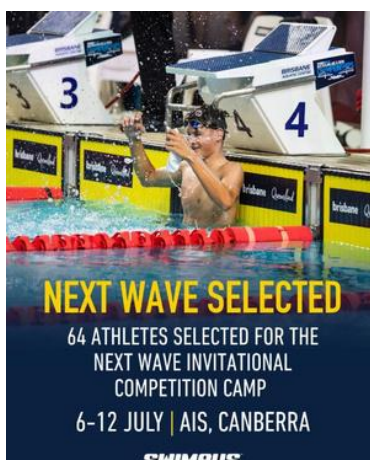
## SWIMAUSTRALIA

### Next Wave Camp

AS part of the green and gold runway to Brisbane 2032, Swimming Australia has launched the Next Wave Invitational Competition Camp which will be held in Canberra from the 6-12 July 2025.

Sixty four Swimmers selected following the recent Australian Age Championships in April 2025, will compete at Next Wave and gain team and racing experiences at the Australian Institute of Sport.

Congratulations to Macey Sheridan and Liam Brown from Darwin SC, as well as coach Tim Few who were selected to be part of this Camp. What a great experience!



## Well Done!

[Swimming Australia Next Wave Camp 2025](#)

It was a great honour to welcome Jac Stirratt from Darwin Stingers Masters and Paralympian Judith O'Hearn (Green) to the 2025 City of Darwin NT Swimming Championships. Jac and Judith presented four of our prestigious perpetual trophies: the Keith Gable, Judith Green, Jim Gayton, and Paul Kinter awards. Jac, daughter of Keith Gable, has long been involved in swimming as a competitor, coach, and mentor to NT Masters swimmers. Judith, a well-known Territorian, won gold in the 100m Breaststroke SB6 at the 2000 Sydney Paralympic Games.



Jac Stirratt and Macey Sheridan

Judith O'Hearn (Green) and Patrick Brown



[Swimming NT Perpetual Trophies - History](#)



### Safeguarding in Sport



Did you know that there are four core policies which make up the National Integrity Framework.

These are:

1. Safeguarding Children and Young People Policy
2. Member Protection Policy
3. Competition Manipulation and Sports Gambling Policy
4. Improper Use of Drugs and Medicines Policy

These policies outline what types of behaviour are unacceptable in your sport.

**This month:** Check out [Children and Young People Safe Practices Do's & Dont's](#)

You can also visit our dedicated [SNT integrity webpage](#) which has links to the Swimming Australia NIF, e-learning opportunities and much much more.



# Upcoming Events!!

The rest of the year is shaping up to be jam packed with celebrations, racing, development opportunities and other exciting initiatives for our swimmers and members. Here is what is coming up next:



- Saturday 21 June 2025 - SNT Season Farewell Short Course Meet - Parap Pool
- 23 June -26 June 2025 - Fueling the Ochre Flame - Parap Pool
- Sunday 6 July - The Dry Swim Open Water -Darwin Waterfront Precinct
- Saturday 12 July 2025 - 2025 Gala & Awards Night SNT - Darwin Golf Club
- Sat 12th July 25 - SNT Birthday Extravaganza - Let's Celebrate '50' - Parap
- 2-3 August 2025 - SNT Short Course Championships - Parap
- 2-3 August 2025 - SNT Short Course Championships - Alice Springs
- Saturday 16 August 2025 - Darwin Waterfront Classic - Darwin Waterfront

**50**

SWIMMING NORTHERN TERRITORY  
Inaugural

**GALA & AWARDS NIGHT**

Join us to celebrate the 2025 NT Swimming Community Sporting Achievements & 50th Birthday of Swimming NT

SATURDAY 12 JULY DARWIN GOLF CLUB MARRARA

Starting PROMPTLY at 6.00pm onwards

All Tickets : please use the QR code below to purchase tickets

For more information  
<https://nt.swimming.org.au/events/2025-gala-awards-night-swimming-northern-territory>  
 email: [admin@nt.swimming.org.au](mailto:admin@nt.swimming.org.au)  
 or call 0447 201 497

Proudly organised by **SWIMNT**

**SWIMNT**  
CELEBRATING

**50**  
YEARS

SWIMMING NORTHERN TERRITORY

Let's Celebrate '50'

12 July 2025  
PARAP POOL

Join us for a Swim meet with a difference



## 2025 City of Darwin NT Swimming Championships



The 2025 City of Darwin NT Swimming Championships was a fantastic celebration of talent, determination, and community spirit, with over 230 swimmers diving into action.

Congratulations to all competitors, you are all champions! A special shoutout to our Age Champions and Perpetual Trophy winners for your outstanding performances. Your dedication, perseverance, and sportsmanship continue to inspire. This event was more than just results, it was about fun, passion for the sport, and true sportsmanship. From thrilling races to the colourful socks worn by our technical officials, the Championships perfectly captured the spirit of swimming.



A heartfelt thank you to Judith Green and Jack Stirratt for presenting perpetual trophies and adding a special touch to our 50th year celebration. These Championships reflect the incredible efforts of our coaches, volunteers, technical officials, and swimmers. Thank you all for making this event such a success and for helping shape the future of our sport.



### [2025 City of Darwin NT Swimming Championships Results](#)

## Outstanding Achievements



### 2025 Australian Age, MC & Open Championships

Congratulations to all athletes who competed at the championships in Queensland during April. Some great results from the Territories Top Swimmers with many swimmers reaching finals.

#### **Competing in the Australian Age Championships:**

From Darwin SC : Macey Sheridan, Elaine Smith, Liam Brown, Patrick Brown and Bayleigh Young;

From Casuarina SC: Pippa Hunter;

#### **Competing in the Australian Multiclass Age Championships:**

From Nightcliff SC: Aiko Buckland, Shannon Gleeson, and Sean Deutsch

From Darwin SC: Sahrah Hancock.

**Competing in the Australian Open Championships:** From Darwin SC, James Smith and Nightcliff SC, Sean Deutsch.

#### **Overall Results:**

- All Multi-Class swimmers made finals at this event.
- Sahrah Hancock: Gold in the 14 years 50m & 100m Breaststroke.
- James Smith: Bronze in the Open 1500m Freestyle
- Liam Brown: Bronze in the 15 yrs 200m Freestyle
- Macey Sheridan: Gold in the 50m & 100m Backstroke and 100m Freestyle and Bronze in the 50m Freestyle.

Finally, a massive shout out to both Kate Reynolds and Jenny Culgan who were on pool deck throughout the Australian Age and Age MC Championships. A great achievement for NT Officials



Photo Courtesy of Swimming Australia





# Upcoming Development!!



Fuelling the Ochre Flame Swim Camp is a pathway performance development initiative led by Swimming Northern Territory that is planned to be a permanent fixture on the SNT calendar over coming years. This camp is designed to fuel the dreams, ignite the ambitions and elevate the competitive potential of emerging

athletes by integrating technical coaching, values-driven personal growth, and a culturally grounded sense of Territory pride and grit. As Swimming Northern Territory's flagship development experience, this camp program fosters progression along the Performance Pathway while celebrating the unique identity of the Northern Territory's environment, culture, and opportunities. Inspired by courage, bound by unity, and driven by excellence —this is where future champions are forged.

The Fueling the Ochre Flame camp is open to all Swimming NT Performance Pathway members, SNT-identified and approved athletes, and the broader SNT coaching fraternity. Held at Parap Pool from Monday 23rd June to Thursday 26th June 2025, this four-day experience will deliver a high-performance camp environment focused on developing the training habits, race execution, and overall performance capabilities of the Territory's emerging swimmers and coaches.

## [Fuelling the Ochre Flame Swim Camp Information](#)



**ALICE  
SPRINGS**  
15 MAY 2025

*We're Visiting*

**SWIMAUSTRALIA**

Swimming NT held a JX clinic at the Alice Springs Aquatic and Leisure Centre on 15th May 2025, presented by Australian Olympic Coach and current Queensland Development Officer Brant Best. The clinic provided swimmers with a wealth of tips and tricks that Brant has developed over many years in the swimming industry. It was fantastic to see over 30 enthusiastic swimmers joining Brant and learning from his vast experience. The session focused on refining technique, building confidence, and fostering a love for the sport. Brant's hands-on approach and engaging style made it a memorable and educational experience for all involved.

SNT are excited to be welcoming a number of Swimming Australia Teams to Darwin from July 2025. Starting with the Australian Open Water Team from the 7th-12th July, the Australian Dolphins coming from the 12th-23rd July and finally the Australian Para-Dolphins coming from September 8th-17th. These teams will be training and acclimatising to our fantastic WARM weather in the lead up to the World Championships in Singapore. There will be opportunities to meet your favourite stars, with a few even coming along to the SNT Inaugural Gala and Awards Celebration. Stay tuned for more details shortly.



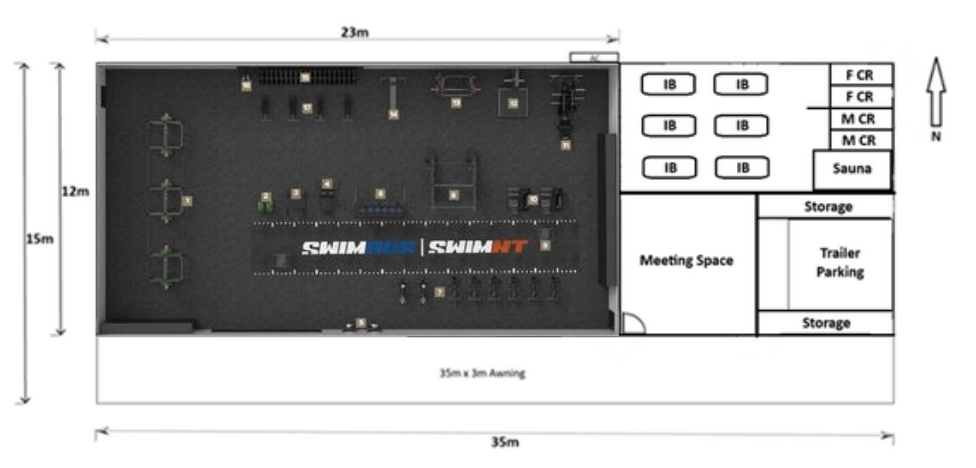
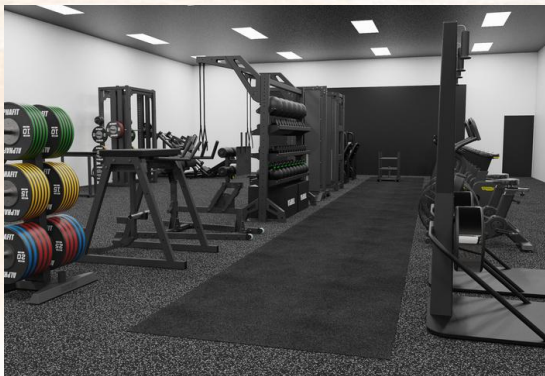
# PROPOSED SNT TRAINING FACILITY

## INCLUDING GYM, AMENITIES, MEETING SPACE & STORAGE AREA AT PARAP POOL

This proposed project is to design and construct a dedicated gym with associated meeting room, storage area and world class recovery centre, as part of the Stage 2 fitout, including ice-baths, a steam sauna and compression equipment at the Parap Swimming Pool, on the eastern side of the complex, over the currently disused netball courts, as outlined in the site map below. The built for purpose, sustainable facility will improve existing amenities at Parap Swimming Pool and advance its status as the world-class aquatic facility within Darwin and the entire Northern Australia.



The benefits of this project will extend to all Swimming Northern Territory (SNT) members, clubs, other recreation providers, such as Masters swimmers, Royal Life Saving NT, Triathlon NT, Darwin Water Polo etc. In addition, the completion of this facility will attract High Performance Swim Teams to venture up to the NT to undertake training camps and providing a great learning environment for our coaches and swimmers alike.



Further benefits to the construction of this building at Parap Pool include:

- ✓ Increased opportunity for members of Swimming Northern Territory to reach their potential with better access to strength and conditioning facilities and programs.
- ✓ Increased exposure for Darwin centred youth to healthy, lifestyle programs that will provide lifelong benefits.
- ✓ Ensuring that Parap Pool is seen and utilised as a world-class training facility, by local, national and international swim teams, including potential for a long-term tenure for the Australian Dolphins, Australia's most successful Olympic and Paralympic teams.
- ✓ Potential for a large injection of economic stimulus into the Darwin economy, through the promotion of the facility, the city and the Territory to interstate and international swim teams.
- ✓ Alignment with the City of Darwin Strategic Plan on numerous levels.

The funding for the project will be forthcoming from a successful Community Benefits Grant Application from SNT, funding provided by SNT and the fitout of the gym will be funded by Swimming Australia. This is a great opportunity for SNT that we hope the swimming community can get behind.

**NOTE:** at the time of writing, this is still a proposal, without final City of Darwin approval.



# SWIMNT

## PERFORMANCE PATHWAYS

*Inspire  
Engage  
Achieve*



### SNT Flippers Program



### Emerging Talent Program



### Youth Performance Program



### Junior Development Program



Swimming Northern Territory has developed the SNT Performance Pathway Programs to identify and develop SNT swimmers and coaches with the determination of providing the tools and knowledge to achieve their goals and fulfil their potential, both in and out of the pool.

The purpose of this performance pathway program is to ultimately prepare swimmers to be future Australian Dolphins through the provision of a variety of activities that add value to their daily training environment.

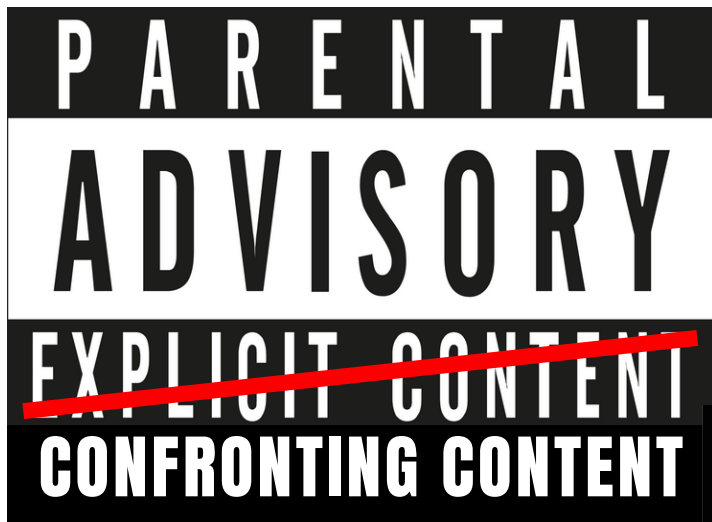
**The new program swimmers for the 2025-26 season will be announced shortly.**

More information available on our website. Link below.

[Swimming Northern Territory Development Information](#)



# "Comparison is the Thief of Joy"



HERE ARE SOME POINTS TO PONDER FROM - "SHOUTS FROM THE STANDS" OPINION PIECE SWIMSWAM.COM TITLED "COMPARISON IS THE THIEF OF JOY," BY MEGAN MARDY, A MASTERS SWIMMER FROM ILLINOIS WHO PREVIOUSLY WAS A NCAA DIVISION III QUALIFIER IN THE US

## *Points to Ponder!*

- **Comparison undermines joy and motivation**

Comparing oneself to others in the pool often leads to frustration and discouragement, stealing the joy from the sport.

- **The only useful comparison is with your past self**

The best way to measure progress is by comparing your current performance to your own times from a year ago at the same meet.

- **Training cycles affect performance**

Swimmers peak at different times during the season, so comparing mid-season times to others' peak performances is misleading.

- **Every swimmer's journey is different**

Progression in swimming is not linear and varies significantly from person to person. Recognizing this helps maintain a healthier mindset.

- **Supportive guidance helps shift focus**

The author shares advice from a former Olympian and experienced swim parent, who encourages evaluating growth through consistent, personalized benchmarks rather than external comparisons.

- **Joy in swimming comes from personal growth**

Focusing on self-improvement rather than competition fosters a more positive and sustainable relationship with the sport.

- **Parental perspective matters**

Swim parents can reinforce unhealthy comparisons, so it's important to encourage your children to celebrate personal progress.

These points collectively argue that swimmers (and those around them) should focus on individual development rather than comparing themselves to others, to preserve both joy and long-term motivation. If you are interested in reading the article in full please go to the link below.

<https://swimswam.com/shouts-from-the-stands-comparison-is-the-thief-of-joy/>