



**swimming**  
northern territory

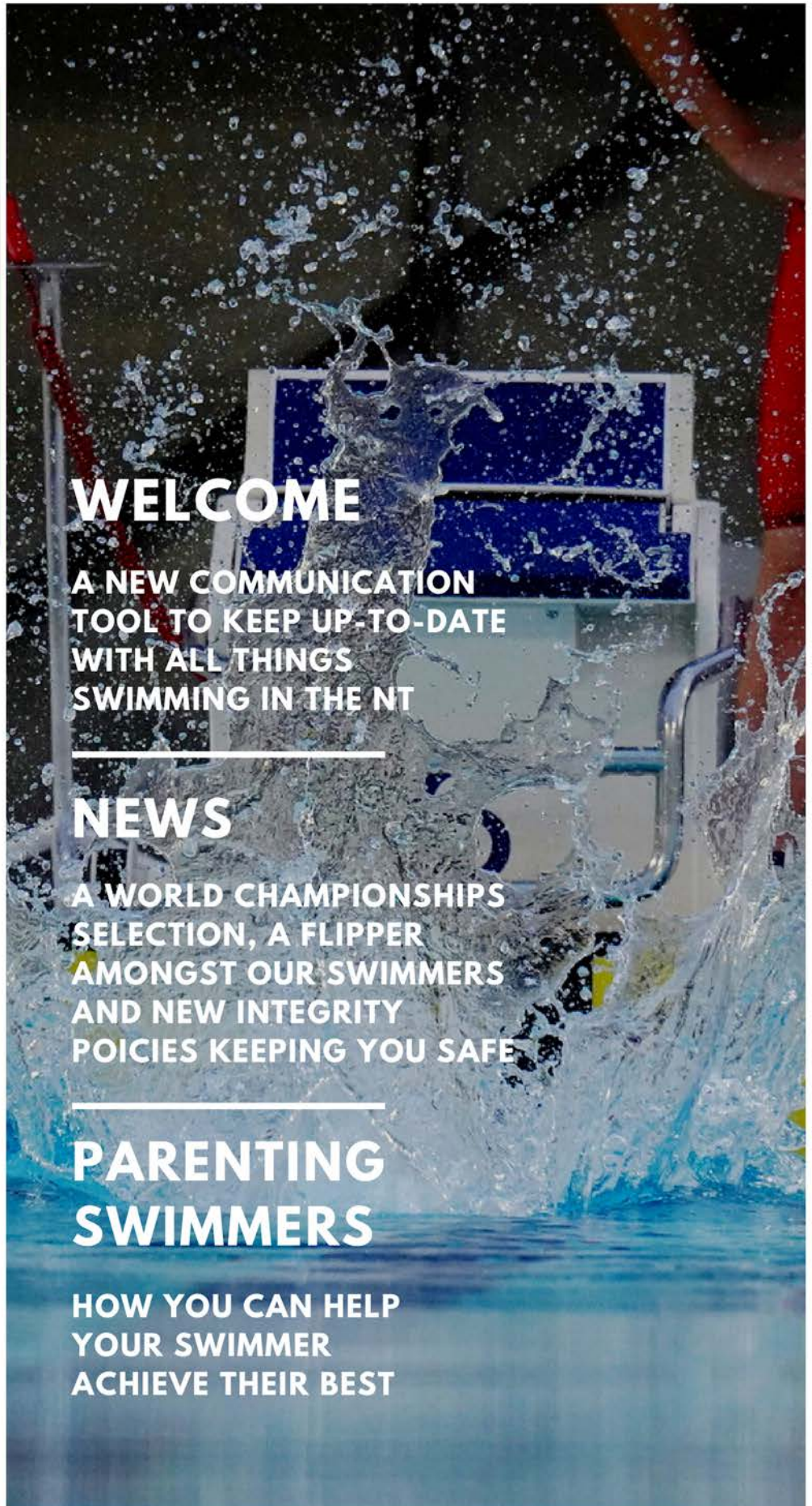


**IN**

**DIVING**



**NO.1**  
JAN 2024



## **WELCOME**

**A NEW COMMUNICATION  
TOOL TO KEEP UP-TO-DATE  
WITH ALL THINGS  
SWIMMING IN THE NT**

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## **NEWS**

**A WORLD CHAMPIONSHIPS  
SELECTION, A FLIPPER  
AMONGST OUR SWIMMERS  
AND NEW INTEGRITY  
POICIES KEEPING YOU SAFE**

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## **PARENTING SWIMMERS**

**HOW YOU CAN HELP  
YOUR SWIMMER  
ACHIEVE THEIR BEST**





## WELCOME

Welcome to the first edition of the Swimming Northern Territory monthly newsletter - '**DIVING IN**'.

The aim of **DIVING IN** is to provide the most up-to-date and relevant information on the sport of swimming in the NT, including the achievements of the swimmers, the latest events you need to know about, any opportunities that are available to our members and other helpful advice that will help you navigate your way through this great sport, either as a swimmer, a coach, a club committee representative, a technical official, a parent, a volunteer or just a lover of swimming.

Published onto the SNT website during the second week of each month, **DIVING IN** will be a great reference point to stay in touch. Please reach out if there is anything you would like to see in future editions.

We are looking forward to an incredible 2024 and hope you are to!!!



Warren Dopson  
CEO - Swimming NT



# NEWS

## **SWIMAUUS** National Flippers

A spectacular end of the year for Darwin Swimming Club superstar Macey Sheridan, being announced as a 2023 - 24 member of the Swimming Australia National Flippers pool squad.

Macey is the first ever active SNT member selected into the National Flippers Program highlighting the most remarkable of achievements.

This follows an invitation from Swimming Australia to participate in a specialised Flippers Camp at the AIS in late November with the Swimming NSW and Victoria Flippers Squads featuring the country's best young backstrokers.



*Well Done!*

**Swimming Australia Flipper Program**

# Congratulations!

A massive congratulations to the Swimming Northern Territory Technical Manager - Kate Reynolds for being selected to officiate at the 2024 World Aquatics Open Water World Championships from February 3rd to 8th at the Old Doha Port in Doha, Qatar.



A very well deserved reward for the many years of hard work and dedication to the sport of swimming!!!!



**SWIMAUUS**  
**SWIMMING AUSTRALIA**  
**LAUNCH NEW**  
**NATIONAL INTEGRITY**  
**FRAMEWORK**  
VISIT THE NEW INTEGRITY TAB ON WEBSITE

Swimming Australia & Swimming Northern Territory takes integrity and safe guarding our community seriously, and in conjunction with Sport Integrity Australia, we have updated our National Integrity Framework from 1st January 2024.

You can find all the new policies on the Swimming Australia website:

[Swimming Australia - National Integrity Framework.](#)

For more information about integrity, such as the NIF, SNT code of conduct, recommended courses for committee members and eSafety information within Swimming NT, please visit our dedicated [SNT integrity webpage.](#)



# Upcoming Events!!

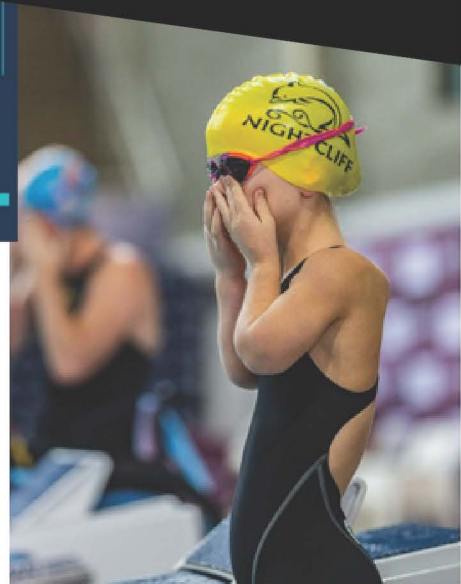


2024 is shaping up to be a huge year in racing, development opportunities and other exciting initiatives for our swimmers and members. Here is what is coming up next:

- **Thursday 1st February - Women's Health Initiative - Seminar 3**
- **Friday 2nd February - Welcome to 2024 Sprint Meet - Parap Pool**
- **Saturday 17th February - Desert Qualifier - Alice Springs Aquatic Centre**
- **Friday 23rd - Monday 26th February- SNT Flippers Camp - Parap Pool**
- **Saturday 24th February - SNT LC Qualifying Meet - Parap Pool**
- **Sunday 25th February - SNT YPS Development Clinic - Parap Pool**
- **Friday 15th - Sunday 17th March - NT Swimming Championships - Parap Pool**



## outstanding Achievements



Congratulations to the 16 swimmers from Darwin Swimming Club, Sahrah Hancock from Nightcliff and Ellamae Tisbe from Katherine who made the recent journey down to Brisbane for the 2023 QLD Championships. In what is quite possibly the most competitive state championships anywhere in the world, these 18 swimmers can hold their heads up high, with some superb results and even better experiences that will see them get more out of their swimming journey.



Representatives from all states and territories, with swimmers from an additional 30 countries competing, make it extremely difficult to progress to finals for visitors, however great work from:

Liam Brown, Patrick Brown, Sahrah Hancock - 2 Gold, 1 Silver, Chloe Reader, Cole Roberts, Macey Sheridan - 4 Gold, 2 Silver, 1 Bronze, James Smith - 1 Bronze, Sienna Walo - 1 Silver, Tamsyn Walo and Bayleigh Young on making either the podium or finals - great results!!!!



# 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.

More information is to be released in the coming days - stay tuned.

**New SNT development program for 2024 and beyond**



**NEW**  
**PARTNERSHIP**

Swimming Northern Territory is extremely proud to announce a new ongoing partnership for ALL SNT members with Territory Sports Medicine (TSM). The partnership will offer discounts for all members as well as providing our development squads with the expert knowledge they need to becoming the best swimmers they can be.

ALL members can access:

- **10% discount of all services provided by TSM.**
- **5% discount on all products available for purchase from TSM.**

# PARENTAL ADVISORY CONFRONTING CONTENT

## 10 COMMANDMENTS FOR SWIMMING PARENTS

Here is an extract from Rose Snyder - former USA Swimming Coaching Director on the do's and don'ts of being a swim parent - I'm confident that you are all doing this anyway - just a refresher!!!

1. **Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity.
2. **Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?"
3. **Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. You should not offer advice on technique or race strategy or any other area that is not yours.
4. **Thou shalt only have positive things to say at a swimming meet.** If you are going to a swim meet, you should be encouraging, but never criticise your child or the coach.
5. **Thou shalt acknowledge thy child's fears.** A first swimming meet, 400 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be nervous. Don't yell or belittle, just assure your child that the coach would not have suggested the event if they weren't ready to compete in it.
6. **Thou shalt not criticize the officials.** If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can.
7. **Honour thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
8. **Thou shalt be loyal and supportive of thy team.** It's unwise for parents to take their kids and to jump from team to team. The water isn't necessarily bluer in another team's pool.
9. **Thy child shalt have goals besides winning.** Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning.
10. **Thou shalt not expect thy child to become an Olympian.** There are 60,000 active competitive swimmers in Swimming Australia. Only 2% of the swimmers listed in the Top 100 of the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years and generally less than 30 swimmers chosen. Swimming is much more than just the Olympics.