

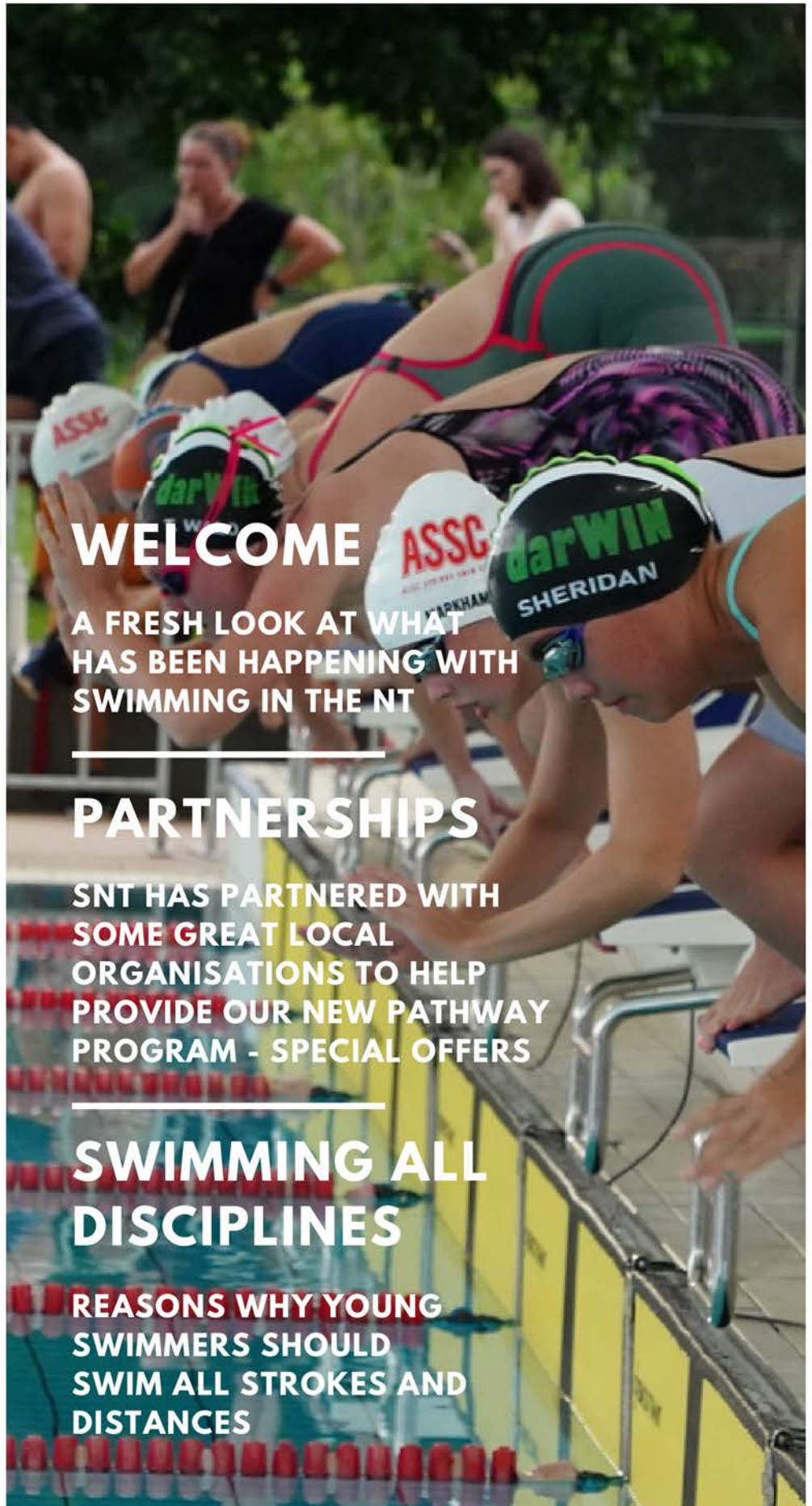


IN

DIVING



NO.2
FEB 2024



WELCOME

A FRESH LOOK AT WHAT HAS BEEN HAPPENING WITH SWIMMING IN THE NT

PARTNERSHIPS

SNT HAS PARTNERED WITH SOME GREAT LOCAL ORGANISATIONS TO HELP PROVIDE OUR NEW PATHWAY PROGRAM - SPECIAL OFFERS

SWIMMING ALL DISCIPLINES

REASONS WHY YOUNG SWIMMERS SHOULD SWIM ALL STROKES AND DISTANCES



WELCOME

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

There is plenty going on in the world of swimming at the moment, not just in the NT, but across the globe. Right now the 2024 World Aquatics Championships are on in Doha, Qatar, with our own Technical Manager Kate Reynolds in attendance. You can catch all of the swimming with heats on 9Gem and the finals on 9 and 9now. Don't miss out. In addition to this, SNT has launched our very long-awaited Performance Pathway Program, with the development program starting immediately.

Also, Macey Sheridan and Tim Few have made their way to the AIS in Canberra for another great opportunity with the SwimAus NextGen Backstroke Camp. Great learnings and experiences and to be had by both, showing that you really can excel here in the NT. On top of that, the racing has commenced for 2024 with a big year ahead.

See you at the pool!!!



Warren Dopson
CEO - Swimming NT

NEWS

Updates from Doha!!



Some incredible photos of Kate in Doha at the 2024 World Aquatics Championships. Kate was lucky enough to be appointed as referee for one of the events - a great reward!!!!



These 2 photos have been supplied by Delly Carr Sports Photography



As you can see from the photos to the left, Technical Officiating can provide some incredible fun and rewarding opportunities.

All across Australia we are experiencing a lack of technical officials and especially here in the NT.

WE NEED YOU!!!

This sport is very reliant on volunteers and people that lend a hand, because it is the sport their kids love. The thing about officiating is that those same people are in it long after their kids move on - that's how great being a technical official is. We are after some people just to give it a go and see where they end up - it isn't for everyone, but we would love to see new people reach out, lend hand and who knows where it could lead.

Visit our webpage to see if it is something you are interested in and get in touch - we would love to have you!!!!

[SNT Technical Official Webpage](#)



2024 Masters Swimming Australian National Championships

The 2024 Masters Swimming Australia National Championships are being held at Parap Pool and the Darwin Waterfront from May 3-7. Open to registered swimmers 18+, this event will attract more than 400 of the finest Masters swimmers from around Australia to compete and visit our beautiful Top End.

Training and organising is now full steam ahead; experienced swimming officials and volunteers are needed, so if you'd like to be involved please express your interest to Chief Referee Paul Carter OAM pcar7634@bigpond.net.au. We hope to see you poolside to support swimming in the NT and to watch the inspirational standard of swimming across the ages - you're never too old to stop, or start competing.

For more information about the national championships, head to:

<https://mastersswimmingnt.org.au/2024-national-championships>

Upcoming Events!!



- Saturday 17th February - Desert Qualifier - Alice Springs Aquatic Centre
- Friday 23rd - Monday 26th - 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
- Saturday 16th March - McDonald's Participation Meet - Parap Pool
- Saturday 20th April - Darwin Invitational - Parap Pool
- Friday 3rd - Tuesday 7th May - Masters National Championships - Parap Pool



47th NATIONAL CHAMPIONSHIPS

DARWIN 2024

MAY 3 - 7 



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.

All the information has been released onto the [SNT website - Competitive Pathways](#)

New SNT development program for 2024 and beyond

NEW
PARTNERSHIPS

snap fitness 24/7™

Snap Fitness Parap, Casuarina and Coolalinga have come on board to help with our Performance Pathway Programs and supplied us with a great deal for all SNT Members. See the brochure over the page



Territory Sportsmedicine

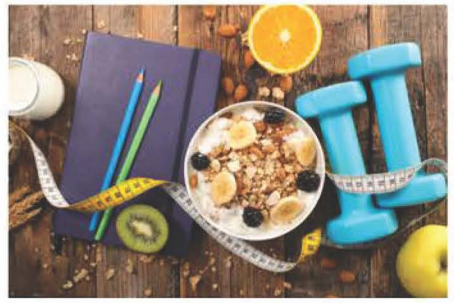
Comprehensive Care for the Community

As outlined last newsletter, Territory Sports Medicine have become a strategic partner with SNT in the Sports

Health and Medicine area, that will provide great benefits, not only to our Performance Pathway Program participants, but also to our entire membership base. TSM are offering all SNT members a 10% discount in their provided services for the remainder of 2024, as well as 5% of any physical product purchased in store. A great opportunity to get your swimmer screened or those little niggles in your aging body looked at.

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

HUNTER PERFORMANCE COACHING >>>



Born to help all athletes compete no matter where their location, HPC is the home for athletic training and development both online and in the NT.

With years of experience working with some of the country's best up-and-coming athletes, allow Head Coach Jess Hunter to help you achieve your health and performance goals.

Australian Born.
For Athletes Everywhere.
jess@hunterpc.com.au

For an added bonus, click on the link below to receive a free Performance Nutrition ebook from Hunter Performance Coaching.



**PERFORMANCE
NUTRITION
EBOOK**

HUNTER PERFORMANCE COACHING



snap fitness 24/7™



 **swimming**
northern territory

EXCLUSIVE PARTNERSHIP OFFER

**At Snap Fitness
Parap, Casuarina
or Coolalinga**

No Joining Fee - Saving \$99

\$89 Global Access Card

2 Weeks Free

1 x 30min Personal Training Consult

VALUED AT
\$240



* Offer available to Swimming Northern Territory members only.
Proof of membership must be shown in club to receive this
exclusive offer. This offer is only valid at Snap Fitness Parap,
Casuarina and Coolalinga.

Offer valid until January 31st 2025

A Taste of Everything: Why Younger Swimmers Should Race Every Event

an excerpt from Swimming World Magazine - [original article](#)

In swimming, the topic of specialisation of young athletes is often contentious and controversial. Here are a few good reasons why young athletes should swim a broad spectrum of events:



1. Helps Build a Training Base

When younger swimmers swim longer and more challenging events, it gives them the experience and the confidence to train harder and get faster. It is often said that you can build a sprinter off a distance swimmer. This is because every event requires some sort of aerobic base. This base helps a swimmer strongly finish any distance.

By not specialising at an early age, swimmers are able to build a well-rounded base for all strokes. One of my greatest swimming memories is one day after practice when I came home excited that I was to swim the 400m freestyle at my next meet. After I swam it, I took some of the basic aspects of the race like pacing and maintaining technique into practice which allowed me to get faster in all of my strokes. Also, this well-rounded base allows the athlete to train multiple muscle groups leading to a reduced chance of injury. Giving young athletes the ability to develop all muscle groups instead of overloading only certain groups, allows the athlete to specialise as they mature with a lower risk of injury.



2. Character Building

Swimming a wide range of events builds character. I specifically remember many times earlier in my swimming career when I was forced to swim several difficult events over the course of a meet session or weekend. At the time, I did not necessarily love swimming my non-dominant strokes and events, but eventually it paid dividends.

For many young swimmers, competing in new events is a terrifying experience. Some seem so long—they cannot be humanly possible to complete. But once the race is over, many young swimmers feel a tremendous sense of accomplishment. For example, the 200 butterfly is an event many young athletes shy away from because of it's a high endurance and strength race. Swimming different length races puts each race in perspective. If someone swims a 1500m freestyle, they realize that the 200m freestyle is not as long as they once thought. When I was 12 years old, I swam the 800m freestyle on the first day of a meet. The next day, I swam the 200m freestyle and I said to myself, "Wow, that was insanely short!" From that day on, I did not really think of a 200 freestyle as long.



3. Reduces Burnout

Over the course of my swimming career, swimmers experience times where they plateau in certain events and excelled in others. Many times, they are dropping time in one stroke discipline and then go through a period of time where they don't drop any. I distinctly remember when I moved out of the 11-12 age group and moved into the 13-14 age group. At the time, I was strictly a backstroker and I did not really think about anything else. When I aged up, the times got so much faster and I stopped progressing in my backstroke events. However, because I had been forced to swim other types of events at a younger age, I found it easier to stay motivated and still drop time in other events until my backstroke came around again.

4. Evaluate Strengths and Weaknesses

Let's be honest, not every swimmer is going to be the best ever at the 50 freestyle or the 100 backstroke. However, when a swimmer gets to swim a wide range of events, it gives them an opportunity to experiment and determine what races fit them. I fell in love with distance swimming in my early teenage years. I was amazed with the stroke of the top distance swimmers, and in practice. Then there were the struggles that come with sprinting. Without my background in racing several events, it would have been extremely difficult to determine where my natural talent was.

