



IN
DIVING



NO.3
MAR 2024



NT SWIMMING CHAMPIONSHIPS

WHAT'S HAPPENING AT THE
NT'S PREMIER SWIMMING
CHAMPIONSHIPS

LATEST NEWS

- SNT HAS A NEW PRESIDENT
 - DEEPEST CONDOLENCES FOR A SUDDEN LOSS
 - MASTERS CHAMPS GETTING CLOSER
 - SPORT & ACTIVE RECREATION GRANTS
-

BUILDING SELF- CONFIDENCE

7 WAYS TO BUILD YOUR
SELF-CONFIDENCE TO
HELP YOU IN THE POOL



WELCOME

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

We are only a matter of days away from the 2024 NT Swimming Championships (formerly NT Age & Open Championships) and it is a great opportunity for swimmers to test themselves against the best swimmers in the Northern Territory. The added bonus of these Championships are the ability to qualify for the 2024 Australian Age & MC Championships in April, or to be selected in the School Sport NT swimming team to compete at the School Sport Australia Championships in July, both of which are occurring on the beautiful Gold Coast. We also hope you enjoyed the World Aquatics Championships and get to catch up with Kate Reynolds to hear all about her incredible experience and where technical officiating can take you

SNT has also just concluded the very first SNT Flippers camp over the last weekend of February, as part of our newly launched Performance Pathway Program. Workshops on nutrition, activation, sports psychology, strength & conditioning and media training were all held along with a raft of skills sessions, led by Swimming Australia Coach Mel Tantrum. Read more about the weekend's activities below!!!

See you at the pool!!!



Warren Dopson
CEO - Swimming NT

NEWS



DEEPEST
CONDOLENCES

New SNT President

We are happy to announce Megan Gallagher as the new President of Swimming Northern Territory. Unfortunately former SNT President Tamara Keane had to step away from that role for personal reasons. The SNT Board and I thank Tamara for her efforts as SNT President and wish her the best throughout this current period. Tamara is still on the Swimming Northern Territory Board, however will be absent for a short period.

Megan is very well known throughout the swimming industry in the NT and has been on the Board of SNT since 2020.

Megan is a competitive swimmer and has been the leading female Open Water Swimmer in the NT for many years.



"I see swimming as an opportunity for our young athletes to have fun, build confidence, and foster competence, both in and out of the pool. My ongoing love of swimming started young and continues today as I remain a member and active competitor with Darwin Swimming Club (I'm sure the teenagers are getting faster, and that it's not me getting slower!). I joined the SNT Board in 2020 with the goal of giving back to the sport that has shaped who I am today. I'm grateful to have our CEO Warren Dopson, along with the SNT Board, to support me in this role." (Megan Gallagher)

The Board and executive team have full confidence in Megan to excel in the role and serve in the best interests of SNT.

SNT offers our deepest condolences to the coach of Kununurra Crocs Sally Bohn and the entire Kununurra swimming community in regards to the untimely and sudden loss of Sally's husband recently.

Unexpected loss is always very difficult to accept and SNT will be here to assist where possible.

"When you lose someone you love, you gain an angel you know."

Sport and active recreation grants:

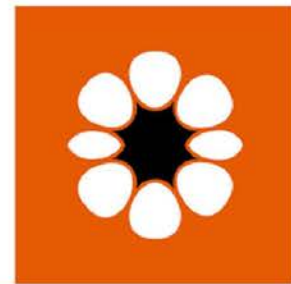
Grants of up to \$5,000 are available for clubs and organisations in the Northern Territory (NT) to help people participate in sport and active recreation.

Grant funding opportunities are open now through the NT Grants Portal for all SNT clubs.

Recent recipients of the grant include:

- Alice Springs Swimming Club; and
- Casuarina Swimming Club

Applications close on Thursday 14th March 2024 so get them in as soon as possible. SNT are available for any assistance.



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>



2024 NT Swimming Championships

The NT's premier home competition is again upon us, with 3 days of fantastic racing ahead of us at Parap Pool from Friday 15th to Sunday 17th March 2024. This year we have had a change of structure, a change of name, but the same awesome opportunity to come away with the title of NT Champion.

The 2024 NT Swimming Championship ambassador is Sahrah Hancock - Nightcliff Dolphin para-swimmer. SNT is delighted to have Sahrah as the event ambassador and is hoping this is the start of an incredible couple of months for Sahrah with the Australian Age Championships coming up in April on the Gold Coast.

2024 NT Short Course Swimming Championships

Swimming Northern Territory is proud to announce the 2024 NT SC Swimming Championships are to be held at the Alice Springs Aquatic and Leisure Centre on Saturday 3rd August and Sunday 4th August 2024. Taking place over the long weekend, SNT is working with our new travel partners Stage & Screen to put together the best flight and accommodation packages.

More information will be announced shortly. This event is being supported by the NT Major Events Company



NEW CLASSIC TO REVITALISE OPEN WATER SWIMMING

Swimming Northern Territory is proud to announce the establishment of a new event that will revitalise Open Water Swimming in the Northern Territory. The Darwin Waterfront Classic will be conducted on Saturday 31st August 2024. Open to all members of the NT community, this event will provide a safe and exciting open water swimming festival to celebrate in the NT.



Incorporating the SNT Open Water Championships, this new spectacular event will include the following events:

- 400m
 - 800m
 - 1200m
 - 2.5km
 - 5km
 - 10km
- More information will be announced shortly. This event is being supported by the NT Major Events Company



Greatness Starts **HERE**....

Swimming NT is proud to announce Sahrah Hancock, from Nightcliff Swimming Club as our event Ambassador for the 2024 NT Swimming Championships.

Profile

Name: Sahrah Hancock

Age: 13 years

Club: Nightcliff Dolphins

SNT Pathway Program: SNT Flippers



What are your favourite hobbies?

Swimming is my favourite hobby, but I also like catching up with friends.

When did you first start swimming?

I started swimming with a club mid 2021 as an 11 year old.

What is your favourite swimming memory?

I have a few favourite memories, the first is swimming at the Queensland State Championships late last year and chasing down the swimmer in the lane beside me and taking 15 secs off my PB in the 200m freestyle. I also made a final in the 50 m breaststroke at the Queensland State Champs and got to swim against a couple of Australian para-athletes. My third favourite swimming memory is getting to swim with Scooter (Grant Patterson) a para-athlete, when I was 11 years old. Scooter has a form of skeletal dysplasia and he showed me what people with short stature, or with a difference, can achieve.

What is your favourite stroke and distance?

My favourite stroke is the 50 m and 100 m breaststroke.

What is it like swimming with the Nightcliff Swim Team?

I love swimming for Nightcliff, the club is very supportive of all the multiclass swimmers. The club has a fantastic coach and she challenges all the swimmers to be the best they can be. Nightcliff is like a big family and I have great friends at the club.

What are your future goals?

To represent Australia in swimming and make it to the Paralympics, World Para Games and maybe the Commonwealth Games. I also wouldn't mind breaking a world record some day. Maybe someday too I'll be a role model for younger para-athletes coming through.

We wish Sahrah all the best at the 2024 NT Swimming Championships this weekend.

Upcoming Events!!



- Friday 15th - Sunday 17th March - NT Swimming Championships - Parap Pool
- Saturday 16th March - McDonald's Participation Meet - Parap Pool
- Saturday 20th April - Darwin Top End Sprint Meet - Parap Pool
- Friday 3rd - Tuesday 7th May - Masters National Championships - Parap Pool
- Saturday 18th May - SNT Flippers & YPS Talent ID & Testing Day - Parap Pool
- Saturday 25th May - Darwin SC Invitational - Parap Pool
- Saturday 1st June - SNT Short Course Season Opener - Parap Pool
- Saturday 22nd June - SNT End of Season Blowout (SC) - Parap Pool



47th NATIONAL CHAMPIONSHIPS

DARWIN 2024

MAY 3 - 7 





TOP END SPRINT MEET



Where: Parap Pool

When: Saturday 20 April,
open to all clubs

Entries Close:
Tuesday 16 April 11:59pm

Warm-up starts 2:30pm

Racing starts 3:30pm

Join Us!

Don't miss out on our first invitational sprint meet for 2024. Mark your calendars and be part of the action on 20 April 20. For more information visit <https://darwinswimclub.org.au/darwin-invitational/>

How to participate:

Swimmers: Register now to secure your spot in the competition. Show off your speed and agility in the pool!

Spectators: Come cheer on your favourite swimmers and be part of the excitement.

What to expect:

- **Exciting races:** Watch talented swimmers showcase their skills in a variety of events, including the exciting skins races.
- **Family-friendly atmosphere:** Enjoy an afternoon of entertainment and camaraderie for swimmers and spectators alike.
- **Fundraising:** Support the Darwin Swimming Club and help us continue to promote the sport of swimming in our community.

PERFORMANCE PATHWAYS

*Inspire
Engage
Achieve*



SNT Flippers Program



Emerging Talent Program



Youth Performance Program



Junior Development Program



The 2024 NT Swimming Championships is a great opportunity to achieve the times necessary to be a part of the SNT Performance Pathway Program into the 2024-25 season.

For more information, including qualifying times, please visit the SNT website link below and set your goals to be a part of the most comprehensive development program ever conducted in the NT

**SNT website -
Competitive Pathways**

New SNT development program for 2024 and beyond

NEW

PARTNERSHIPS

24/7 snap fitness

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.

Territory Sports Medicine have become a strategic partner with SNT in the Sports Health and Medicine field.



Territory Sportsmedicine

Comprehensive Care for the Community

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

HUNTER PERFORMANCE COACHING >>>

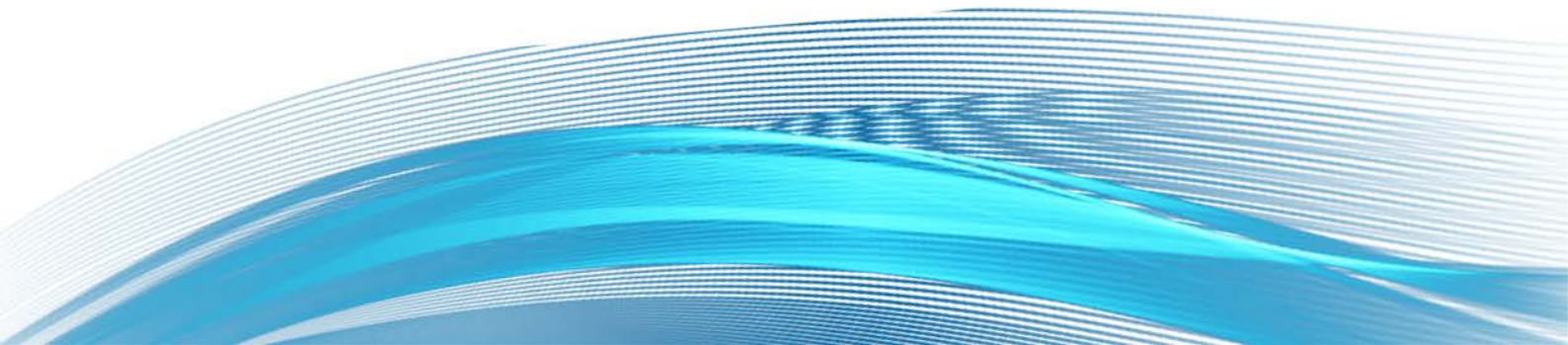


PERFORMANCE
NUTRITION
EBOOK
HUNTER PERFORMANCE COACHING

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.



Swimming Northern Territory is currently working with Stage and Screen Travel Services to be our preferred travel partner to provide the travel arrangements for our future SNT Team travel arrangements. In addition to this, the agreement aims to provide the opportunity for all members to tap into the arrangement to gain superior travel airfares and accommodation, worldwide. With offices in Sydney, Melbourne, Brisbane, Auckland, Los Angeles, New York, Toronto, Vancouver and Cape Town Stage and Screen will be an excellent value add to all swimming Northern Territory members moving forward.



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

7 Ways to Build Your Confidence in the Pool



One of the most frequent mental blocks among swimmers is low self-confidence in the pool.

Oddly enough, in my experience, it was the swimmers who showed up to train every day, worked their butt off, and yet, still struggled to have the self-belief that is necessary during championship season.

But there are always things you can do.

The belief we have in ourselves is something that is built over time through deliberate actions of our own. Which means that it is something we have control over.

1. Sweat the Small Stuff

Get lost in a couple of small details in your swimming. Whether that is your stroke technique, the number of dolphin kicks you do off of each wall, or your breathing pattern, make it a point to pay extra close attention to just a few things and aim to completely nail them. What you will find is that devotion to excellence will naturally spread to the rest of your swimming. Excellence is infectious, and the confidence you feel after mastering those crucial details will eventually translate into unstoppable confidence in the pool. Set the specific small goals before training and achieve them!!!

2. Stop focusing on the end result

How often do we get bogged down in thinking about all of the scary stuff that may happen, but ever rarely do? Avoid thinking about a poor performance in the pool and instead focus on the variables you can control. Oftentimes, this means shifting your focus from that daunting goal to mastering the dirty, gruelling parts of the process along the way.

3. Have a positive attitude

Acting like the swimmer you want to be can help build a more positive environment around you. Compliment your teammates after a challenging set. Help a youngster overcome a technique hang-up. Volunteer to help pack up at the end of practice. Being positive isn't just a way of thinking, its way of life. When you start acting positively, those actions can feed into your energy and mentality .

4. Remember all the times you were successful

Take some time to sit down and write about all the times you – despite the odds – rose to the occasion and achieved something - remember the great feeling it gave you. We are much stronger than we give ourselves credit for, and sometimes we just need to be reminded of it.

5. Take it one step at a Time

We talk a lot about the process here, and for good reason. Thinking about that big, glorious goal at the end of the line helps us to stay motivated when the last thing we want to do is gear up for another monstrous set. But it can also create an intimidating shadow of expectations that can crush our self-confidence. Don't let those big goals scare you, instead take it one step at a time.

6. Start utilizing your habits for good

Habits can be extremely powerful things. They dictate a great portion of the things we do every day, so why not harness that power to do something good with your swimming? It does not have to be overly complicated or extensive; something like packing a nutritious snack for before practice. Or by reflecting on your training in a logbook.

7. Decide the swimmer you want to be

Having principles in life is important. Surely they dictate the way you move through the world. Among other things, you own your own code for how you treat others and how you carry yourself. You can do the same for your swimming. Write out what type of athlete you want to be and list out the steps that will help you become that person. Will you be the swimmer who shows up early? Or will you be the swimmer who stays late to get in a good warm down? Write down the principles you want to hold as an athlete and stick to them.

At the end of the day, true confidence comes from deliberate action. From progress. From improvement.

So, which of the tactics above will you use to moving forward to be a more confident swimmer?





MASTERS SWIMMING NT'S

OPEN WATER SWIM #1

Our first OWS event for 2024 (and trial for MSA Nationals)



Date: Saturday 23rd March
Distances: 1.6km and 3.2km
Venue: Darwin Waterfront Lagoon
Start Time: Race Briefing 7:45am
for 8:00am start.

Entry Fee:
MSNT Members - \$15.00
Non-members - \$20.00

****Entries Close Thursday 21st March****

ENTER HERE