

Clinic Coaching Staff



Rohan Taylor **High Performance Coach**

Rohan joined Nunawading Swimming Club as the High Performance Coach in October 2008. Rohan has 17 years coaching experience and has been a VIS High Performance Coach since

2000. Rohan has been on the following

Australian Teams:

1999, 2004 & 2008 World Short Course Championships

2000 Oceania Championships

2005 World Long Course Championships

2008 Olympic Games - Beijing



Amanda Isaac **Head Coach- Nunawading Swimming Club**

Amanda has over 10 years coaching experience and joined Nunawading in January 2007. Amanda was an Australian Team Coach at the 2008 Beijing Paralympic Games.

Also Featuring:

Grant Staelwinder

2008 Australian Olympic Team Coach

Coach of World Record Holder and Olympic Silver

- Medalist Eamon Sullivan

NSW Institute of Sport High Performance Coach

Technique First Swim Clinics offer you the opportunity to be work with some of the world's best swimming coaches.

There are very few chances for swimmers to work with the best and you now have this opportunity.

The coaches will work closely with swimmers to develop their technique in all four competitive strokes. The clinics will also focus on improving skills like starts, turns and finishes.

Each swimmer will also be filmed and will receive a DVD following the clinic.

Swimmers from all clubs welcome and enrolments are strictly limited.

These clinics promise to be one of the most exciting and enjoyable weeks for swimmers.

Nunawading Swimming Club's **Vision**

"To be the most recognised and well regarded swimming club in Australia as a leader and innovator in Learn To Swim and Competitive Swimming"

www.nunawadingswimmingclub.com

Technique First Swim Clinics

Presented By:

Nunawading Swimming Club

**Providing Technical Solutions
To Your Swimming Needs.**

Coaching By - Olympic Team Coaches

Rohan Taylor (coach of Leisel Jones, Shayne Reese)

Grant Staelwinder (coach of Eamon Sullivan)

Guest Appearances By :

Olympic Gold Medalists:

Leisel Jones & Shayne Reese

& Australian Team member Sarah Katsoulis



Technique First Swim Clinics

When: Mon 19th to Sat 24th January 2009

Where: Ascham School Pool

Address: 188 New South Head Road, Edgecliff, NSW

Clinic 1

8–12 years

Monday 19th - Wednesday 21st January 2009

Level required— Minimum Metropolitan or Country Qualifier

Cost = \$220.00 (Includes GST)
(Lunch will be provided)



Parents are to pick their children up at the end of each days programs, accommodation is not provided.

Monday 19th January 2009

12.00pm— Arrive Registration

12:30 -1:30pm- Lunch

1:30 – 2.00pm Introduction to Staff and overview of the program

2.00pm – 4.00pm – Pool assessment and group allocation

4.00pm-5.00pm – Dry land assessment

5.00pm – 6.00pm Video session/Athlete Discussion - Guest athlete Leisel Jones – What are the best doing?

Tuesday 20th January 2009

9.00am - Arrive and break into groups

9:30 – 11.00am – 2x groups in pool, 2x groups dryland and video session

11.00am – 12.30pm – swap from above

12:30-1:30pm – Lunch

1:30 – 3.00pm – 2x groups in pool, 2x groups dryland and video session

3.00-4:30pm – swap from above

4:30 – 5.00pm – Athlete Discussion - Guest athlete Shayne Reese

The video sessions will be on all 4 strokes, starts and turns. Each stroke will be focused on each session on 2 strokes

Wednesday 21st January 2009

9am - Arrive

9:30-11.00am – 2x groups starts and turns, 2 groups film starts and turns

11.00am – 12:30pm – swap

12:30 – 1.00pm

Lunch and wrap up

*DVD's of all video filming will be sent out to each attendee.

Clinic 2

13 - 18 years

Wed 21st - Sat 24th January 2009

Level required

- Minimum Metropolitan or Country Qualifier

Cost = \$300.00 (Includes GST)
(Lunch will be provided)



Parents are to pick their children up at the end of each days programs, accommodation is not provided.

Wednesday 21st January 2009

12.00pm - Arrive registration

12:30 -1:30 - Lunch

1:30 – 2.00pm - Introduction to Staff and overview of the program.

2.00pm – 4.00pm – Pool assessment and group allocation

4.00pm-5.00pm – Dry land assessment

5.00pm – 6.00pm - Video session/Athlete Discussion (Guest athlete TBC) – What are the best doing?

Thursday 22nd January 2009

9.00am Arrive

9:30 – 11.00am – 2x groups in pool, 2x groups dryland and video session

11.00am – 12.30pm – swap from above

12:30-1:30pm – Lunch

1:30 – 3.00pm – 2x groups in pool, 2x groups dryland and video session

3.00 -4:30pm – swap from above

4:30 – 5.00pm – Athlete Discussion (Guest athlete TBC)

The video sessions will be on all 4 strokes, starts and turns. Each stroke will be focused on each session.

Friday 23rd January 2009

9.00am Arrive

9:30 – 11.00am – 2x groups in pool, 2x groups dryland and video session

11am – 1230pm – swap from above

12:30-1:30pm – Lunch

1:30 – 3.00pm – 2x groups in pool, 2x groups dryland and video session

3.00 -4:30pm – swap from above

4:30 – 5.00pm – Athlete Discussion (Guest athlete TBC)

The video sessions will be on all 4 strokes, starts and turns.

Each stroke will be focused on each session.

Saturday 24th January 2009

9.00am – warm - up for competition

9:30-12.00pm – Competition for Groups in Teams

Filming of races to be done

12.00 -1.00pm – Lunch and Wrap up

*DVD's of all video filming will be sent out to each attendee.

Technique First Swim Clinic Contacts

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