

7th March 2014

Canterbury Platinum Squad Report Queensland Camp and Champs:

My apologies for the delay in getting this report completed.

The Platinum Squad of 9 swimmers (Beckie Dooley, Grace Somerville, Lisa Catto, Abbie Johnston, Kelly Scammell, Ebony Maikuku, George Schroder, Henry Muskee and Chris McFadden), manager Fiona Dooley and me completed a highly successful fortnight in Queensland starting with a 7 day camp in Caloundra followed by intensive competition against some of Australia's best at the Queensland State Champs.

Caloundra Camp

Caloundra is an ideal spot for any team camps in the future. It is a 75 minute easy drive up the coast from the Brisbane airport where we collected our Rental Van.

The accommodation at the Shearwater Resort apartments at Kings Beach was excellent with swimmers making use of the close location of the beach to relax at the end of each day. The cooking facilities were great and we were located 5 minute drive from the pool and supermarket.

We swam 15 sessions over 7 days at the home pool of the Pelican Waters Caloundra swim team and their Head Coach, John Wallace and his staff where very welcoming and we were able to use any of the clubs equipment. In addition the pool had a very good gym located within its grounds that we were able to use every second day. Eight of the swimmers also utilised one of the staff members from the gym to have a massage on the second last day of the camp before they headed to the competition.

We were also able to have most of the middle day off and we went shopping in Mooloolaba, the beach at Noosa and visited the Ettamogah pub.

I would recommend that we use Caloundra again in the future as it had everything the team needed in close proximity with excellent pool space, accommodation and activities.



CALOUNDRA CAMP ACCOMMODATION – SHEARWATER RESORT, KINGS BEACH



CALOUNDRA CAMP POOL – PELEICAN WATERS SWIMMING CLUB



CALOUNDRA CAMP - TEAM ACTIVITIES

We travelled from Caloundra to Brisbane on the Saturday preceding the meet stopping at my sister-in-law and brother-in-laws hotel in Brisbane for lunch. Shirley and Ross put on a great meal for the team along with some Queensland memorabilia



LUNCH AT THE CAXTON HOTEL – BRISBANE

Queensland State Champs

This competition is one of the premier state championships in Australia with many Olympians competing along with the majority of the NZ High Performance Team who had been on camp on the Gold Coast.

We stayed at the University of Queensland, Griffiths Campus which while adequate for our needs was a substantial drive to the pool and the food particularly at night was not of a very high standard. There was also no air conditioning meaning extremely hot rooms and a trip to the local electrical appliance store to do a deal on desk fans. I would recommend in the future that we look for good apartment accommodation in the city as the trip on the motorway down to the Chandler Pool does not take too long.

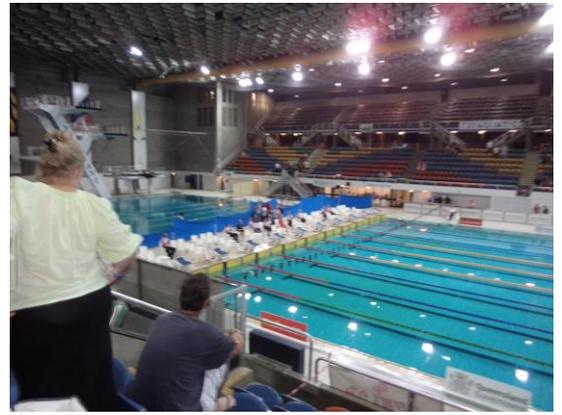
The sessions were incredibly long with morning warm-up starting at 7.30am and most sessions finishing between 2.30pm and 3.30pm. The afternoon finals warm-up started at 4.30pm and the last race was around 9pm. We did try and shuttle swimmers but this proved to be very difficult with the distance to the accommodation but Fiona and I tried to provide the best possible environment for the team to perform.

This is good experience for the swimmers as not all conditions are ideal and they must learn to adapt and be mentally strong and ready to perform no matter what the circumstances.

The Chandler pool facility is excellent with a 10 lane competition pool and seating for 3000, Olympic dive well and a 13 lane 50m outdoor training pool for warm-up and warm-downs. I think we should just move it to Christchurch. Perfect for our needs here!!



OUTDOOR 13 LANE POOL 50m x 25m



COMPETITION POOL

Apart from a couple of stand-out performances from George Schroder the teams results were initially disappointing with only 4 PBs from 34 events but on discussion with Tom van der Boerdegarde who is the HPSNZ Physiologist linked into swimming he explained that this wasn't unusual as none of the swimmers had usually had an intensive camp type build up immediately before the event previously. The benefits of the camp and competition will be seen later in the season.

George Schroder performances in his specialist Breaststroke events were outstanding wining Gold medals in both the 100 and 200m distances with the 100 being a new NZ 18 Year Age Group record and both events are new Canterbury Open records.

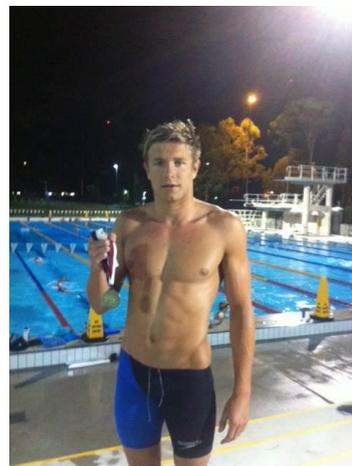
Grace Somerville won a bronze medal in the 800m freestyle for the 17/18 year old as well as finishing 6th in the 400 Free and 100 Fly in her other final appearances.

One swimmer I wish to single out is Beckie Dooley who unfortunately had a muscle tear during the warm-up of the 200m Breaststroke and had to withdraw. However Beckie would not back down and bravely fronted the next morning to race the 100m prelims qualifying for the final and finishing a highly creditable 7th place just outside her PB

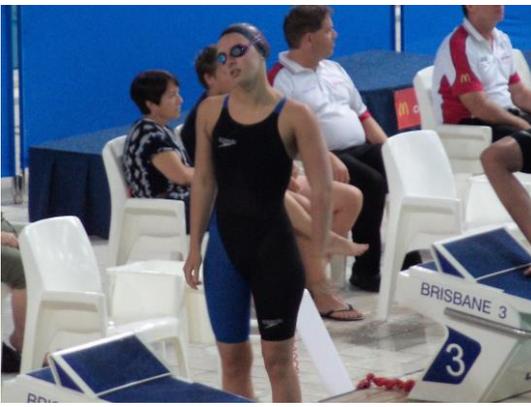
Other swimmers to feature in finals were:

Abbie Johnston	17/18 years	100 Breast 9 th	200 Breast 5 th
Ebony Maikuku	17/18 years	200 IM 8 th	200 Back 4 th
Kelly Scammell	17/18 years	200IM 7 th	200 Back 6 th

It was also great to be able to support the Wharenui swimmers who were present at the meet. The 17/18 years 100 Breaststroke saw George Schroder win from a very fast finishing Matt Phillips for a Canterbury quinella.



**George Schroder 1st 100 & 200 Breast 17/18 yr
NZ 18 year old record 100 Breast
Canterbury Open Records 100 & 200 Breast**



Grace Somerville
3rd 800 Free 17/18 yr
6th 400 Free 17/18 yr
6th 100 Fly 17/18 yr



WOMEN 200M		QL	1
Event 85 Final			
0	MCFERRAN, M	WJORK	
1	DOOLEY (U), B	NZL	
2	WALLACE, T	PWAL	
3	PICKETT, L	STHPT	
4	TONKS, L	INDOO	
5	FOSTER, S	MARI	
6	BOHL, G	STPET	
7	DAHLITZ, A	MARI	
8	THORN, E	MARI	
9	OLIVE, A	TSS	

Beckie Dooley
7th 100 Breaststroke Open Women

I want to say a huge thanks to Fiona Dooley who stepped in to help me with the team after no other coach was able to attend. This was a huge job that Fiona took on and her help and assistance was fantastic.

I also want to thank my sister-in-law Shirley who provided 2 of the meals while we were in Caloundra.

Also a big thanks to the Swimming Canterbury West Coast Committee who has shown great vision in supporting all the squads financially and making the pathway more affordable for parents.

Since the team has returned we have had a large number of the swimmers who have moved on with George to Auckland, Abbie to Auckland, Grace to the States, Kelly retiring and Beckie indicating she will be retiring after NZ Opens. If you also add in Sophia Batchelor, Natasha Lloyd, Matthew Hutchins and Kiaori McGuinniety also leaving then swimming in Canterbury has certainly lost many of their top performers over recent years. However this does provide opportunities for others coming through and I am a firm believer in the Canterbury Squad Pathway and the benefits it provides for swimmers and coaches.

Dave Prattley
 Head Coach
 Platinum Squad