

NUsport Performance Hub Information Evening

Newcastle University



SNSW Strategic Plan

Vision

“To be the #1 state in performance and participation”

Mission

“To provide opportunities and pathways to enable everyone to enjoy swimming and develop the potential of all participants”

Pillars of Success

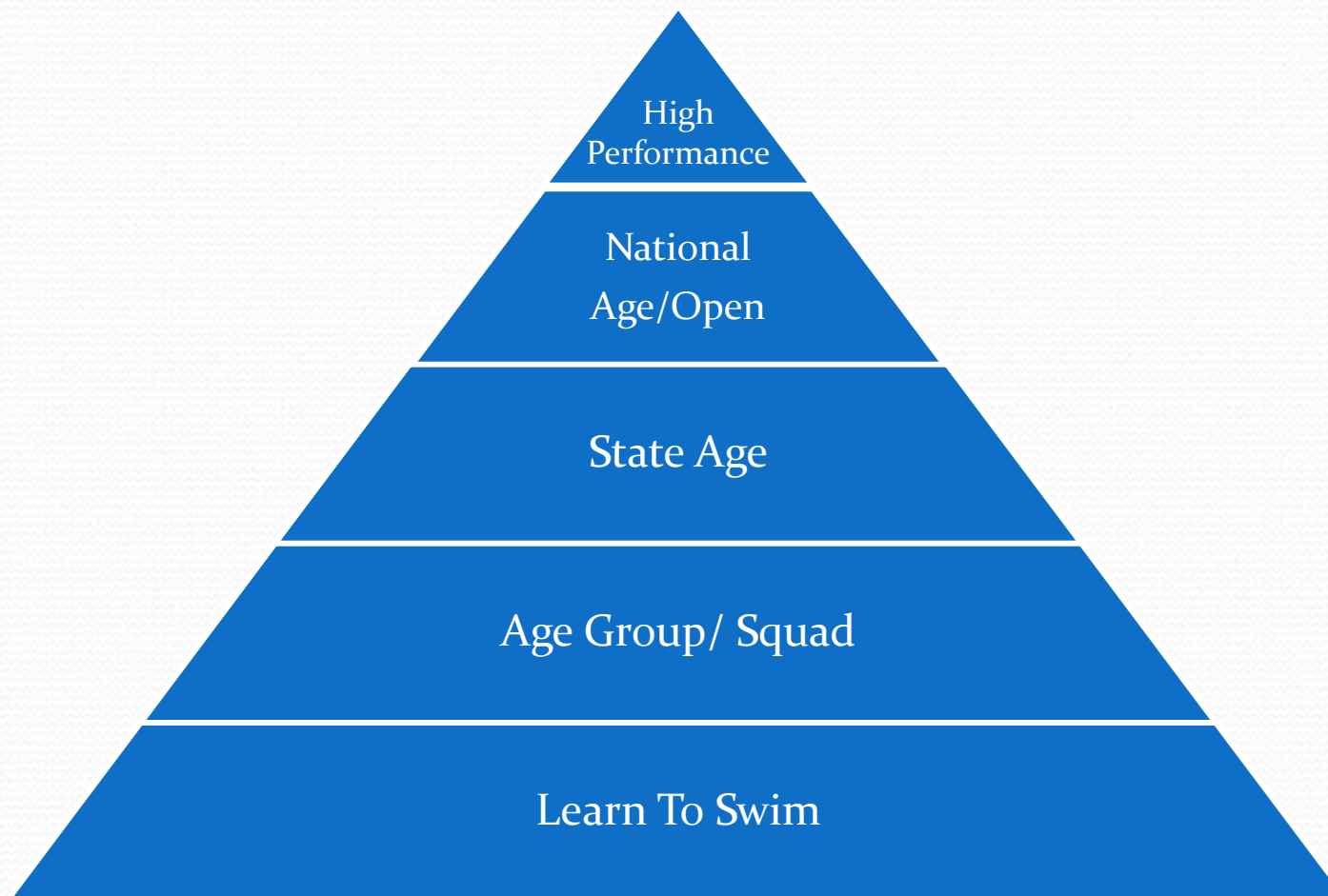
Participation/ Performance/ Partnerships

SNSW Strategic Plan

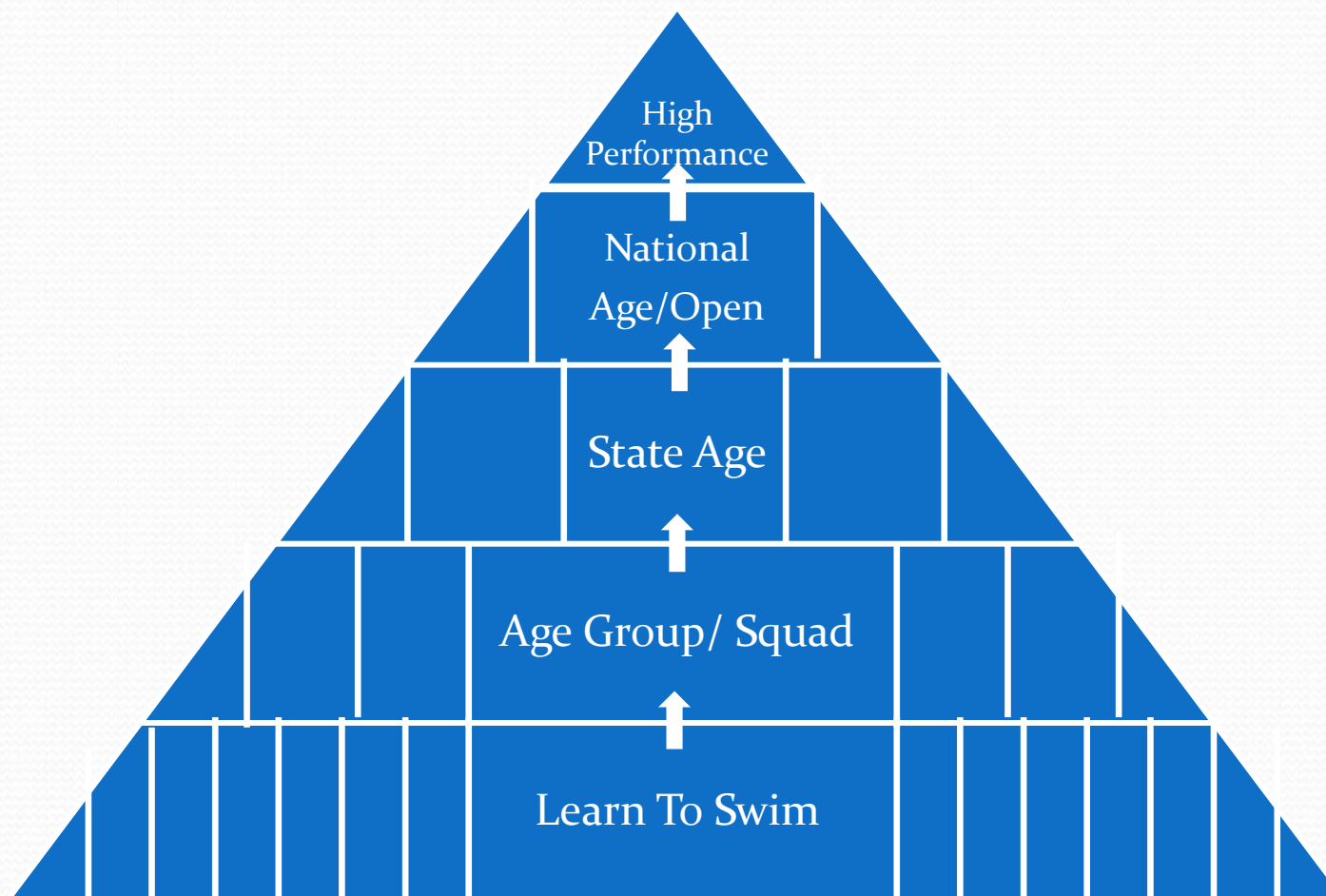
Areas of Focus

- Performance Pathways
- Infrastructure & Accessibility
- Regional Growth
- Product Diversification
- Technology Evolution
- Broaden Engagement

Vision of Coach & Athlete Pathways



SNSW Pathways



SNSW Performance Pathway

Podium Categorised Athletes

SNSW Touring Team

NSW Flippers Squad

Male 20-23yrs & Female 19-23yrs: 3% BM time
Male 19yrs & Female 18yrs: 4% BM time
Male 18yrs & U & Female 17yrs & U: 5% BM time

SNSW Target Squad

Male 19yrs & Female 18yrs: 6% BM time
Male 18yrs & Female 17yrs: 7% BM time
Male 16/17yrs & Female 15/16yrs: 8% BM time

SNSW Sharks Squad

Male 16yrs & Female 15yrs: 9% BM time
Male 15yrs & Female 14yrs: 11% BM time
Male 14yrs & Female 13yrs: 12% BM time

SNSW Para Development Squad

Male and Female 12-18yrs who achieve a squad qualifying time, in their respective class

Junior Development Program

Male 12-13yrs & Female 11-12yrs: Top 3 swimmers from each age group in 200 IM

Regional Development Program

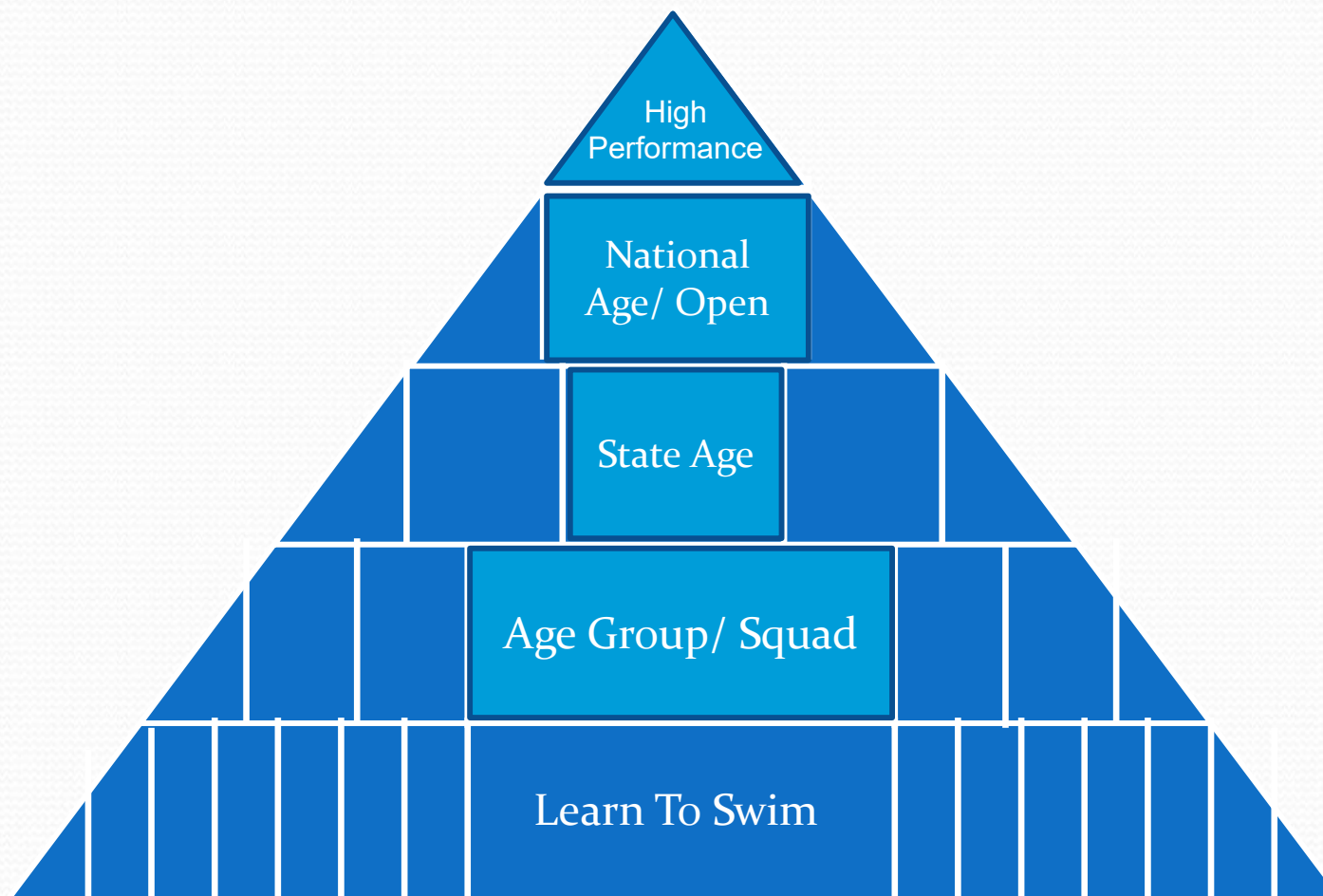
Male 14-16yrs & Female 13-15yrs: Top ranked regional swimmers who are not selected in Pathway Squads

Swimming NSW
Performance
Pathway
Program

SNSW Performance Centres

- In early 2023, we plan to re-badge our Hubs to become Performance Centres.
- This is to avoid confusion with Swimming Australia Hubs and also more clearly define their purpose.

What is a SNSW *Performance Centre*?



What is a “High Performance” Squad

High Performance

- NSWIS Categorical Program
 - Based on categorisation of athletes
- 8 -12 Athletes (*generally aged over 17*)
- Sports Science supported
- Focussed on National & International Success

Vision to 2024

Six High Performance Programs in NSW

- SOPAC
- AIS
- ACU Blacktown
- Carlile (Ryde)
- NUsport – University of Newcastle
- North Coast (*TBC*)

Why a Performance Centre?

- We need to provide NSW based options for our elite swimmers and coaches
- At present there is a perception that you need to move interstate or overseas to make the National Team.
- We need to provide clear NSW based pathways for coaches and athletes to achieve their potential.
- In order to compete at a National & International level we need to create programs that cater for the full needs of the athlete (Education, Coaching, Sport Science & Medicine, Infrastructure & Wellbeing)
- We need to take advantage of the incredible infrastructure, institutions and potential that NSW provides
- Over the last decade, over 85% of NSW swimmers who made the National Team came from these programs.

What is different about what we are creating?

- We are taking a state based approach to this.
- We are creating sustainable swimming programs
- Not a single centre, or even region
- Does not have to be a single pool or program or club.
We need to work as a team across NSW.

Coach Development

- Swimming NSW is investing more heavily in Coach development than ever before.
- We have a Coach Leadership team now on the ground that includes Leigh Nugent, Jon Shaw, Chris Myers & Greg Salter.
- A key deliverable for Performance Centre Head Coaches is to engage and develop the coaching talent within their region
- Wherever possible, we will adopt a 'door is always open' approach to our Performance Centres

Head Coach Appointment

- The Head Coach of the program will be Sander Ganzevles
- Sander has had a long career in competitive swimming as an elite swimmer, scientist, and coach, including a period as Swimmer at Nusport.
- After missing the 2004 Olympic Games as a swimmer, he started his education in Human Movement Sciences. Jacco Verhaeren asked him to work as an embedded scientist for the Royal Dutch Swimming Federation in 2010.
- Assistant coach at the Royal Dutch Swimming Federation, National Training Centre Amsterdam
- Lead Coach National Training Centre Heidelberg, Germany
- In 2013, he started his PhD project on training optimization based on the power equation.

Coach Development at NUsport

- Sander will be engaged with the local coaches including visiting their programs & inviting them to visit the Hub
- The aim of the Performance Centre is not to take the best athletes from coaches, it is to support & develop those coaches so they can ensure their best athletes reach their potential.
- We are realistic that not every coach can create a Performance Centre at their program, but they are necessary to achieve success

How do you get into the Performance Centre?

- Ultimately there will only be a small group of athletes swimming at the Hub (8-10). These are swimmers that have completed or are about to complete their schooling & have the potential to make National Podiums and ultimately the National Team.
- Interested Swimmers should talk to their Home Coach first about the potential of moving to the Performance Centre and then an enquiry can be made to the Head Coach
- The Squad will be filled gradually over time.

How do you get into the Performance Centre?

- The Head Coach will have final say on who is accepted into the program & is accountable for the success of the program
- Non Coast & Valley swimmers can join the Program
- Interstate Swimmers can join the program but must join a NSW Club.
- Home Club status can be maintained by swimmers if desired.

Questions ?

