



HIGH PERFORMANCE DEVELOPMENT PROGRAM

Masters Swimming WA

**Ready to take your
swimming to the next
level?**

4 x 2.5 hour coached sessions:

- Dives
- Turns
- Speed & Distance

Exclusive WA program aimed at high performance competitive swimmers. Member applications only.

CLINIC DETAILS

All clinics will be held 3pm - 5:30pm at HBF Stadium.

Saturday 29 January 2022

Saturday 12 February 2022

Saturday 12 March 2022

Saturday 26 March 2022

\$55 PER SESSION



ABOUT THE PROGRAM



OVERVIEW

We are offering four (4) intensive two-and-a-half-hour sessions over three months for a small group of swimmers. There will be a maximum of 18 participants per session to ensure all swimmers get individual attention and feedback. This program will give attendees insights and techniques not typically taught in Masters Swimming. The program is designed and conducted by Masters Swimming WA's Coach and Swimmer Support Kareena Preston. Kareena has 30 years of coaching experience including extensive experience working with and coaching elite swimmers.

WHO CAN APPLY?

If you are a Masters Swimming WA member you can apply. This program is aimed at our most advanced competitive swimmers, those who wish to compete in State, National or International Events, e.g. Masters Swimming National Championships. All ages 18+ are welcome. This program will accommodate 18 swimmers maximum per session. Priority will be given to swimmers who can attend all 4 sessions. Don't let this put you off applying. If there is one or two particular sessions that you're interested in, please apply. Selection will be based on the applications received and will be at the discretion of Masters Swimming WA.

CLINIC COST

The cost is \$55 per person per session (2.5 hours duration).

While this program is run by Masters Swimming WA and is exclusively for our members, it is not funded by our member fees. This is a user-pay program that is self funding. It is offered to provide a greater level of choice and service to our members who are looking to access a bespoke service that will assist in taking their swimming to the next level. Any profit generated from this program is reinvested in Masters Swimming WA's operational budget for future clinics and events.

HOW DO I APPLY?

Complete the online application form here:
<https://forms.office.com/r/zTZrd4qZ0m>



SCAN ME

PERFORMANCE CLINIC 1

Developing Back-End Speed for 200m Events



SATURDAY 29 JANUARY, 2022

3PM - 5.30PM AT HBF STADIUM, MT CLAREMONT

Do you start too fast in your 200 just to find that you've run out of puff by the third 50? Knowing how to train back-end speed in a 200m event is key to maintaining correct pacing and finishing strong. The session will begin with a discussion on how to structure your training to target back-end speed, followed by a full in-water session to put your calculations into practice.

Required items:

- A pen and notebook
- A target time (what you are aiming to swim, NOT your current PB) for your priority 200m event you are training for, and any current splits you have from recent competition
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel

PERFORMANCE CLINIC 2

Developing Front-End & Back-End Speed for 100m Events

SATURDAY 12 FEBRUARY, 2022

3PM - 5.30PM AT HBF STADIUM, MT CLAREMONT

Have you heard the term "easy speed"? Well, this is what the first 50 of your 100 should feel like, so you can turn and power home for a PB. Come along to this session to see how to control the front end of your 100 and stay in control to power through the back end of the race.



SCAN ME

We will begin the session again with a discussion on how to structure sets to develop a pace that can be maintained, and give you the PB you are chasing.

Required items:

- A pen and notebook
- A target time (what you are aiming to swim, NOT your current PB) for your priority 100m event you are training for, and any current splits you have from recent competition
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel

PERFORMANCE CLINIC 3

Sprinting Tips & Tricks

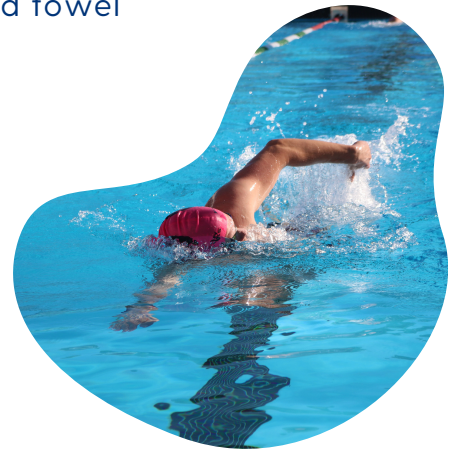
SATURDAY 12 MARCH, 2022

3PM - 5.30PM AT HBF STADIUM, MT CLAREMONT

How many strokes do you take? What should your breathing pattern look like? Where's your acceleration point? What do you do at the flags? If you don't know the answer to some or all of these questions, then this session is for you. We will begin with a discussion and some land-based activation before hitting the water.

Required items:

- A pen and notebook
- A target time (what you are aiming to swim, NOT your current PB) for your priority 50m event you are training for, and any current splits you have from recent competition
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel



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PERFORMANCE CLINIC 4

Mobility Requirements for a Dynamic Dive Start



SATURDAY 26 MARCH, 2022

3PM - 5.30PM AT HBF STADIUM, MT CLAREMONT

Touching your toes is just not good enough for a powerful dive start. Coach Kareena will take you through an extensive mobility session directly transferrable to your dive. We will then take it to the blocks and see how fast you feel getting into the water.

Required items:

- A pen and notebook
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel
- If you have a foam roller, please bring it along

HOW DO I APPLY?

To apply for one or more clinics, please complete the online application form here:
<https://forms.office.com/r/zTZrd4qZ0m>

The application form can also be found by scanning the QR code located at the bottom of each page.

CONTACT US

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(08) 9328 9469

- communications@mswa.asn.au - Communications & Events
- coaching@mswa.asn.au - Coaching & Swimmer Education
- development@mswa.asn.au - Development & Participation
- masters.admin@mswa.asn.au - Executive Officer



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ABOUT THE COACH

Kareena Preston



Kareena Preston has been a swim coach for over 30 years, coaching swimmers to State, National and International Level. She has consistently produced record holders at World and Paralympic level, and currently works as Head Swim Coach for Down Syndrome Swimming Australia, and Coach & Swimmer Support at Masters Swimming WA.

Kareena was mentored by some of Australia's best Olympic coaches at the AIS in Canberra, and has worked as an Assistant Swim Coach at the Australian Institute of Sport in Western Australia. She has a wealth of experience in clubs, having served as the Head Junior Coach & Assistant Senior Coach at Fremantle Swimming Club, and Head Swim Coach at Kwinana Swimming Club. From 2007-2012 Kareena was the owner-operator and Head Coach of Swimstrong.



SUMMARY OF EXPERIENCE

- Owner-operator - Kri:ei'tiviti (2017 - Present)
- Swim Coach and Carer - Down Syndrome Swimming Australia (2012 - Present)
- Head Swim Coach - Kwinana Swimming Club (2016 - 2019)
- Aim High Coordinator - Down Syndrome Association of WA (2015 - 2017)
- Consultant Swim Coach - Self Employed (2015 - 2016)
- Assistant Swim Coach - WA Institute of Sport (2015)
- Head Swim Coach - Perth Integrated Health Swimstrong Academy (2012 - 2015)
- Owner-operator & Head Coach - Swimstrong (2007 - 2012)
- Head Junior Coach & Assistant Senior Coach - Aquatic International Pty (1995 - 2007)

EDUCATION & LICENSES

- National Coaches Association Silver License - Australian Swimming Coaches and Teachers Association (2014)
- Bachelor of Arts, City/Urban, Community and Regional Planning, Honours - Curtin University (1995)



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