



## Masters Swimming WA

# PERFORMANCE CLINIC SERIES

Ready to take your swimming to the next level?

Four x 2.5 hour coached sessions:

- Explosive dive and turn skills
- Changing gears for sprint events
- Training sets for a killer 200
- Developing endurance

Exclusive WA program aimed at performance competitive swimmers. MSWA member registrations only.

## CLINIC DETAILS

All clinics will be held 2pm - 4:30pm at HBF Stadium.

**Saturday 28 January 2023**

**Saturday 18 February 2023**

**Saturday 11 March 2023**

**Saturday 25 March 2023**

**\$55 PER SESSION**

SCAN ME



# ABOUT THE PROGRAM



## OVERVIEW

We are offering four (4) intensive two-and-a-half-hour sessions over the Summer 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 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. A discounted option is available to members who purchase a series registration. **The discounted price is \$180 for all four sessions.**

## HOW DO I APPLY?

Complete the online registration form here:  
<https://www.trybooking.com/CEYIJ>

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# PERFORMANCE CLINIC 1

What you need to develop explosive skills



**SATURDAY 28 JANUARY, 2023**

**2:00PM - 4.30PM AT HBF STADIUM, MT CLAREMONT**

Touching your toes is just not good enough for a powerful dive start. And wouldn't you love to know some tips and tricks to develop speed in your turns? Coach Kareena will take you through an extensive mobility session directly transferrable to your dive and turns. We will then take it to the pool with some drills to train and see how fast you feel in the water.

## Required items:

- A pen and notebook
- A towel or yoga mat to lie on
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel



# PERFORMANCE CLINIC 2

Changing Gears for Sprint Events

**SATURDAY 18 FEBRUARY, 2023**

**2.00PM - 4.30PM AT HBF STADIUM, MT CLAREMONT**

Do you get stuck in 3rd with no idea how to find 5th gear? Come along to this session to see how to train speed into you and find that top gear! 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 speed you are chasing.

## Required items:

- A pen and notebook
- A towel or yoga mat to lie on
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel

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# PERFORMANCE CLINIC 3

## Training Sets for a killer 200

**SATURDAY 11 MARCH, 2023**

**2:00PM - 4.30PM AT HBF STADIUM, MT CLAREMONT**

Do you get to your 3rd 50m and run out of puff? Do your splits look like a dog's breakfast! What the heck is Back End Speed and how do you train it for a 200m event? If you don't know what all this means, then this session is for you! Understand how to train your 200 and be ready for States and Nationals.

### Required items:

- A pen and notebook
- A towel or yoga mat to lie on
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel

# PERFORMANCE CLINIC 4

## Developing Endurance

**SATURDAY 25 MARCH, 2023**

**2PM - 4.30PM AT HBF STADIUM, MT CLAREMONT**

Understanding training blocks, the principle of overload and how to safely build endurance into your training program. Whether you are a 50/100m sprinter or an Open Water Ninja, this session is for you.

### Required items:

- A pen and notebook
- A towel or yoga mat to lie on
- Your kit bag (fins, board, pull buoy etc.), swim gear, and towel



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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 Masters 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 - 2022)
- 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 Advanced License - Australian Swimming Coaches and Teachers Association (2014)
- Bachelor of Arts, City/Urban, Community and Regional Planning, Honours - Curtin University (1995)

## CONTACT US

Level 1, WA Rugby Centre, 203 Underwood Avenue, Floreat 6014

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