



**Masters Swimming Australia**  
**NATIONAL**  
**COACHES CONFERENCE**  
**3-5 March 2023**

**Presented by:**

Masters Swimming WA and Masters Swimming Australia

**Three exciting sessions:**

- Networking sundowner with informative guest speakers
- Guest coaches from around Australia for 2hr pool session
- Practical open water skills session

**Cost:**

\$55.00 per person



# ABOUT THE CONFERENCE



## OVERVIEW

**Masters Swimming WA in collaboration with Masters Swimming Australia is proud to present the inaugural Masters Swimming Australia Coaches Conference in Perth from Friday 3rd to Sunday 5th March 2023.**

The event will take place over three days to coincide with Masters Swimming Australia's 2023 National Open Water Swimming Championship, being held in Perth, Western Australia.

This is a great opportunity for Masters Swimming Australia coaches to come together as a community for learning and knowledge sharing. There will be guest speakers, including MSA's National Coaching Coordinator Rob Wilson, and a range of activities combining learning and practical sessions in both the pool and open water settings. The conference will also include a welcome sundowner on the eve of the National Championship for coaches to network and become acquainted.

The event will be located variously at HBF Stadium (twice the venue for Swimming World Championships), Sport HQ (home to MSWA) and Mullaloo Beach, taking advantage of Perth's pristine beaches.

The Conference is priced, at \$55 per attendee, to be accessible to all and includes the catered Welcome Sundowner on the evening of Friday 3rd March. It concludes with the final session at Mullaloo Beach on Sunday 5th March.

## HOW DO I REGISTER?

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

SCAN ME



# GUEST COACHES



## Rob Wilson

**MSA National Coaching Education Coordinator, MSV Coach Educator and Mornington Peninsula Masters Club Coach**

Rob has been coaching since 2014 and has coached at Malvern Marlins, MH2O for Anita Killmier, Virgin Active and for the new Mornington Peninsula Masters club.

Rob was Masters Swimming Victoria Coach of the Year in 2020.

Rob is passionate about promoting the motto of Masters Swimming “fitness, friendship and fun”, through coaching and encouraging, where possible, cradle-to-grave swimming offerings as a way to keep Masters as a thriving organisation in Australia and Victoria.

Sharing ideas amongst coaches is always important and Rob is looking forward to picking up some new approaches to include in his coaching.



## Kim Tyler

**Masters Swimming WA Coach Educator and Fremantle Masters Club Coach**

Kim is a qualified Masters Swimming Club Coach and was Head Coach at Fremantle Masters Club for 10 years and MSWA Coach of the Year in 2008. She is a WA and National Coach Educator and member of the National Coaching Committee.

Kim is a past Masters Swimming WA Director of Coaching and was awarded Life Membership in 2016 in recognition of more than 10 years valued service.

Kim believes we have a wealth of expertise, innovative ideas and good will within our experienced coaching fraternity that is the key asset of all our Masters clubs.



# GUEST COACHES



## Anne Smyth

### Masters Swimming NSW Coaching Director

Anne is MSNSW Branch Coaching Director, a member of the Masters Swimming Australia Coaching Committee, Head Coach of Tuggeranong Masters and was NSW and National Coach of the Year in 2014.

Anne has been involved in Masters Swimming for over 15 years and is a keen competitor in pool and open water competitions.

Anne has been a swimming instructor for over 40 years with AUSTSWIM and as a Primary PE teacher. Anne is passionate about developing coaches' knowledge and improving swimmers' stroke efficiency.



## Viki Shelver

### Westcoast Masters Club Coach

Viki has been swimming for about 65 years, starting in South Africa as a competitive swimmer. As a provincial representative through the late 60s and early 70s, Viki has swum in the pool, still water lifesaving and surf lifesaving. She has competed all around the world including South Africa, Guernsey, USA, NZ and Australia.

Viki has been a Masters swimmer since the 80's, an Australian Masters member since 2000, and involved in club coaching since joining. She has also served on the MSWA Board. Over the years injuries have affected her shoulder and elbow, so she has become very technique focused, in order to prevent further injury and to maintain good joint health. It is Viki's interest to help all swimmers improve their technique in order to swim more efficiently and effectively to prevent long term injury.



# GUEST COACHES



## Greg Gourley

### **Masters Swimming NSW Coach and Tuggeranong Club Coach**

Greg has been and qualified and active coach at Tuggeranong Masters Swimming Club since 2013 and was National Coach of the year in 2019 and 2020. Over recent years Greg has delivered coaching clinics for clubs and or coaches on behalf of Masters Swimming NSW.

Greg coaching focus is on improving each individual swimmers' style and increasing their swimming fitness and performance whilst still having fun. Greg's toolkit includes the underwater camera, through which Greg believes one can achieve the quickest swimmer stroke improvements.



## Kareena Preston

### **Masters Swimming WA Coach and Swimmer Development Coordinator**

Kareena has been a swim coach for over 30 years, coaching swimmers to State, National and International level. She has been mentored by some of Australia's best Olympic coaches at the AIS in Canberra and has worked as a Swim Coach at the Australian Institute of Sport in Western Australia. Kareena has been a coach on the Australian Down Syndrome Swim Team, the Oceania Virtus Games Australian Team and numerous Junior Australian Teams.

She has a wealth of experience in clubs, having served as the Head Junior Coach at Fremantle Swimming Club and Head Swim Coach at South Shore and Kwinana Swimming Clubs. From 2007-2012 Kareena was the owner-operator and Head Coach of Swimstrong.



# WELCOME SUNDOWNER

Sport HQ - 203 Underwood Ave, Floreat



**FRIDAY 3 MARCH 2023**

5:00pm	Networking	
5:15pm	Guest Speaker Andy Donaldson	The Oceans Seven Challenge
5:45pm	Drinks and canapes	
6:15pm	Guest speaker Rob Wilson (MSA)	Navigating the Coach Education and accreditation DITA platform
7:00pm	Sundowner concludes	

## POOL SKILLS CLINIC

HBF Stadium - 100 Stephenson Ave, Mt Claremont

**SATURDAY 4 MARCH 2023**

2:15pm	Arrive HBF Stadium	Outdoor 10 lane pool
2:30pm	Guest Coaches	Kim Tyler, Viki Shelver, Anne Smythe, Greg Gourley, Rob Wilson & Kareena Preston
Rotation through different stroke sessions where our lead and supporting coaches will go through drills, tips and techniques. This session will have a strong freestyle focus, including some underwater camera analysis.		
5:00pm	Clinic concludes	
6:15pm	Optional Dinner	Odyssey Restaurant, 187 Challenger Parade, City Beach. RSVP essential. Individuals pay for own meals.

# OPEN WATER SKILLS CLINIC

Mullaloo Beach - Oceanside Promenade, Mullaloo



**SUNDAY 5 MARCH 2023**

9:50am	Meet at Mullaloo Surf Lifesaving Club - beach side	
10:00am	Guest coaches Kareena Preston, Anne Smythe and Greg Gourley	
A chance for coaches to get in and have a skill-based session with a short swim to practice skills. Kareena will take you through: <ul style="list-style-type: none"><li>• Identifying Beach and Weather Conditions conducive to a staying safe in the water</li><li>• Pre-Swim activation</li><li>• Navigating the break, sighting, turning, stroke and breathing adjustments and more</li><li>• Post swim coffee at Boardies on the Beach</li></ul>		
11:00am	Session concludes	Optional coffee afterwards

## REGISTER

Complete the online registration form here:  
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SCAN ME



## CONTACT US

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