

Age Nationals 2014

2014 Australian Open Water Swimming Championships

- **Date:** Friday 14th - Sunday 16 February 2014
- **Location:** Geelong Vic
- **Flights:** Booked
- **Transport:** TBA
- **Accommodation:** TBA
- **Funding Athlete:** TBA
- **Funding Coach:** Yes
- **Arrive:** 13.2.14 **Depart** 16.2.14
- **Club Representation shirt:** Yes

Qualifiers: as of 1.12.14

- Nic De Bomford
- Lewis Downes

2014 Georgina Hope Swimmers

Foundation Australian Age and MC Age Championships

- Monday 14 - Monday 21 April 2014
- (Sunday 20th and Monday 21st - MC events)
- Location: SOPAC, Sydney



Qualifiers: as of 1.12.13

- Tristan De Villiers
- Ryan Butler
- Justin Martin
- Aimee Lee
- Brittany Beesley
- James Claxton
- Mathew Meinema
- Yolane Kukla (HP: WAIS)
- With many more to come!

RELAYS

- Relay teams will be selected according to the ASC selection protocol.

TEAM SELECTION

- **1.1 Selection** will be by the Coaches in conjunction with the Club Committee. The selection will be for each individual competition to achieve the optimum results for that particular event.
 - **1.2 Team selection criteria**
- **1.2.2** *Relay events* – fastest combination of individual times, identified by current records.

2014 GHSF AUSTRALIAN AGE CHAMPIONSHIPS

ENTRY QUALIFYING TIMES

BOYS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	24.60	25.40	25.60	26.30	27.30
100m Freestyle	54.00	55.00	55.60	57.40	59.50
200m Freestyle	1:57.80	1:59.70	2:01.30	2:05.50	2:09.40
400m Freestyle	4:09.00	4:14.00	4:17.00	4:24.00	4:33.00
800m Freestyle					9:35.00
1500m Freestyle	16:25.00	16:30.00	17:00.00	17:20.00	-
100m Backstroke	1:01.80	1:03.00	1:04.00	1:06.00	1:08.60
200m Backstroke	2:13.00	2:16.00	2:18.00	2:22.00	2:28.00
100m Breaststroke	1:10.00	1:11.00	1:12.80	1:14.80	1:18.20
200m Breaststroke	2:33.80	2:35.00	2:39.00	2:42.00	2:48.00
100m Butterfly	59.00	59.80	1:01.00	1:03.00	1:06.20
200m Butterfly	2:10.00	2:15.50	2:17.50	2:22.00	2:28.90
200m Individual Medley	2:14.50	2:16.00	2:19.50	2:22.50	2:28.20
400m Individual Medley	4:45.00	4:49.50	4:56.00	5:03.00	5:20.00
				12/14	
4x50m Club Free Relay				1:49.00	
4x50m Club Medley Relay				2:04.00	
	12/18	12/16			
4x100m Club Free Relay	3:43:00	3:49.00			
4x100m Club Medley Relay	4:09.00	4:13.00			
4x200m Club Free Relay	8:08.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 4th May 2013
3. Swimmers may compete in one Club Freestyle relay and one club Medley relay for each distance ie up to 3 freestyle relays of different distances.

2014 GHSF AUSTRALIAN AGE CHAMPIONSHIPS

ENTRY QUALIFYING TIMES

GIRLS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	27.50	27.80	28.10	28.30	28.70
100m Freestyle	1:00.00	1:00.20	1:00.80	1:01.30	1:02.30
200m Freestyle	2:09.00	2:10.00	2:11.00	2:12.50	2:14.50
400m Freestyle	4:30.00	4:32.00	4:35.00	4:37.80	4:42.20
800m Freestyle	9:10.00	9:20.00	9:27.00	9:34.00	9:44.00
100m Backstroke	1:08.80	1:09.30	1:09.50	1:10.20	1:11.00
200m Backstroke	2:27.80	2:27.80	2:28.30	2:29.20	2:31.50
100m Breaststroke	1:19.00	1:19.50	1:20.00	1:20.50	1:21.00
200m Breaststroke	2:49.00	2:50.50	2:51.50	2:52.00	2:54.00
100m Butterfly	1:06.50	1:06.60	1:07.30	1:07.80	1:09.00
200m Butterfly	2:27.00	2:27.50	2:28.00	2:32.20	2:33.20
200m Individual Medley	2:28.00	2:29.00	2:29.50	2:30.70	2:32.00
400m Individual Medley	5:10.00	5:14.00	5:16.50	5:22.00	5:28.80
				12/14	
4x50m Club Free Relay				1:57.00	
4x50m Club Medley Relay				2:10.00	
	12/18	12/16			
4x100m Club Free Relay	4:10.00	4:11.00			
4x100m Club Med Relay	4:35.00	4:38.00			
4x200m Club Free Relay	8:55.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 4th May 2013
- 3 Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance ie up to 3 freestyle relays of different distances, and two medley relays of different distances.

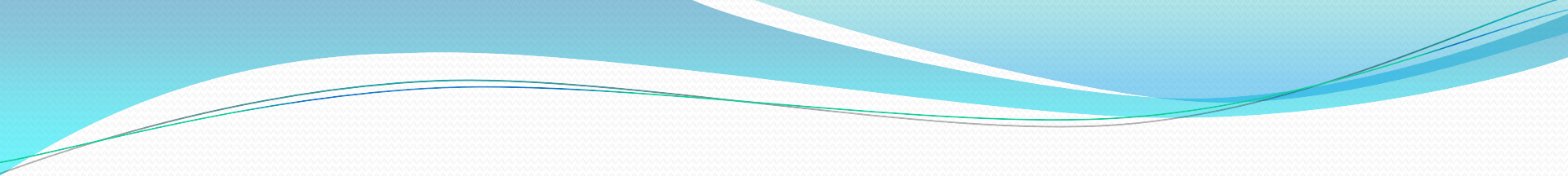
Closing Date for Entries

- **Entries will close on Monday 24 March 2014.** The 90 day rule will be December 25 2013. Any swimmers changing clubs after this date will swim unattached and will not be able to swim in club relays.
- Entries **ONLINE** via Swimming Australia website
- Last chance to qualify for Nationals is:
- **2014 End of Summer Sensation**
Fri 21 Mar 2014 - Sun 23 Mar 2014

2014 GHSF Australian Age Championships – Program of Events

Day 1 Monday - 14 April		Day 2 Tuesday - 15 April		Day 3 Wednesday - 16 April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
1) Girls 16yrs	200m Fly	25) Girls 16yrs	400m Free	49) Girls 15yrs	100m Breast
2) Boys 16yrs	200m Fly	26) Boys 16yrs	400m Free	50) Boys 15yrs	100m Breast
3) Girls 17/18yrs	50m Free	27) Girls 15yrs	100m Free	51) Girls 14yrs	200m Fly
4) Boys 17/18yrs	50m Free	28) Boys 15yrs	100m Free	52) Boys 14yrs	200m Fly
5) Girls 15yrs	800m Free	29) Girls 14yrs	200m Back	53) Girls 12/13yrs	800m Free
6) Girls 14yrs	200m IM	30) Boys 14yrs	200m Back	54) Girls 17/18yrs	200m Free
7) Boys 14yrs	200m IM	31) Girls 12/13yrs	200m IM	55) Boys 17/18yrs	200m Free
8) Girls 12/13yrs	200m Free	32) Boys 12/13yrs	200m IM	56) Girls 16yrs	100m Back
9) Boys 12/13yrs	200m Free	33) Girls 17/18yrs	100m Back	57) Boys 16yrs	100m Back
10) Girls 16yrs	100m Free	34) Boys 17/18yrs	100m Back	58) Girls 15yrs	400m Free
11) Boys 16yrs	100m Free	35) Girls 16yrs	50m Free	59) Boys 15yrs	400m Free
12) Girls 17/18yrs	100m Breast	36) Boys 16yrs	50m Free	60) Girls 14yrs	100m Free
13) Boys 17/18yrs	100m Breast	37) Girls 15yrs	200m Fly	61) Boys 14yrs	100m Free
14) Girls 15yrs	200m Back	38) Boys 15yrs	200m Fly	62) Girls 12/13yrs	200m Back
15) Boys 15yrs	200m Back	39) Boys 14yrs	1500m Free	63) Boys 12/13yrs	200m Back
16) Girls 14yrs	100m Fly	40) Girls 12/13yrs	100m Fly	64) Girls 17/18yrs	200m Breast
17) Boys 14yrs	100m Fly	41) Boys 12/13yrs	100m Fly	65) Boys 17/18yrs	200m Breast
18) Girls 12/13yrs	200m Breast	42) Girls 17/18yrs	400m IM	66) Girls 16yrs	400m IM
19) Boys 12/13yrs	200m Breast	43) Boys 17/18yrs	400m IM	67) Boys 16yrs	400m IM
20) Girls 17/18yrs	400m Free	44) Girls 16yrs	100m Breast	68) Girls 15yrs	50m Free
21) Boys 17/18yrs	400m Free	45) Boys 16yrs	100m Breast	69) Boys 15yrs	50m Free
22) Boys 15yrs	1500m Free	46) Girls 14yrs	800m Free	70) Boys 12/13yrs	800m Free
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
16yrs	200m Fly	16yrs	400m Free	15yrs	100m Breast
17/18yrs	50m Free	15yrs	100m Free	14yrs	200m Fly
15yrs Fast Heat	800m Free	14yrs	200m Back	12/13yrs Fast Heat	800m Free
14yrs	200m IM	12/13yrs	200m IM	17/18yrs	200m Free
12/13yrs	200m Free	17/18yrs	100m Back	16yrs	100m Back
16yrs	100m Free	16yrs	50m Free	15yrs	400m Free
17/18yrs	100m Breast	15yrs	200m Fly	14yrs	100m Free
15yrs	200m Back	14yrs Fast Heat	1500m Free	13/Under	200m Back
14yrs	100m Fly	12/13yrs	100m Fly	17/18yrs	200m Breast
12/13yrs	200m Breast	17/18yrs	400m IM	16yrs	400m IM
17/18yrs	400m Free	16yrs	100m Breast	15yrs	50m Free
15yrs Fast Heat	1500m Free	14yrs Fast Heat	800m Free	12/13yrs Fast Heat	800m Free
23) Girls 12/16yrs Under Club Relay	4 x 100 Med	47) Girls 18 & Under Club Relay	4 x 100 Free	71) Girls 12/14yrs Club Relay	4 x 50 Med
24) Boys 12/16yrs Club Relay	4 x 100 Med	48) Boys 18 & Under Club Relay	4 x 100 Free	72) Boys 12/14yrs Club Relay	4 x 50 Med
				73) Girls 12/16yrs Club Relay	4 x 100 Free
				74) Boys 12/16yrs Club Relay	4 x 100 Free

Day 4 Thursday - 17 April		Day 5 Friday 18 - April		Day 6 Saturday 19 - April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
75) Girls 17/18yrs	100m Fly	99) Girls 17/18yrs	200m Back	123) Girls 17/18	200m Fly
76) Boys 17/18yrs	100m Fly	100) Boys 17/18yrs	200m Back	124) Boys 17/18	200m Fly
77) Girls 16yrs	200m Free	101) Girls 12/13yrs	400m Free	125) Girls 16yrs	800m Free
78) Boys 16yrs	200m Free	102) Boys 12/13yrs	400m Free	126) Girls 15yrs	200m IM
79) Girls 14yrs	50m Free	103) Girls 14yrs	100m Back	127) Boys 15yrs	200m IM
80) Boys 14yrs	50m Free	104) Boys 14yrs	100m Back	128) Girls 14yrs	200m Free
81) Girls 15yrs	100m Back	105) Girls 15yrs	200m Free	129) Boys 14yrs	200m Free
82) Boys 15yrs	100m Back	106) Boys 15yrs	200m Free	130) Girls 12/13yrs	100m Back
83) Girls 12/13yrs	200m Fly	107) Girls 16yrs	100m Fly	131) Boys 12/13yrs	100m Back
84) Boys 12/13yrs	200m Fly	108) Boys 16yrs	100m Fly	132) Girls 17/18	100m Free
85) Girls 17/18yrs	200m IM	109) Boys 17/18yrs	1500m Free	133) Boys 17/18	100m Free
86) Boys 17/18yrs	200m IM	110) Girls 12/13yrs	50m Free	134) Girls 16yrs	200m Back
87) Girls 14yrs	400m Free	111) Boys 12/13yrs	50m Free	135) Boys 16yrs	200m Back
88) Boys 14yrs	400m Free	112) Girls 14yrs	400m IM	136) Girls 15yrs	100m Fly
89) Girls 16yrs	200m Breast	113) Boys 14yrs	400m IM	137) Boys 15yrs	100m Fly
90) Boys 16yrs	200m Breast	114) Girls 15yrs	200m Breast	138) Girls 14yrs	200m Breast
91) Girls 15yrs	400m IM	115) Boys 15yrs	200m Breast	139) Boys 14yrs	200m Breast
92) Boys 15yrs	400m IM	116) Girls 16yrs	200m IM	140) Girls 12/13yrs	400m IM
93) Girls 12/13yrs	100m Free	117) Boys 16yrs	200m IM	141) Boys 12/13yrs	400m IM
94) Boys 12/13yrs	100m Free	118) Girls 12/13yrs	100m Breast	142) Boys 16yrs	1500m Free
95) Girls 14yrs	100m Breast	119) Boys 12/13yrs	100m Breast		
96) Boys 14yrs	100m Breast	120) Girls 17/18yrs	800m Free		
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
17/18yrs	100m Fly	17/18yrs	200m Back	17/18yrs	200m Fly
16yrs	200m Free	12/13yrs	400m Free	16yrs Fast Heat	800m Free
14yrs	50m Free	14yrs	100m Back	15yrs	200m IM
15yrs	100m Back	15yrs	200m Free	14yrs	200m Free
12/13yrs	200m Fly	16yrs	100m Fly	12/13yrs	100m Back
17/18yrs	200m IM	17/18yrs Fast Heat	1500m Free	17/18yrs	100m Free
14yrs	400m Free	12/13yrs	50m Free	16yrs	200m Back
16yrs	200m Breast	14yrs	400m IM	15yrs	100m Fly
15yrs	400m IM	15yrs	200m Breast	14yrs	200m Breast
12/13yrs	100m Free	16yrs	200m IM	12/13yrs	400m IM
14yrs	100m Breast	12/13yrs	100m Breast	16yrs Fast Heat	1500m Free
97) Girls 18 & Under Club Relay	4 x 200 Free	17/18yrs Fast Heat	800m Free	143) Girls 18 & Under Club Relay	4 x 100 Med
98) Boys 18 & Under Club Relay	4 x 200 Free	121) Girls 12/14yrs Club Relay	4 x 50 Free	144) Boys 18 & Under Club Relay	4 x 100 Med
		122) Boys 12/14yrs Club Relay	4 x 50 Free		



Accommodation

BreakFree

Bankstown

International

477 Chapel Rd, Bankstown NSW 2200

<http://www.breakfree.com.au/bankstown-international/>











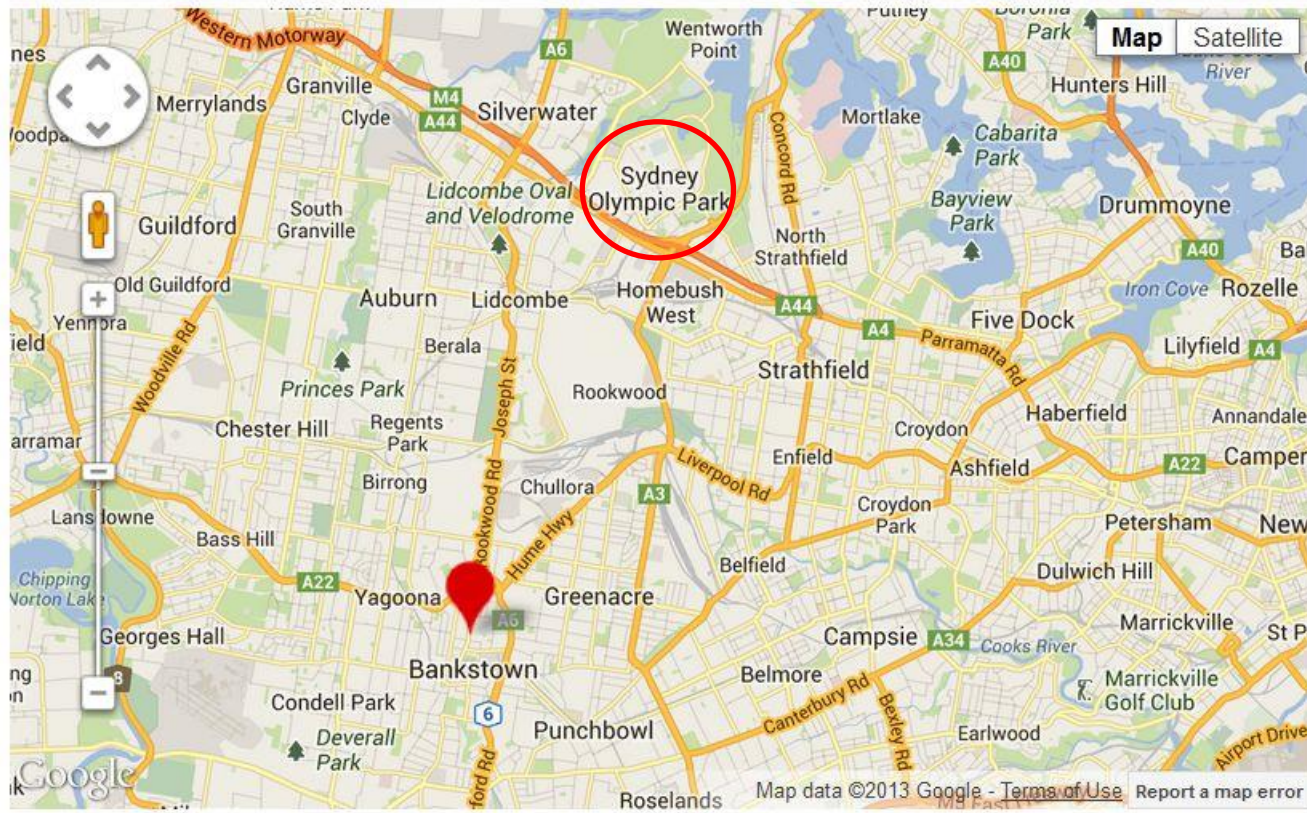
BreakFree Bankstown International

477 Chapel Road

Bankstown 2200 Australia

- BreakFree Bankstown International is close to Bankstown Square Shopping Centre, railway station, State Sport Centre and Sydney's geographical heart (and site of the 2000 Olympic Games) Olympic Stadium, Homebush.
- Check in date: 11.4.14 Check out date: 20.4.14

Location Map



2 Bedroom Apartment

- The apartments are situated right next to the hotel, and feature a Queen and 2 single beds, or a Queen and King bed.
- These apartments also have a laundry with washer and dryer, as well as a balcony, and are ideally sized for 4 people.
- **Full kitchen**
- Shower and bath
- Separate lounge/dining area
- Queen and 2 single beds / queen and king bed
- Balcony
- Air-conditioning
- FOXTEL TV
- In-room internet access
- Iron and ironing board

Vehicle Hire



- 12 Seater Bus (2 if necessary)
- Transport from airport to accommodation and return for athletes, coaches and parents.
- Transport for athletes and coaches to and from competition.
- Transport for parents to and from competition ONLY if there is space available after athletes have seats. Therefore it is recommended that parents/guardians hire a vehicle between themselves, for use when bus is not available.
- Driver/s for bus (TBA)
- All ASC Team members will travel to and from the competition pool on the Team bus with a coach.
- A timetable will be provided to the athletes each day by the coaches, outlining departure times from accommodation (before heats and finals) and departure times from the competition pool (after heats and finals). All swimmers will attend finals when we have a team member competing and return to accommodation as soon as event is finished.

Show only: Cheapest

All Day ▾



One Way Prices From:

\$180
\$249
\$259
\$279
\$279
\$339
\$399
\$499
\$559
\$1239
\$1279
\$1399
\$1659

DEPART ARRIVE Raw Fare Starter Saver Lite Starter Plus Saver Red - e Deal Starter Max Flexi Flexi Saver Fully Flexible Business Saver Business Business

	12:05 AM	6:20 AM					<u>\$339</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	1:55 AM	8:15 AM	<u>\$180</u>										
	5:30 AM	11:45 AM					<u>\$339</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	5:55 AM	12:10 PM		<u>\$259</u>			<u>\$279</u>		<u>\$499</u>			<u>\$1,279</u>	<u>\$1,659</u>
	8:05 AM	2:20 PM					<u>\$389</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	10:10 AM	4:25 PM					<u>\$389</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	10:55 AM	5:15 PM		<u>\$249</u> <u>\$269</u>			<u>\$279</u> <u>\$299</u>		<u>\$399</u> <u>\$419</u>				
	11:30 AM	5:45 PM					<u>\$369</u>		<u>\$499</u>			<u>\$1,279</u>	<u>\$1,659</u>
	12:10 PM	6:25 PM					<u>\$389</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	2:35 PM	8:50 PM					<u>\$389</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	4:00 PM	10:15 PM					<u>\$299</u>		<u>\$499</u>			<u>\$1,279</u>	<u>\$1,659</u>
	4:20 PM	10:35 PM					<u>\$389</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>
	11:45 PM	6:00 AM		<u>\$259</u>			<u>\$279</u>		<u>\$499</u>			<u>\$1,279</u>	<u>\$1,659</u>
	11:45 PM	6:05 AM		<u>\$249</u> <u>\$269</u>			<u>\$279</u> <u>\$299</u>		<u>\$399</u> <u>\$419</u>				

Show only: Cheapest

All Day ▼



One Way Prices From:

DEPART	ARRIVE	Raw Fare	Starter	Starter Plus	Saver Lite	Saver	Red - e Deal	Starter Max	Flexi	Flexi Saver	Fully Flexible	Business Saver	Business	Business
7:00 AM	10:15 AM				<u>\$259</u>	<u>\$279</u>			<u>\$499</u>			<u>\$1,279</u>		<u>\$1,659</u>
7:10 AM	10:15 AM		<u>\$229</u>	<u>\$259</u>				<u>\$399</u>						<u>\$419</u>
8:10 AM	11:05 AM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
10:10 AM	1:05 PM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
10:30 AM	1:45 PM				<u>\$259</u>	<u>\$279</u>			<u>\$499</u>			<u>\$1,279</u>		<u>\$1,659</u>
12:50 PM	3:45 PM						<u>\$339</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
2:00 PM	4:55 PM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
3:10 PM	6:05 PM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
4:30 PM	7:25 PM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
5:30 PM	8:25 PM						<u>\$339</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
5:30 PM	8:45 PM						<u>\$299</u>		<u>\$499</u>			<u>\$1,279</u>		<u>\$1,659</u>
7:15 PM	10:30 PM				<u>\$259</u>	<u>\$279</u>			<u>\$499</u>			<u>\$1,279</u>		<u>\$1,659</u>
7:25 PM	10:20 PM						<u>\$299</u>			<u>\$559</u>	<u>\$1,239</u>		<u>\$1,399</u>	
8:00 PM	11:05 PM		<u>\$229</u>	<u>\$259</u>				<u>\$399</u>						<u>\$419</u>
10:10 PM	1:15 AM	<u>\$200</u>												

Fares with No baggage Fares with checked baggage. All other fares include checked baggage.

National Competition Funding and Uniforms

- Athlete funding (TBA)
- ASC will provide the following items for all qualified athletes;
 - Polo shirt (to be worn to all sessions).
 - Hoodie (to be worn on Podium).
 - Club cap.
 - ?
- The National Co-Ordinator (Mrs Maria De Villiers) will liaise with the Uniform committee regarding the design of the uniform etc.

Athlete Supplementary

Funding Options (please share if you discover others)

Australian Sports Commission – Local Sporting Champions

http://www.ausport.gov.au/participating/schools_and_juniors/local_sporting_champions

Sports Achievement Grant – for COJ residents under 18

<http://www.joondalup.wa.gov.au/Govern/GrantsandFunding/SportingGrants/SportsAchievementGrant.aspx>

Sponsorship – for COW residents 18 or under

<http://www.wanneroo.wa.gov.au/Council/Sponsorships>

Fundraising

Bunnings Sausage Sizzle

● **Monday 30th December**

- We need volunteers to assist with setting up, cooking and serving duties throughout the day based on a roster system (details tba but would expect a system of 2 hour blocks am or pm dependent on No. of volunteers)
- We will be seeking the help of National swimmers over 16 years, their families and friends. Proceeds to be applied directly to National competition travel costs.
- We appreciate this is a busy time of year for everyone but sausage sizzles are normally booked at least 6 months in advance so it is fantastic we have been given this great opportunity for this day.
- We need RSVP's from volunteers asap so that we can get it all locked in and ready to go (let us know your preferred time am or pm, and how long you can help out)

Modified Training Schedule

2 weeks

Mon 23.12.13 to Sun 5.1.14

		Nationals	
		AM	PM
Monday	23/12/2013	OFF	4 - 6.
Tuesday	24/12/2013	6 - 8am	OFF
Wednesday	25/12/2013	OFF	OFF
Thursday	26/12/2013	OFF	OFF
Friday	27/12/2013	6 - 8am	4 - 6.
Saturday	28/12/2013	6. - 8am	
Sunday	29/12/2013		
Monday	30/12/2013	6 - 8am	5 - 7.
Tuesday	31/12/2013	OFF	OFF
Wednesday	1/01/2014	OFF	OFF
Thursday	2/01/2014	6 - 8am	4 - 6.
Friday	3/01/2014	6 - 8am	4 - 6.
Saturday	4/01/2014	6 - 8am	
Sunday	5/01/2014		

Yellow = Public holidays

Empty cell normally no session scheduled.

2014 SWA State Open and Age Championships

- Monday 20th to Friday 24th January 2014
- Entries Close SWA Online 7th January 2014
- A Taper program will be provided for each swimmer.
- Relay team selection will be based on ASC selection protocol referred to previously.
- Selected swimmers will be advised prior to entries closing.
- The ASC will require your confirmation/commitment to attend before entries are sent in to SWA.

Will you be ready?

- Attendance: Min 8 sessions per week
- There are 9 to 10 sessions on offer. Speak with me regarding your individual training schedule.
- Stick to it.
- Saturday morning training is compulsory.
- Train to the required intensity while applying skills to the best of your ability.
- Attend required swim meets. Race practice, warm-up, cool down and recovery is key to performance.

Cool Down – Eat – Stretch – Massage – Sleep

- ***Cool Down – Eat – Stretch –
Massage – Sleep***
- **These are the five key components to an optimal recovery that all swimmers should understand, believe in, and most importantly, practice on a regular basis.**

- Travel: What to pack. Make a list, keep adding to it when you think of something. ie: your favourite pillow.
- What to eat. Experiment with different foods. Know what makes you feel good and light, what makes you feel heavy and sluggish.
- How much sleep/rest at night and between heats and finals. Take note at States, what makes you feel good and not so good.
- www.sportdietitians.com Fact sheets on eating and drinking before, during and after and between heats and finals at competitions. Fact sheets on recovery.

Questions

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Carey Martin
Maria De Villiers

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