11 September2025 **DELEGATES MEETING** **DEVELOPMENT REPORT:**

- **Junior Target Squad Clinic** was held on Sunday 17 August 2025 at Mounties Community Club, from 12:30 to about 4:00 PM
  Mounties Community Club provided four lanes at no cost, thanks to Mark and maria Quilter
  (Mounties Sc) organizing a grant with Mounties Community Club. Thank You Mark and Maria.
  20 Swimmers (9 to 12 Years, State Competitors) attended, and were rewarded with an afternoon of Drills, techniques and laps overload, by MSW Coaches Owen, Brendan, Teone, Bianca.
  A goal setting questionnaire was issued to the swimmers at the start of the Clinic and reviewed at end of session: results will be out soon.
  Mounties provided Sausage Rolls and Nuggets at end of session which were very welcomed by the hungry/ starving young athletes, and everyone went home trained out, satisfied and very tired and sleepy.

- **Senior Target Squad Clinic** was held on Sunday 31 August at Atlantis Aquatic Centre, from 10:30AM to about 4:30 PM. The whole pool was at our Disposal for 18 Swimmers (13 to 16 Years, State competitors) and Coaches Owen, Brendan, Michael, Sharon and Todd put the athletes through their paces, including underwater videoing and review. Thank You MCPK for the use of their TV and Stand.
  For Lunch Atlantis SC allowed MSW to use their BBQ Plate and the Development team had great fun feeding all present. It was great to see all those attending, being together in a group, making friends or just chatting with others enjoying each other's company.
  It was a very busy, compact day which we believe will impact on the swimmers in reaching their next stage, and thank you swimmers for completing their Goal setting exercises.

- **Saturday 6 September** was the next day for a Clinic, with another Squad. At Ripples St Marys Leisure Centre, 25 Area Championship swimmers attended the Achievers Squad Clinic, from 10:30 AM To 4:00 PM.
  Three 9 year Old, nine 10 Year Old, Three 11 Year old, five 12 Year old, two 13 Years old, one 14 Year Old and two 15 Year old went through a torrid training session (4 .5 hours in the water, there were breaks and lunch ,of course) supervised by parents on the Grandstand, Development Team and our determined and dedicated Coaches Owen, Bianca, Pat and Daniel. Warm up, drills, relay, starts and turns were the order of the day, with very technical instructions on body, arms and legs for turns, starts and strokes.
  Ripples St Marys offered and cooked the BBQ, and I congratulate them on their cooking and hospitality.
  Again, the Squad completed their Goal setting Exercises, the answer of which were extremely curious and decidedly lighthearted.

- **The last Pool Clinic** will be held on Saturday 20 September at Oran Park Leisure Centre, for National pool, National MC and Plus 18 Squad. There are 38 Selected Swimmers at this stage and hopefully the turn out will be exceptional, with swimmers and Coaches. Notices have been sent out to all Clubs and Coaches to confirm attendance.
  The Head Coach, Owen, has been planning this Clinic for a while and there will be very interesting activities organized.

- **The MSW National OPEN WATER Clinic** is scheduled for 7 December 2025 at SIRC (one train Session prior to State) at 12:30 PM. 2026 First National Open Water Qualifiers are welcome to nominate to attend this Clinic, and hopefully another clinic will be available in January 2026, either at SIRC or at a beach in the Southern Shire, ready for National OPEN Water 2026, Acceptance Forms and Consents will be provided shortly.

- **The Development Team** is planning to set out a schedule for selection and Clinics for 2026 Winter Season, hopefully book venues, as the team feels that some of the dates and arrangements were rushed this past Season, as it was our first time in full Development mode, for some years. With this planning done sone early, it will enable Club Training , schedule meets and Coaches long term priorities to be met, including time for Development, so: Clubs and Coaches please keep tuned.

Thank You and Happy Swimming,
Leonardo Repeti
2025 Development