



Jim Fowlie

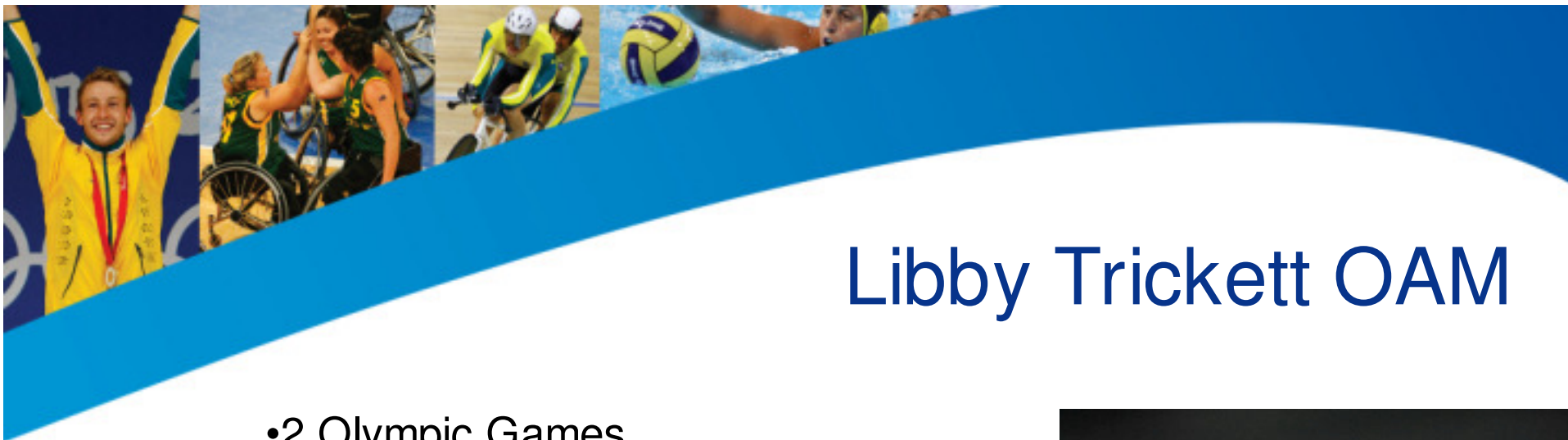
Head Coach
New South Wales
Institute of Sport
and
Swimming New South Wales





Hong Kong Institute of Sport





Libby Trickett OAM

- 2 Olympic Games
3 Gold, 1 Silver, 2 Bronze
- 3 World Championship (LC)
8 Gold, 3 Silver, 4 Bronze
- 2 World Championships (SC)
7 Gold, 3 Silver, 2 Bronze
- Commonwealth Games
5 Gold 2 Silver





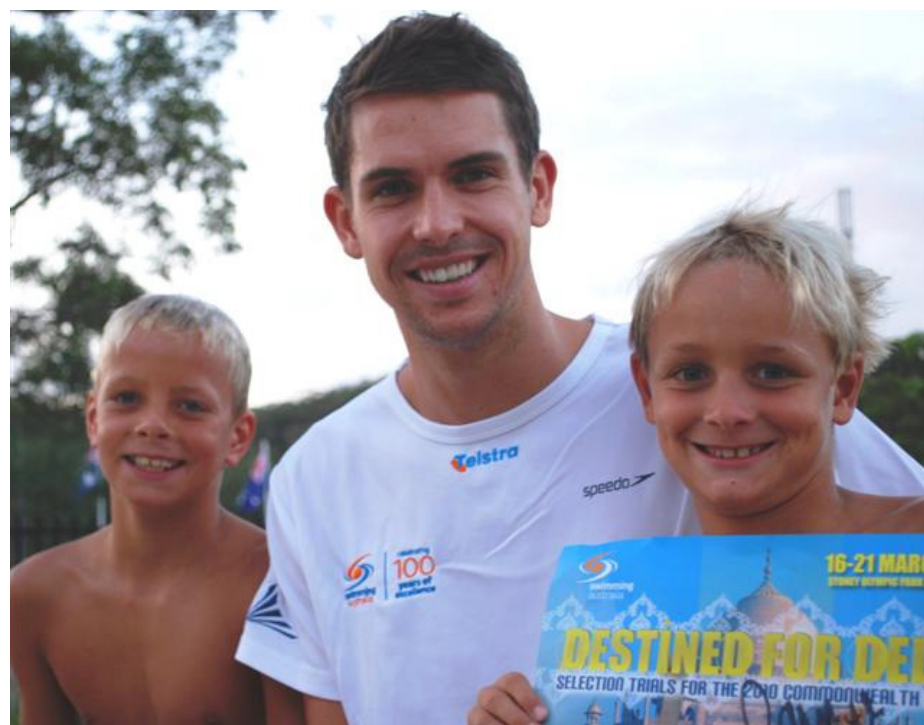
NSWIS Pan Pacific Championship team members





Eamon Sullivan

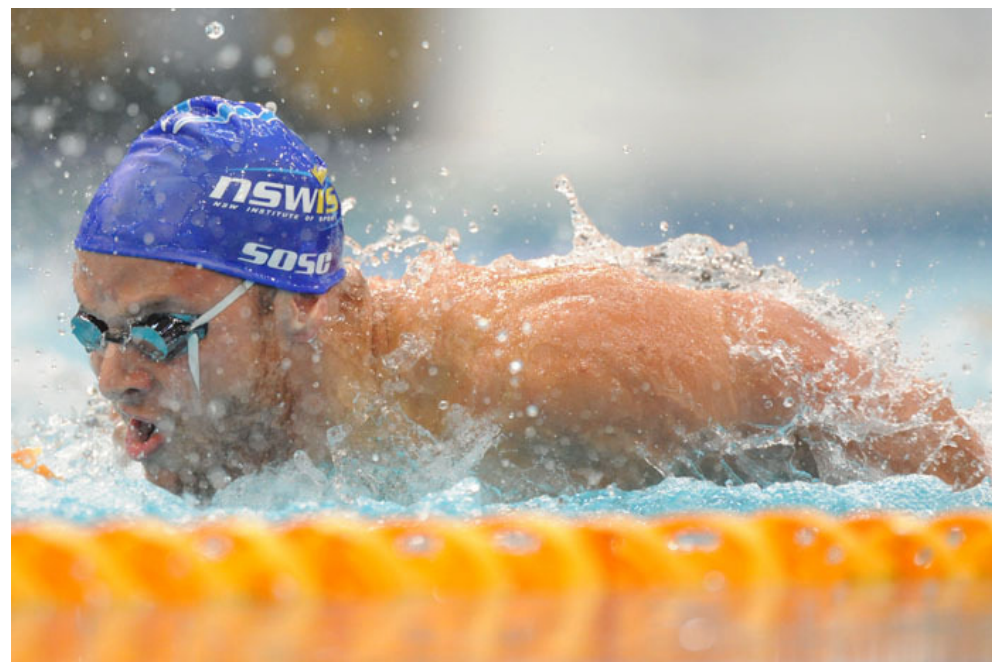
Coach – Grant
Stoelwinder
Club – SOPAC
2010 Australian Open
Championships – 1st
100 Free – 0:48.52





Andrew Lauterstein

Coach – Grant
Stoelwinder
Club – SOPAC
2010 Australian Open
Championships – 1st
100 Fly – 0:51.79





Samantha Marshall

Coach – Steve Garner

Club – Cranbrook

Eastern Edge SC

2010 Australian Open

Championships – 2nd

100 Breast – 1:07.45





Robert Hurley

Coach – Ron McKeon

Club – West's Illawarra
Aquatic Club

2010 Australian Open
Championships – 1st

400 Free – 3:47.67

800 Free – 7:55.36

1500 Free – 15:00.96





James Magnussen

Coach – Brant Best

Club – Macquarie
University SC

2010 Australian Open
Championships – 3rd

100 free – 0:49.43





Stacey Hansford

Coach – Chris Myers
Club – Blacktown City SC
2010 Australian Open
Water Championships –
3rd - 10km swim





Daniel Arnamnart

Coach – Brett
Winkworth, Craig Burns
Club – Aquaburn SC
2010 Australian Open
Championships – 2nd
50 Back – 0:25.08





Mitch Patterson

Coach – Ben Davies
Club – Warringah SC
2010 Australian Open
Championships - 3rd
50 Fly – 0:23.89





Geoff Huegill

Coach – Grant
Stoelwinder

Club – SOPAC

2010 Australian Open
Championships – 1st
50 Fly – 0:23.46





Silver, Associate and EAP Scholarship holders





Matt Abood

Coach – Grant
Stoelwinder

Club – SOPAC

2010 Australian Open
Championships – 4th
50 Free – 0:22.53





Adam Pine

Coach – Bobby Folan
Club – Ginninderra SC
2010 Australian Open
Championships – 3rd
100 Fly – 0:52.57





Kenneth To

Coach – Matt Brown

Club – Trinity Swim Club

2010 Australian Open
Championships – 6th

200 IM – 2:02.62

(2:01.85 – Age Nationals)





Emma McKeon

Coach – Ron McKeon

Club – West's Illawarra
Aquatic Club

2010 Australian Open –

8th 50 Free – 0:25.53

(Age Nat's - 0:25.19 –

50 Free / 0:55.40 – 100 Free)





NSWIS Sport Science Support Staff

- Swimming has strong support from NSWIS sport science, strength and conditioning personnel.
- Swimming has some of the best and most committed support personnel for our swimmers in Australia.
- Swimmers and coaches are strongly recommended to get to know them and learn from them.





Biomechanics

Jessica Corones

- Specialises not only in Biomechanics, but also in Physiology and S+C
- Our 'Go to Girl!'





Biomechanics

Damien Omeara

- Lead biomechanics scientist.
- Works mostly with competitive analysis and with the athlete logic program management.





Physiology

Nathan Townsend

- Very experienced physiologist.
- Specialty is altitude training.

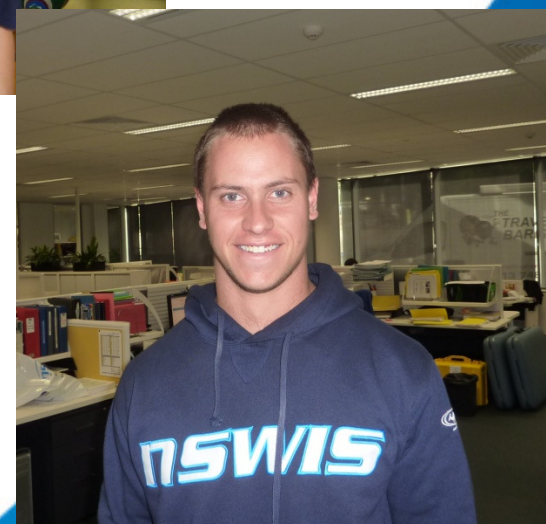




Strength and Conditioning

Michael Hetherington is our leading S+C trainer. He has been working with the swim program for three years.

Nathan Pickworth is new to the swim program this year and is very good at following up with swimmers and coaches!





Psychology

Richard Bennett

- NSWIS lead Psychologist.
- Available for private consultations to scholarship holders.
- Communication skills and knowledge are a great assistance to our NSWIS coaches.





Physiotherapy

Brent Kirkbride

- Has been with NSWIS swimming for the past ten years. Sydney Sport Medicine Centre is a critical supporter of our program.
- In addition NSWIS uses many other local and regional practitioners throughout the year.

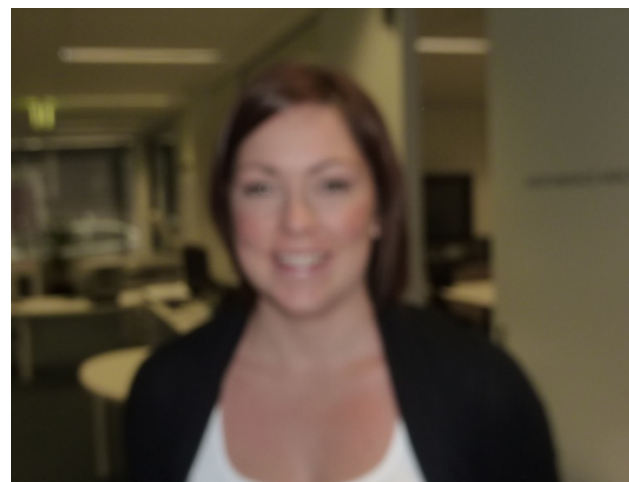


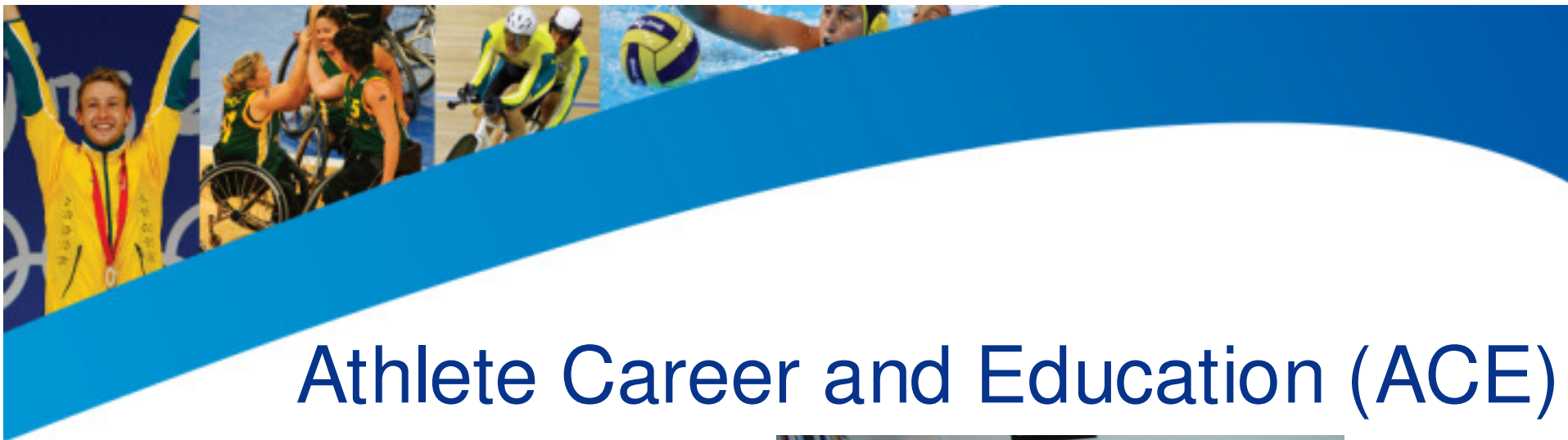


Nutrition

Sally Walker

- NSWIS lead nutritionist.
- Available for individual consultations and group presentations.
- Starting a concentrated program with NSWIS Swimming in 2010.





Athlete Career and Education (ACE)

Lynn Fowlie, Justine Whipper
and Troy Baverstock

- go to people when we need help outside the pool.
- Not only are they the best ACE people in the country, but they don't miss any special event or Monday, Wednesday or Friday BREAKFAST.





Alexis Bell

- Alexis is our new swimming consultant this year (replaced Damien Gilmore who moved to London).
- Alexis has picked up the swim program and moved up to speed with excellent understanding of the program.





NSWIS Gold scholarship benefits

	National and International Competitions & Camps	Sports Science Services	Medical Services	ACE/PD	Sport Psychology	Uniform
Gold	<p>\$500 towards travel and accommodation assistance for identified competitions including:</p> <ul style="list-style-type: none"> • Australian Short Course Championships • Australian Open Championships / Selection Trials <p>Priority consideration for international training and competition opport</p>	<p>Priority access to Sport Science Services</p> <p>Access to NSWIS Training Centre (Gym and Recovery Centre)</p> <p>Sport Science Support at National competitions</p> <p>Sustagen/Powerade products</p>	<p>Liaison and referral to specialist sports medical/physio network</p> <p>Annual medical and musculoskeletal screenings</p> <p>Physio/Massage allowance at National competitions</p> <p>Allocation of \$1200 per year for reimbursement of physio / massage / medical expenses. NB: a</p>	<p>Priority access to career and education, lifestyle management, personal development workshops etc</p> <p>Individual ACE/PD assessments</p>	<p>Priority access to Sport Psychology services</p> <p>Sport Psychology support at National competitions</p>	<p>Uniform items including:</p> <ul style="list-style-type: none"> • tracksuit • 2 x t-shirt • shorts • Hoodie • backpack • swimming caps



NSWIS Silver scholarship benefits

	National and International Competitions & Camps	Sports Science Services	Medical Services	ACE/PD	Sport Psychology	Uniform
Silver	<p>\$300 towards travel and accommodation assistance for identified competitions outlined in the NSWIS training & competition plan, including:</p> <ul style="list-style-type: none"> • National Short Course • Australian Open Championships/Selection Trials <p>Significant consideration for international</p>	<p>Significant access to Sport Science Services</p> <p>Access to NSWIS Training Centre (Gym and Recovery Centre)</p> <p>Sport Science Support at National competitions</p> <p>Sustagen/Powerade products</p>	<p>Liaison and referral to specialist sports medical/physio network</p> <p>Annual medical and musculoskeletal screenings</p> <p>Physio/Massage allowance at National competitions</p> <p>Allocation of \$900 per year for reimbursement of physio / massage / medical expenses. NB: al</p>	<p>Significant access to career and education, lifestyle management, personal development workshops etc</p> <p>Individual ACE/PD assessments</p>	<p>Significant access to Sport Psychology services</p> <p>Sport Psychology support at National competitions</p>	<p>Uniform items including:</p> <ul style="list-style-type: none"> • tracksuit • 2 x t-shirt • shorts • Hoodie • backpack • swimming caps



NSWIS Associate scholarship benefits

	National and International Competitions & Camps	Sports Science Services	Medical Services	ACE/PD	Sport Psychology	Uniform
Associate	<p>\$200 towards travel and accommodation assistance for identified competitions outlined in the NSWIS training & competition plan, including:</p> <ul style="list-style-type: none"> • National Short Course • Australian Open Championships/Selection Trials <p>Generally, athletes <u>will not</u> be considered</p>	<p>Access to Sport Science Services</p> <p>Access to NSWIS Training Centre (Gym and Recovery Centre)</p> <p>Sport Science Support at National competitions</p> <p>Sustagen/Powerade products</p>	<p>Liaison and referral to specialist sports medical/physio network</p> <p>Annual medical and musculoskeletal screenings</p> <p>Physio/Massage allowance at National competitions</p> <p>Allocation of \$300 per year for reimbursement of physio / massage / medical expenses. NB: al</p>	<p>Access to career and education, lifestyle management, personal development workshops etc</p> <p>Individual ACE/PD assessments</p>	<p>Access to Sport Psychology services</p> <p>Sport Psychology support at National competitions</p>	<p>Uniform items including:</p> <ul style="list-style-type: none"> • Tracksuit • 2 x t-shirt • Shorts • Hoodie • Backpack • Swimming caps



NSWIS Athlete Obligations

- ÿ Complete medical and musculoskeletal screening
- ÿ Complete individual ACE assessments
- ÿ Athletes are expected to seek work and/or study during the course of their NSWIS scholarship
- ÿ Cooperation with NSWIS for any services requested by athletes
- ÿ Attendance at annual NSWIS Athlete Induction including education on Drugs in Sport
- ÿ NSWIS clothing must be worn at all NSWIS camps and State/National/International competitions when representing or being funded by NSWIS





NSWIS network coaches

	National and International Competitions & Camps	Sports Science Services	Medical Services	Sport Psychology	Uniform
NSWIS Network Coaches	Travel and accommodation assistance to identified competitions. Assistance provided will be equal to that of their highest scholarship level athlete Coach Development - consideration for domestic/international training and competition opportunities - depe	Access to information from NSWIS Sport Science staff Access to sport science coach development opportunities (seminars, workshops)	Access to information from specialist sport medicine / physio providers in regards to NSWIS athletes. Results from athlete medical and musculoskeletal screenings provided to NSWIS coaches for feedback and follow up with strength and conditioning staff	Access to Sport Psychologists to implement mental preparation strategies with athletes	Uniform items including: ½ x polo shirt



NSWIS Coach Obligations

- Actively participate in coach development and professional development opportunities organised by NSWIS (i.e. coaches meetings, camps, training sessions, swim meets, seminars)
- Development of training and competition plans for NSWIS athletes, in consultation with the NSWIS Head Coach, incorporating swimming training and dry land programs, competitions and camps.





NSWIS Coach Obligations

The plan should include athlete attendance at the following meets and training camps:

- NSW State Championships – Open & Age; Metro & Country (Long Course & Short Course)
- Australian Open Championships – Long Course & Short Course
- Australian Age Championships
- Identified NSWIS and AIS Meets
- Swimming Australia Camps (where selected) – Senior and Youth Camps
- NSWIS combined training camps



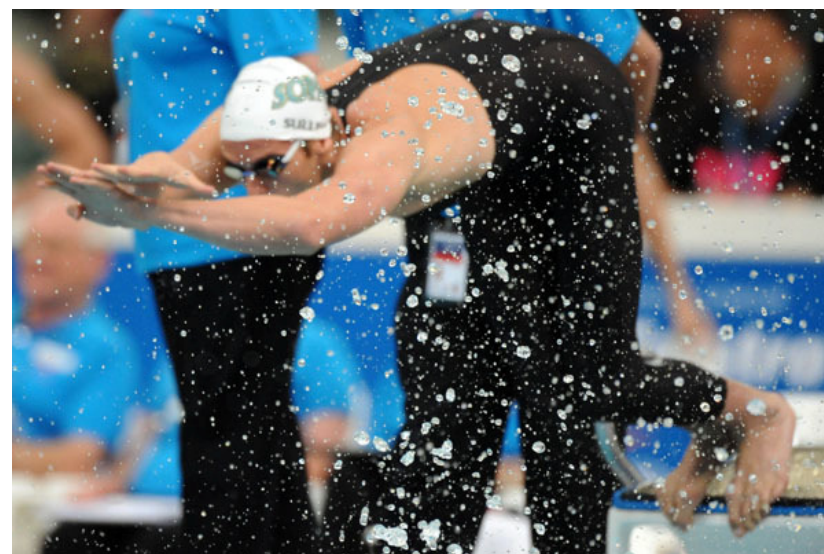


Upcoming

ITP - Mare Nostrum, European training camp – 20th May – 4th July

Illawarra - Flagstaff Altitude camp – 19th May – 20th June

Aquaburn – Vancouver camp and competition – 15th May – 16 June





NSWIS Swimming Values PRIDE

- P** – Persistence - Never ever give up
- R** – Respect - Appreciate and value everyone
- I** – Integrity - Honesty in listening as well as giving
- D** – Discipline - Self control and group control
- E** – Embrace the Day - Make today a great day!





NSWIS Swimming Philosophy

- We must value and appreciate the support which SAL, SNSW and NSWIS provide us. They are the agents for the Australian and NSW people who support us and want us to be the best we can be.
- The role and responsibility coaches and swimmers take, when being a part of NSWIS and SNSW teams is one of mutual respect, trust and cooperation.
- To represent and be involved in NSWIS and SNSW programs is a great honor and responsibility.





Thank you

Jim Fowlie

Head Coach NSWIS and SNSW

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