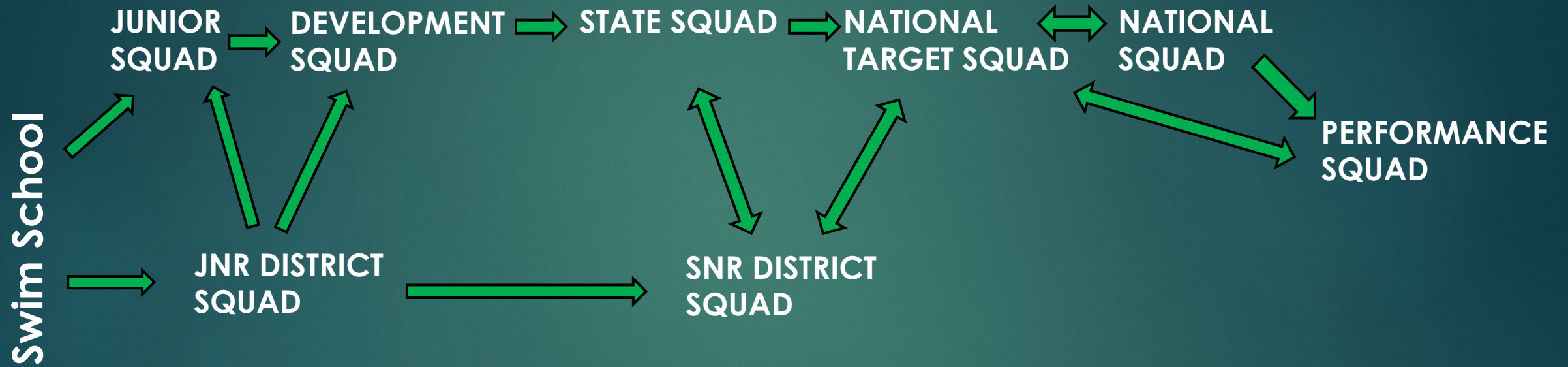


MLC Aquatic

2022 PARENT BRIEFING



Club Structure



Note: Exceptions may be made under certain circumstances at the discretion of the coaching team



Junior Squad

Coach: Will Drew

Primary Age: 7-10

Focus:

- Technique progression
- Introduction to competition and relevant skills

Session Requirement: 2 minimum (4 available)

Key Competitions: MLC, All Junior, Junior District, Encouragement meets



Development Squad

Coach: Will Drew

Primary Age: 9-12

Focus:

- Technique progression
- Developing fitness and capacity
- Competition confidence
- Preparing for State level competition

Session Requirement: 3 minimum (5 available)

Key Competitions: MLC, All Junior, Junior District, Encouragement meets



MLC

State Squad

Coach: Tim Wright

Primary Age: 11-13

Focus:

- Technique progression
- Developing fitness and capacity
- Qualifying for and successfully competing at Victorian Championships
- Preparing for National level competition

Session Requirement: 5 minimum (6 available)

Key Competitions: MLC, All Junior, Junior District, Victorian Championships



MLC

National Target Squad

Coach: Tim Wright

Primary Age: 14-18

Focus:

- Technique progression
- Furthering fitness and capacity
- Qualifying for and successfully competing at Victorian Championships
- Preparing for National level competition

Session Requirement: 5 minimum (6 available)

Key Competitions: MLC, Victorian Championships, Australian Championships



MLC

National Squad

Coach: Ako Kusafuka

Primary Age: 13-17

Focus:

- Qualifying for and successfully competing at Australian Championships, including finals
- Preparation for Performance squad and Open level competition

Session Requirement: 6 minimum (8 available)

- Session requirements are individualised for each athlete at Coach's discretion

Key Competitions: MLC, Victorian Championships, Australian Championships



Performance Squad

Coach: Jayden Brian

Primary Age: 16/over

Focus:

- High level Performance at the National level, including finals and medals
- Preparation for a higher level of competition, including International Trials and teams

Session Requirement: 7 minimum (9 available)

- Session requirements are individualised for each athlete at Coach's discretion

Key Competitions: MLC, Victorian Championships, Australian Championships, Australian Trials



MLC

The College and the Club

The College (Methodist Ladies College)

- Coach employment and wages
- S & C Coach (at no cost to the swimming budget)
- College facilities at no cost including pool, gym, gymnastics, offices and function spaces
- External pool hire
- MLC School resources such as HR, payroll, marketing, finance
- Coach personal development
- Funding for trips for coaches
- Full budgetary management
- Collection of training fees
- MLC Swim School- pathways and income to support the competitive program



MLC

The College and the Club

The Club (MLC Aquatic)

- Led by a committee- generally athletes parents
- All things related to competitions including
 - Relay entries
 - Team Managers
 - Coach pool deck access
- Club compliance including registration (Club and individual) and AGM
- Management of the member system (swim central)
- Uniforms
- Fundraising including running swim meets
- Social functions such as presentation night and breakfasts like today
- Financial support directly for swimmers benefit including education sessions and subsidies on training camps



Coach Duties



Scott Young

Coaching Duties:

- Yearly, seasonal, block, and weekly planning for MLC's Strength & Conditioning Program
- Planning and facilitating all MLC Swimming S & C sessions from Performance to State squad
- Providing plans and guidance for all Development and Junior squad dryland sessions

Additional Duties:

- Liaising with the Head Coach and coaching team on appropriate S & C goals and objectives
- Providing 1-on-1 coaching for high performance MLC student swimmers
- Key point of contact with MLC's Head of Athletic Development
- Any other duties as prescribed by the Head Coach



Will Drew

Coaching Duties:

- Seasonal, block, and weekly planning for MLC's Development and Junior Squads
- Planning and facilitating all Development and Junior Squad training sessions

Additional Duties:

- Liaising with the Head Coach
- Key link between MLC Aquatic and MLC Swim School, including identifying and connecting with Talent in the MLC Swim School
- District Squad coach
- Any other duties as prescribed by the Head Coach



Tim Wright

Coaching Duties:

- Yearly, seasonal, block, and weekly planning for MLC's National Target and State Squads
- Planning and facilitating all National Target and State Squad training sessions

Additional Duties:

- Liaising with the Head Coach
- Providing input on timetabling
- On deck Assistant to the Head Coach on key Performance Squad sessions
- Working closely with the Junior coaches and Swim School Instructors to ensure program continuity
- 2023 GSV coach
- Any other duties as prescribed by the Head Coach



Ako Kusafuka

Coaching Duties:

- Yearly, seasonal, block, and weekly planning for MLC's National Squad
- Planning and facilitating all National Squad training sessions

Assistant Head Coach Duties:

- Liaising with the Head Coach
- Providing input on timetabling
- Investing in and overseeing the progression of MLC's junior athletes including;
 - Mentoring Will Drew as Junior Coach on pool deck at MLC and competitions
 - Identifying and connecting with talent in the MLC Swim School, Development, and Junior Squads
- Any other duties as prescribed by the Head Coach



Jayden Brian

Coaching Duties:

- Yearly, seasonal, block, and weekly planning for MLC's Performance Squad
- Planning and facilitating all Performance Squad training sessions

Head Coach Duties:

- Liaising with and mentoring all other members of the coaching team, including assisting and guiding planning
- Liaising with Head of Community Sport and the College
- Liaising with MLC Aquatic Executive Committee
- Liaising with Swimming Victoria and Swimming Australia stakeholders
- Squad timetabling and structuring
- Upkeep of College documents, including T's & C's and protocols, squad lists, member information, etc.
- Planning activities and events, including training camps, MLC meets, coach trips away (e.g. Aus Champs)
- Squad & Club communication



Vision 2023 and Beyond

- MLC's place in Victoria
- MLC's place in Australia
- The ideal Pathway
 - How does this differ?
 - Open Program
 - Reimagining "District" squads
- Swim School



Thank You

GO AND ENJOY BREAKFAST!!



MLC