

WARRINGAH

Aquatic Swim Club

Targeted Meets Calendar for 2019/2020 Summer Season (Updated)					
Month	Dates	Location	Description	Juniors	Seniors
September	22nd	Warringah	WASC Invitational		
October	13th	SOPAC	Ryde Carlile Challenge Cup		
	26th	SIRC	Nepean Open Water		
	27th	PLC	SMNE LC Distance Champs		
November	9th	SOPAC	SMNE Summer Champs		
	17th	Manly	Manly Twilight Meet		
	30th - 1st Dec	SOPAC	NSW Senior Metro Champs		
December	13th - 18th	SOPAC	*NSW Senior State Champs		
	20th - 21st	SIRC	*NSW Open Water		
2020					
January	25th - 27th	Adelaide	*Australian Open Water		
February	1st TBC	SOPAC	SMNE 13 & U + Speedo Sprints		
March	7th - 8th	SOPAC	NSW Junior Metro Champs		
	28th - 29th	SOPAC	*NSW Junior State Age Champs		
April	14th - 17th	Perth	*Australian Age Championships		
	17th - 22nd	Perth	*Australian Club Championships		

The above targeted meets calendar generally consists of two different types of meets:

1. **Major Meets (*)**: The Major Meet of the training year is the central factor used to establish the training plan and competitive calendar. Other meets throughout the year are of secondary importance. However, these meets serve an important role in allowing the coach to assess the swimmer's development and preparation level for the major targeted meet. The major meet is age and/or ability dependent, and usually takes place at the end of the season.
2. **Preparatory Meets**: These Meets are of secondary importance and lead into major competitions that are more challenging. Preparatory meets are held in periods of regular training, with a focus on skill development, and physical and psychological preparation.

Event selection should be the same for Major Meets and Preparatory Meets. The Meet programs for targeted Meets will be displayed on the noticeboard at the pool. You can also check the Club website for direct website links to each event.

- a. Choose events at training with the coach
- b. Enter chosen events at home with parents

In most cases, this collaborative approach takes less than a couple of minutes, and ensures that everyone is on the same page.

At the end of the day, it is the coach who is in the best position to determine the events and load that a swimmer can handle, and trusting and supporting the coach in these decisions will contribute significantly to a far more enjoyable and sustainable swimming career for everyone involved.

1. Junior Swimmers

- Girls 12 & Under as of April 2020
- Boys 13 & Under as of April 2020

2. Senior Swimmers

- Girls 13 & Over as of April 2020
- Boys 14 & Over as of April 2020

I look forward to planning a great 2019/2020 Summer for all of our members, and encourage you to reach out with any questions or comments.