



COAST SWIM CLUB

COASTSWIMCLUB.ORG.NZ



ELITE SQUAD

SCHOLARSHIP PROGRAMME



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WELCOME

Welcome to Coast Swim Club and thank you for considering being part of our high performance programme. Coast Swim Club was founded in 1987 and is now based at Northern Arena, a purpose built state of the art swimming complex at Silverdale.

THE CLUB'S VISION

To be recognised as New Zealand's No.1 Club, leading in performance, coaching and team culture.

STAY UP TO DATE WITH THE TEAM:

Coast Swim Club: coastswimclub.org.nz

Facebook: facebook.com/mightymarlinz

Instagram: [@mightymarlinz](https://instagram.com/mightymarlinz)

OUR ADDRESS

Physical: Northern Arena, 8 Polarity Rise, Silverdale

Postal: PO Box 315-558, Silverdale, 0944

USEFUL CONTACTS

Head Coach	Steve Kent	021406730	stevenk@northernarena.co.nz
High Performance Coach	Michael Weston	021 728 188	michaelw@northernarena.co.nz
Senior Coach	Nick Salmon	021409260	nicks@northernarena.co.nz
Head of Swimming	Dean Kent	094219700	deank@northernarena.co.nz

COMMITTEE

Apart from the coaches, the club is run by a team of dedicated volunteers.

Please do not hesitate to contact any member of the committee with any queries.

Chairman	Heath Boot	021558777	heath@theboots.co.nz
Secretary	Ali Finnegan	272116603	alifin2011@gmail.com
Recorder	Zena Ough	0272311006	entries@coastswimclub.org.nz
Treasurer	Ali Finnegan	0272116603	alifin2011@gmail.com
	Niki Paterson	0278236901	nik@tcdcivilconstruction.co.nz
	Steve Kent	021406730	stevenk@northernarena.co.nz
	Nick Salmon	021409260	nicks@northernarena.co.nz

THE CLUB'S VALUES

Athletes, coaches and family are what makes us the Coast Swim Club what we are. We are winners, passionate about swimming, committed to our training and achieving our goals, take pride, work as a team and believe in ourselves.

WINNING

ATHLETES To be the best you can be every day, in training, racing and in life.

COACHES To provide a winning structure and plan to our athletes to have the best chance to achieve their personal goals.

FAMILY Providing the opportunities for your children to show their full potential.

PASSION

ATHLETES The drive to better yourself, from good and bad experiences and enjoy the process.

COACHES Be excited to help the athletes and club to get the very best from themselves.

FAMILY To show enthusiasm at every level – the wins as well as the losses.

COMMITMENT

ATHLETES To yourself the coach, the squad and your club by upholding the standards, criteria and attitude of which our club holds.

COACHES To lead a world class programme with energy, knowledge, innovation and experience. Committing to the continuous growth and improvement of the squad, team and club.

FAMILY To be there every step of the way.

PRIDE

ATHLETES To be proud of your achievements, your team and your uniform.

COACHES Our professionalism in the way we lead the club, so that others can follow by example.

FAMILY To watch your children perform with the highest effort and be proud to be a member of Coast Swim Club.

TEAMWORK

ATHLETES To be supportive of each other and each other's goals. Get the best out of each other.

COACHES Bringing together the best interests of the athletes, coaches and support personal to create the best opportunities for our swimmers.

FAMILY It's not all about one athlete – all of our team shall support and encourage each other.

BELIEF

ATHLETES Believe in yourself and your ability.

COACHES Believe in yourself and the athletes.

FAMILY Knowing your child can achieve anything they set their mind to.

THE COACHING TEAM

Steven Kent - Head Coach

Steve has loved swimming all his life. He believes that hard work, dedication and belief in yourself is very important, as well as enjoying training and racing!

Steve heads the coaching team focusing on our performance athletes. He has helped built the Coast Swim club from 87 members to over 250, now having a stand out junior programme, all the way up to pinnacle Olympic athletes.



Michael Weston - High Performance Coach

Michael has 16 years of in-swimming industry experience from the grass roots of learn to swim through to, more recently, the high-performance environment. Currently Michael oversees the Swim School and Licences at Northern Arena and, since April 2018, is the coach of 2016 Rio Olympian Helena Gasson.

Michael is an expert strategist and tactician, with a great understanding of swimming biomechanics, energy systems and technique. Michael has a Bachelor of Science, majoring in Sport & Exercise Science, and is currently months away from completing his MBA, where he is the NZIMF Scholar and is finishing his thesis surrounding High Performance sporting models.

Michael has played an integral role in developing hundreds of young swim teachers, coaches and industry leaders including Steven Kent (Head Coach - Coast Swim Club) and John Gatfield (Age Group Coach - SPW).



THE SCHOLARSHIP

Applications for the 2019 Coast Swim Club high performance Scholarship are now open and will close on 31st October 2018.

Our high performance scholarship is among the most valuable available in New Zealand. It offers 6 high performing swimmers the opportunity to train at an exceptional facility and supported by some of New Zealand's best coaches.

The scholarship is open to male and female elite swimmers that are eligible to compete for New Zealand. Recipients must embrace our values and be leaders in the club setting the example for your younger aspiring swimmers.

CRITERIA & SELECTION

The Scholarship will be awarded to New Zealand athletes performing at an elite level who either currently train with, or will commence training with Coast Swim Club immediately upon being awarded the scholarship.

The athletes will be aged 17 years and over with a minimum of 700 FINA points (LCM). The selection will then take place following an interview with the coaches and club Chairman.

VALUE

Swim Fees \$3,300
Full payment of club membership fees, including annual fees, squad fees, Swimming New Zealand and Auckland Swimming Association fees. Also includes gym membership at the Northern Arena facility during the period of the scholarship.

Expenses \$2,000
Managed fund for the period of the scholarship for approved expenses associated with swimming .e.g. equipment, medical (physio, Doctor etc.) and travel.

Triton Wear Silver Profile \$550
Automated data collection and live feedback in training, paired with long-term tracking.

Representative Gear \$500
Coast Swim Club 2XU club gear and swim caps.

ADDITIONS

- Work opportunities at Northern Arena
- Physiotherapist & Nutritionist

APPLICATION

To apply for a place on our scholarship programme, please send your CV to: entries@coastswimclub.org.nz



THE SQUAD

ELITE

“We are what we repeatedly do. Excellence then, is not an act, it is a habit.”

This is how we want to be in training not just our racing, as we look to work together towards our individual and common goals of becoming champion swimmers and people.

Objective

Qualifying for Worlds and Olympics with the ability to race competitively at these meets.

Performance Criteria

- 17 years and over
- Minimum 700 FINA points (LCM)

Squad Standards

- Non-negotiable: attend all agreed upon training sessions.
- Applying yourself in all training's by giving 100%
- Maintaining and adhering to prescribed training intervals in pool
- Be role models and leaders for our club and younger swimmers
- Provide help at Level 3 swim meets as and when requested
- Wear Coast Swim Club attire
- Attend club events

Extras

- Competing at international meets
- Potential sponsorship help
- To be recognised as the pinnacle of the coast swim club

Equipment required

- Skipping rope
- Drink Bottle
- Mesh bag
- Fins
- Paddles
- Pull Buoy
- Band
- Snorkel
- Kick Board

TRAINING

TRAINING READINESS & ATTITUDE

I commit to the following and understand they are important aspects of achieving success in the pool and out of it:

1. To maintain professional standards at all times.
2. Arrive with the correct equipment for training.
3. Complete the pre session stretching and dry-land activities as instructed.
4. Contribute to a positive team environment through attitude, behaviour and comments towards team-mates, coaches and Northern Arena staff.
5. Commit to doing “the little things” that make a big difference to my performance, such as effective starts, turns, finishes, under-waters and commit to achieving permanent change to my stroke technique.



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WINNING • PASSION • COMMITMENT
PRIDE • TEAMWORK • BELIEF