

JOSHUA MCCORMACK-GOETH

My name is Joshua McCormack-Goeth. I am a senior swimmer at Coast in the Excellence Squad.

I recently returned from a trip to Australia where I was fortunate enough to have trained with the St. Peters Western Swim Club in Brisbane. SPW has won the Australian Age Swimming Championships for the last 3 years. They have many Australian champions in their ranks as well as a handful of Olympians.

During January of every year, SPW has a period of intense training they call "Hell Month." I joined them for the first 2½ weeks of Hell Month, where I trained with their age group squad of over 30 swimmers under multiple coaches, including Dean Boxall (Head coach) and John Gatfield. John is the ex-head coach of Coast and has been the Assistant Head of Swimming at SPW for the past year.

I flew over to Aussie on the first day of the new year and started training the next day. My training schedule consisted of nine trainings per week totalling about 40 hours. The shortest trainings were 3½ hour recovery sessions and the longest were 6-7 hours on Wednesday and Saturday mornings (with food breaks in between, of course). The trainings consisted of a mixture of swimming, running, cycling, dryland circuits and gym.

What was left of my days I spent stretching, eating, sleeping, recovering and preparing for the next session.



Despite everyone nearing exhaustion almost every training session and having to do dryland circuits in over 35° heat with the hot Australian sun bearing down on us, giving up wasn't an option. Everyone maintained the attitude to always give 110% no matter what challenges the coaches threw at us.

Something that I learnt from being immersed in this new culture was when someone is feeling down or defeated, all it may take is a little encouragement to lift them back up. I also learnt that my body is capable of much more than my mind thinks it is. I was able to push myself to do things I didn't think I could do and push through the pain to reach new heights.

Now that I am back in NZ, I plan to continue training with the same intensity as I did with SPW. I will continue pushing to improve my fitness and flexibility by running, cycling and stretching after every pool session.

I'd like to thank John and SPW for giving me this incredible opportunity to train with them and experience what it is like to be a part of their amazing club. I'd also like to thank my parents for their continued financial and emotional support for me and my swimming.

