



CENTRAL QUEENSLAND SWIMMING ASSOCIATION

MINUTES OF MANAGEMENT COMMITTEE MEETING

23 March 2016

CQSA Office, Rockhampton

AGENDA ITEM		NOTES ON DISCUSSION	RESOLUTON	OUTCOME
1.	OPENING	Meeting opened @ 6.30pm		
1.1	Attendance	Jenny Smith, Val Kalmikovs, Michael Borg, Amanda Noone, Jodie Shanks (arrived 7.30pm), Shari Hancox Visitors: Barry Prime, Karina Collinson, Sonya Galvin		
1.3	Apologies	Sarah Emery		
2.0	PREVIOUS MINUTES	Previous minutes read.	That the minutes of the Management Committee held on 18 February 2016 be accepted.	Moved: Jenny Smith Seconded: Amanda N CARRIED
2.1	Business arising – previous minutes	<ul style="list-style-type: none"> Outstanding Grant Applications – GB 		
3.0	CORRESPONDENCE	As per attached summary.	That the correspondence summary as attached be accepted.	Moved: Amanda N Seconded: M. Borg CARRIED
3.1	Business arising from correspondence	<ul style="list-style-type: none"> Request by Millie Davie (Dysart) to approve ASCTA subsidy pending her separate grant application for scholarship 	That CQSA will pay the 2016 ASCTA Conference subsidy unless the scholarship application is successful.	Moved: Michael B Seconded: Val K CARRIED
		<ul style="list-style-type: none"> CQ Champs: <ul style="list-style-type: none"> RCity comments regarding Brian Thomas Trophy – Michael has responded noting that method used was thought to be fairest interpretation of “best swim” given no clear guidelines, but encouraged club to propose criteria at AGM for adoption. RCity requested consideration for grandstand allocation next year and rotate between clubs - GB 		

		<ul style="list-style-type: none"> Gladstone Meet App Liquid Energy – Gladstone were advised to discuss date clashes with respective club if two weekends were wished to be booked, try to resolve prior to AGM, current meet dates have been listed in accordance with feedback from Delegates meeting at CQ Sprints as a DRAFT for the AGM. SQ Regional Development Activity – Drew McGregor has been advised that 30 July 2016 is OK for Rockhampton. Letter Kelly Wells – SQ Competition Awards Changes: many similar comments have been received and passed to SQ; Barry Prime has also noted comments in his club visits. 												
4.0	TREASURERS REPORT	<p>Jenny provided verbal report on payments during the period. All payments for Champs & Sprints have been made, with minor accounts for monies owing to CQSA outstanding. Audit Report next task.</p> <p>Balances are:</p> <table> <tr> <td>General A/C</td> <td>\$24,321</td> </tr> <tr> <td>Railway A/C</td> <td>\$1,842</td> </tr> <tr> <td>Development A/C</td> <td>\$11,348</td> </tr> <tr> <td>Investment A/C</td> <td>\$29,615</td> </tr> <tr> <td>Asset Sinking A/C</td> <td>\$1,684</td> </tr> </table>	General A/C	\$24,321	Railway A/C	\$1,842	Development A/C	\$11,348	Investment A/C	\$29,615	Asset Sinking A/C	\$1,684		Moved: Jenny Smith Seconded: Michael B CARRIED
General A/C	\$24,321													
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Investment A/C	\$29,615													
Asset Sinking A/C	\$1,684													
4.1	Reimbursements	<p>Reimbursements required for:</p> <ul style="list-style-type: none"> Jenny - \$156.95 for cartridge & paper, consumables and volunteer gifts for CQ Champs 	That reimbursements as listed be actioned.	Moved: Michael Borg Seconded: Val K CARRIED										
5.0	REGISTRARS REPORT	Verbal report – no significant changes to membership		CARRIED										
6.0	RECORDS STEWARD REPORT	All records apps received have been updated including bulk update from CQ's.	That the Record Steward's report be accepted.	Moved: Val K Seconded: M Borg CARRIED										
7.0	COACH SUB – COMMITTEE REPORT	No report		Moved: Seconded:										
8.0	FINANCE SUB – COMMITTEE	No report		Moved: Seconded:										
9.0	TECHNICAL OFFICIALS SUB – COMMITTEE	No report		Moved: Seconded:										

10.0	GENERAL BUSINESS			
10.1	Development Grants	Committee has received the following grant applications and are outstanding from previous meeting:		
		<p>ROCKY CITY 4 day camp aimed at swimmers that swam (will swim) at Age Nationals (2016). Camp will consist of 4 day event at Miami with exposure to Coaches who support Olympic level swimmers. Requested grant \$6,000.</p> <p>Committee noted the need to change criteria to SQ Development Squad. SQ have advised that they are unable to assist (with \$\$) with this program. Barry noted that Darling Downs is considering a similar activity and that it may be beneficial to make contact. Committee also expressed need to allow an eligible swimmer's coach the opportunity to attend. Michael to contact Rachel and discuss Committee's wishes.</p>	That the Committee approves an allocation of \$5,000 for this program (\$3,000 from development funds & \$2,000 from general) subject to amending the eligibility criteria to a minimum of 2016 SQ Development Squad Members, that contact be made through Barry Prime to Darling Downs to see if any synergies may exist, and that an eligible swimmer's coach will be offered an opportunity to attend at their cost.	Moved: Michael Borg Seconded: Val K CARRIED
		<p>BOYNE TANNUM 3 day camp at Tannum aimed at all swimmers to cover fitness, nutrition and technique and team building. Requested grant \$3,000.</p> <p>Committee discussed further details of the application and costs to be covered.</p>	That the Committee approves an allocation of \$1,800 for this application.	Moved: Michael Borg Seconded: Amanda N CARRIED
10.2	CQ Champs Wrap up	<ul style="list-style-type: none"> • Event was a success with little visible disruption • Fantastic to see clubs contributing to the running of the event • Weather on Sunday was not ideal but highlighted the benefits of the roof over a facility • Meet Director in conjunction with Facilities Manager to consider grandstand allocations, possibly allowing smaller clubs near control room to prevent disruption to visibility – if repeat of rain happens again all will have to “shove over” • AGM to discuss Brian Thomas Trophy criteria to put in place clear criteria that anyone could determine and arrive at same result • Consider using wrist bands/passes that enables 2 days entry to be purchased on Saturday so no need to queue on Sunday • Particular thanks to Meet Director Susan Brown (and her band of merry women!) for her enormous effort before and during the event 		

10.3	Barry Prime – Development Programs	Barry briefed the Committee on his draft of Development Opportunities and his club visitations (reports attached). The Committee discussed various dates and in order to have a program with sufficient lead time into STATES and availabilities of local coaches and Barry Prime, 16 Oct 2016 would be suitable date (Sunday after Beef City). Program would be based around ½ day with proceedings completed by 12noon to allow travel. 2 nd program to be conducted after CQ Sprints, and again with 12noon completion to allow travel. Days Booked with Barry, further arrangements will be required for catering and pool bookings.	That CQSA will conduct a Level 2 program on 16 October 2016 and a Level 2/3 program on 15 January 2017.	Moved: Michael Borg Seconded: Amanda N CARRIED
10.4	Draft Meet Calendar 16/17	CQSA have received an amended application from RCity for 11-13 Nov 2016 which is same date as Aquajets' TROPICS meet. Michael has discussed the Aquajets application with the club president given last year's cancellation. Club has provided assurances that it will host this year's meet and has offered to report to CQSA around 1 September on preparations so that CQSA may reaffirm the clubs suitability to host the event. Given the AQUAJETS app was the only app received for this date prior to close it should remain as first preference.	That the application from RCity to host a meet on the 11-13 November 2016 be proposed to the AGM as second preference to the original conforming AQUAJETS application, but that the Management Committee reserves the right to withdraw approval and offer the date to another club after reviewing preparations in early September.	Moved: Michael Borg Seconded: Amanda N CARRIED
10.5	AGM Date	Committee discussed available dates with 1 st preference for 22 May 2016, 2 nd – 29 May. Committee discussed locations and past attendances when meetings held in various centres. Booking will be made at Rockhampton Leagues Club for a 10.30am start (10am arrival).	That the 2016 CQSA AGM will be held in Rockhampton on 22 May 2016, followed by an Ordinary General Meeting.	Moved: Michael Borg Seconded: Amanda N CARRIED
11.0	NEXT MEETING	21 April 2016		
11.1	Closure	Meeting Closed at 8.30PM		
	Title	Name	Signature	Date
Signed	President :			
	Junior Vice President	Jodie Shanks		
	Secretary	Amanda Noone		
	Treasurer	Jenny Smith		

Barry Prime: SQ Coach and Club Development Officer
Central Queensland Swimming Association Reporting Update

Tuesday 22 March 2016

Introduction

Since taking up my role as the SQ Coach and Club Development Officer for your region I have thus far made five visits to your region totaling 16 days performing the following duties:

- Visiting Clubs/Programs and Competitions
- Attending a Swimming Clinic
- Attending Meetings and Meeting Swimming Coaches, Parents and Club Officials

I have outlined a brief overview of my visits in this report.

1) CQ Visits – Clubs/Programs & Competitions

I have currently visited eighteen Swimming Clubs/Programs and attended three Swimming Competitions.

- i) Visited 8 clubs and their coaches within the Rockhampton and Gladstone region from the 13 – 18 October 2015. In addition I attended the Beef City Meet on 16 – 17 October.

Biloela ASC	Caribee SC	CQ Aquajets	Emu Park SC	Gladstone SC	Moura SC	Rocky City	Yeppoon SC
Tony Gilligan	Jodie Shanks & David Milburn	Val Kalmikovs	Paul Connolly	Tom Fronek	Lacy Townsend & Committee Members	Shane Kingston & Parents	Glenn Skinner & Pool Lessee

Introduced to other Coaches @ the Meet

Boyane Tannum ASC	Emerald ASC	Gracemere SC
Paul Barry	Rebecca Leighton	Terry Phelan

- ii) Visited Boyne & Tannum on Wednesday 20 January and was provided with a key insight into the club/program through Squad Coordinator, Natalie Gibbons in addition to observing the coaching session of Brionee Gibbons. This particular visit also provided me with the opportunity to take part into the Gladstone Clinic/Camp on Thursday 21 & Friday 22 January. I also had the opportunity to attend and observe the Harbor City Meet on Friday 22 & Saturday 23 January 2016.
- iii) Visited 10 clubs and their coaches west of Rockhampton from the 22 – 27 February 2016.

Alpha	Longreach SC – Club night	Capella SC Club night	Blackhall	Barcaldine SC – Club night	Clermont	Tieri SC Swimming session & Club night.	Emerald SC Observed the morning session.
Visited pool only as it did not open until 3pm	Shane Uprichard & Joanne plus the President & parents	Kelly Wells & Lessee plus parents	Visited pool only and spoke with a parent and coach	Geoffrey Rafter	Visited the pool and spoke with the Coach /Lessee Donna D	Fiona Johnson & teaching and coaching staff	Spoke with Jodie Sprought, parents and committee members
Dysart	Springsure SC						
Visited the pool and spoke with	Spoke with the Coaches						

the Coach/Lessee Miriata Volpe	Tracey Roberts and Marilyn in addition to meeting the Lessee
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- iv) Attended the Regional Swimming Championships at Rockhampton on Saturday 5 March 2016. This provided me with an overview of the overall standard of swimming in CQ in addition to allowing me to meet up with the coaches once again.

2) CQ Clinics/Camps

To date I have performed one camp in the 2015/2016 season with three more now planned for the 2016/2017 season to date.

- i) Gladstone Clinic/Camp Thursday 21 – Friday 22 January 2016. A comprehensive report was sent out by myself on the activities performed on the camp by myself and other coach/swimmer on the camp, provided I received information from them.
- Clinics/Camps lined up for the remainder of 2016 thus far are:
- ii) Emu Park Clinic/Camp now planned for June! The original date for this was to be in March/April, however, the date was delayed due to repairs being performed at the Emu Park swimming facility.
- iii) Tieri Clinic/Camp planned for Saturday 10 June.
- iv) Boyne & Tannum/Rocky City Clinic/Camp planned for Friday 16 – Sunday 18 September

3) CQ Coaches Meetings and CQ Committee Meeting

Apart from visiting the clubs and meeting the coaches I have actually held the following coaches meetings to discuss Swimming Development in the region:

- i) Shane Kingston and Val Kalmikovos on Friday 16 October 2016, this was to introduce myself and to listen to Shane and Val’s views and ideas on possible Future Potential Swimming Development Activities.
- ii) Rockhampton Beef City Meet as a way of introducing myself in my new role to approximately 12 coaches.
- iii) Gladstone on Saturday 23 January 2016, relating to the Future Potential Swimming Development Activities. The following coaches attended this meeting:

Adam Eisman Western Suberbs	Jodie Shanks Caribee	Paul Connolly Emu Park	Shane Kingston Rocky City
Sonya Galvin Crescent Lagoon	Tom Fronck Gladstone Gladiators	Ann Gelhoar Gladstone Gladiators	Michael Borg CQ Committee

I presented information about Potential Regional Development Activities based around Form Stroke and Individual Medley, whilst also discussing development opportunities for clubs/programs west of Rockhampton in Country CQ. I listened to the coaches’ feedback in addition to receiving written feedback from two coaches and verbally from another two coaches.

- iv) Another meeting was held in Rockhampton during the Regional Championships lunch break on Saturday 5 March 2016, once again the meeting was relating to Potential Future Swimming Development Activities. The following coaches attended this meeting:

Adam Eisman Western Suberbs	Geoffrey Rafter Barcaldine	Jodie Shanks Caribee	Jodie Sprougth Emerald	Mitchell Guthrie Rocky City	Paul Connolly Emu Park
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The suggestions I presented at this meeting were based around Long Term Athlete Development and:

- The Specific Needs of the CQ Region at this moment in time
- Of Benefit to the Swimmers and Coaches to the CQ Region to come together as a TEAM
- Taking into account All Levels of CQ Regional Development
- Since returning from the meeting and listening to the feedback I have come up with the following format/outline for Swimming Development Opportunities in Central Queensland.

PLEASE NOTE: *the various levels below are to be utilised as a guideline as to the type of Development Activity that could be provided by the region as part of CQ Swimming Development Opportunities for its athletes. It is anticipated to incorporate SWD Swimmers into all of the Clinics/Camps.*

I acknowledge the region will only be able to financially support the activities they are able to afford unless another funding model could be considered so as to ensure the Development Activity is able to take place.

LEVEL 1

CLUSTER of CLUBS CLINIC: All-round Swimming Ability

This should involve three or more clubs taking part in Participation & Development Clinics.

These Clinics/Camps would be based around the level of athlete each club participating has in their program and based around Movement Literacy, Swimming Skills & Drills and Stroke Technique Development on All Four Strokes/Individual Medley.

A recommendation for the clinic to be funded by CQ.

LEVEL 2

JX CLINIC – Individual Medley and or Form Stroke

This should involve swimmers of 9 – 12 year and 13 – 16 years of age as a guide who are at a JX level and held in possibly three locations, namely Rockhampton, Gladstone and Emerald.

These 3 Clinics/Camps would be based around Movement Literacy, Swimming Skills & Drills, Stroke Technique Development based around Individual Medley and or Form Stroke based.

A recommendation for this clinic to be funded by CQ.

LEVEL 3

REGIONAL CHAMPIONSHIP SELECTION CLINICS: Individual Medley, Mid Distance Free and Form Stroke

i) Individual Medley and Middle Distance Freestyle

For Girls 11, 12, 13 & 14 years and Boys 12, 13, 14 & 15 years and would be selected from the CQ Regional Championships and involve 64 swimmers and their coaches.

This Clinic/Camp would be based around Middle Distance Aerobic Development and Swimming Skills & Drills – Stroke Technique Development.

ii) Form Strokes

For Girls 11, 12, 13 & 14 years and Boys 12, 13, 14 & 15 years and would be selected from the CQ Regional Championships and involve 64 swimmers and their coaches.

This Clinic/Camp would be based around Speed – Coordination and Swimming Skills & Drills – Stroke Technique Development.

A recommendation for these clinics/camps to be funded by CQ.

LEVEL 4**NATIONAL AGE GROUP/NATIONAL CHAMPIONSHIP QUALIFIERS CAMP and COMPETITION**

Listening to feedback from the CQ Coaches they would like an activity where the CQ Region went on a Camp and Competition as a Team and this would be based around those athletes who had qualified for the National Age Groups/National Championships.

One possibility would also be to link up with another region who may have similar aspirations in this particular area of development.

The purpose of this Camp and Competition would be to encourage and inspire the athletes as part of a CQ TEAM, whilst encouraging them to stay in the sport as part of their Long Term Athlete Development and to achieve their LTAD Potential.

A recommendation is for this clinic to be funded by CQ and self funded by the athletes and clubs of the athletes involved unless sponsorship is forthcoming.

LEVEL 5**SWIMMING QUEENSLAND INTRA REGIONAL DEVELOPMENT DAY**

This would be for swimmers aged 13 – 18 years who are at a SQ JDS, Bronze and Flippers level.

This activity would be funded by Swimming Queensland although it would be the responsibility of each individual to cover the cost of travelling to the respective venue of the camp activity.

- iii) Attending the CQ Committee Meeting on Wednesday 23 March 2016. The purpose of this is to meet directly with the CQ Committee to discuss any questions they may have and to also outline the Future Potential Swimming Development Activities.

5) CQ Coach Communication and Communication in General

Information is being sent out to coaches of the region on at least a weekly basis relating to Swimming Development information or matters of interest related to swimming. All information sent out is also copied to Michael Borg of the CQ Regional Committee.

In recent times I have had regular telephone communication too with Michael Borg and periodically with some coaches of the region too.

Conclusion

This is my second report to the CQ Regional Committee in general in addition to other correspondence I have provided on each of my visits. This should provide you with an idea as to the type of activities and information I have been providing since taking up the role of SQ Coach and Club Development Officer for the CQ Region.

I also acknowledge the numerous hurdles that may have to be overcome relating to Swimming Development, however, I also view this as a great opportunity too. I would also like to acknowledge and thank you for the considerable amount of free time and expertise that you ALL PROVIDE TO SWIMMING and I look forward to working with you all and the swimming community at large with a view to improving Swimming Development in Central Queensland and Queensland as a whole.

Barry Prime

Inwards Correspondence from 19th February 2016

For Meeting 23rd March 2016

Date	From	Re:	Action
19/2/2016	Marc Smoorenburg	McDonalds tents for CQ's & inability to attend	
21/2/2016	Barry Prime	YPS & JX List as of Feb 2016	
21/2/2016	Michael Anderson SQ	Updated McDonalds Logos	
22/2/2016	Barry Prime	More info re YPS JX	
22/2/2016	Kelly Wells Capella Crocs	Copy of letter to SQ re changes to medals etc	
22/2/2016	Winton Swim Club	Meet Manager file for carnival	To Val
22/2/2016	Meredith Tollasepp	Travel Claim - National open Water	
22/2/2016	RCSC Scott Hartwell	Record Applications	
22/2/2016	Barcaldine Club	CQ's noms	Redirected to Susan
23/2/2016	Robert Bell	March rent invoice	To Jenny
24/2/2016	Drew McGregor SQ	Regional Development Activity Proposal	
24/2/2016	Henry Taylor Alpha	Swim Meet results	
27/2/2016	BTSC Heidi McMahon	Updated Development application	
28/2/2016	Geoff Rafter	No Development application from Barcaldine	
29/2/2016	Barry Prime	Sporting Schools promotion information	
29/2/2016	Barry Prime	Videos from QLD coaches workshop	
29/2/2016	Chrissy Walters Springsure	Carnival results file	
29/2/2016	Rachel Sampson RCSC	Request for update on Development application and minutes of Feb meeting	

1/3/2016	Michael Borg Caribee	Results File 13 & Under carnival	
1/3/2016	Scott Hartwell RCSC	Response to CQSA declining AquaBlitz carnival	Two emails
1/3/2016	Scott Hartwell RCSC	Response to query re date of AquaBlitz application	
1/3/2016	Trudee Stafford SQ	Response re CQSA follow up on RCSC application for funding	
2/3/2016	SQ	My Lane launch	
2/3/2016	Aquatic Elements	Amended invoice for Scoreboard upgrade at Southside pool	
3/3/2016	Barry Prime	Overview of CQ club visits	
3/3/2016	Trudee Stafford SQ	Response to email from Michael Borg re development	
3/3/2016	Sarah Emery Emu Park	Request for early approval of Emu Park winter meet	
6/3/2016	Scott Hartwell RCSC	Record applications from CQ Champs	
6/3/2016	Scott Hartwell RCSC	Spelling mistake - Lucy Busby record application	
7/3/2016	Michael Borg	Forward - cold room hire invoice	
7/3/2016	Scott Hartwell RCSC	Tropics State Qualifying Meet Application	
7/3/2016	Scott Hartwell RCSC	Comments and request re seating at CQ Champs	
8/3/2016	Drew McGregor SQ	QLD Gov't Sporting Club Grants	
8/3/2016	SQ	Request for photos of Championships	
9/3/2016	David Milburn Caribee	ASCTA Conference subsidy application for Jodie Shanks	
10/3/2016	Barry Prime	Michael Phelps - The last goodbye	
10/3/2016	Val Kalmikovs	ASCTA Conference subsidy application	
10/3/2016	Scott Hartwell RCSC	Record applications from CQ Champs	
11/3/2016	Kellie Richter SQ	Request for stock take of McDonalds gear	
13/3/2016	Scott Hartwell RCSC	Comments re Brian Thomas Trophy awarded at CQ Champs	Two emails
13/3/2016	Scott Hartwell	Photos of CQ Champs on RCSC facebook page	
13/3/2016	Tom Fronek Gladstone	Development Grant report	

14/3/2016	Rachel Sampson	Official records from CQ Champs	
15/3/2016	Robert Bell	April Rent Invoice	Jenny
15/3/2016	Auriec Aquatic Investments	Invoice - hire of Yeppoon pool for CQ Sprints	
15/3/2016	Chelsee Clarke Lane 4	Invoice - Hire of Southside pool for CQ Champs	
21/3/2016	David Milburn Caribeae	Query regarding Levy amount for 13 & U meet	Jenny
21/3/2016	Jill Hill - New Printing Co	Response to request for invoice	
21/3/2016	Roxanne Deakin Gladstone	Request for update on Development Grant Application	
21/3/2016	Darren Jones Gladstone	Comments on carnival dates re QLD surf carnival & RC Novice	
22/3/2016	Secretary RASC	Thank you for updates and help (To Jenny)	
22/3/2016	Millie Davie Dysart	Query re whether able to apply late for ASCTA conference subsidy - dependent on sponsorship application	
22/3/2016	Caribeae	Acknowledgement of prize money email	
22/3/2016	NewPrint HRG	Invoice for CQ Champs program printing	Jenny
22/3/2016	Barry Prime	Report for meeting 23/3/2016	

Outwards Email Correspondence from 12th November 2015 to 14th January 2016

For Meeting 14th January 2016

Date	To	Re:	Action
19/2/2016	Marc Smoorenburg McDonalds	Invitation to CQ Champs and opportunity to place marquees	
19/2/2016	All Officials	Reminder re travel claims	
22/2/2016	Meredith Tollasepp	Acknowledgement of Open water travel claim	
24/2/2016	Kelly Wells Capella	Acknowledgement of letter re changes to medals etc	
24/2/2016	Drew McGregor	Receipt of Regional Development email + queries (x3)	
25/2/2016	All Clubs	Winton Swim meets flyer & file	
25/2/2016	All Clubs	Sport & Rec e bulletin	
1&2/3/2016	Scott Hartwell RCSC	Responses re Tropical AquaBlitz application and dates	
3/3/2016	Trudee Stafford SQ	Responses expressing disappointment at SQ inability to assist RC development activity application	
3/3/2016	All Clubs	Draft swim meet calendar for 2016/2017	
3/3/2016	All Clubs	CQ Champs program	
8/3/2016	Terry Phelan	Query re where to drop trophy from CQ Champs	
9/3/2016	Caribee David Milburn	Request for receipt to accompany ASCTA Conference subsidy application	
10/3/2016	Emu Park	Approval for winter swim meet	
13/9/2016	Scott Hartwell RCSC	Acknowledgement of email with opinion re Brian Thomas Trophy & request send through ideas from RC for criteria	

13/9/2016	All Clubs	Amendment to Brian Thomas Trophy awarded at CQ Champs	
13/9/2016	All Clubs	Request for photos from CQ Champs	
18/3/2016	NewPrint HRG	Request for invoice for printing CQ Champs program	
20/3/2016	Springsure	Development Levy invoice	
20/3/2016	Caribee	Development Levy Invoice	
21/3/2016	Tieri	Invoice for CQ Champs noms	
21/3/2016	Gladstone	Invoice - outstanding Championship noms	
21/3/2016	Tieri / Yeppoon	Request for bank details	
22/3/2016	Gladstone	Response to email with suggestion of talking to RCSC re carnival dates	

Swimming Development Opportunities

	Level 5	SQ Intra Regional Development Day <i>SQ Team Oriented - Performance Based</i>
	Level 4	National/State Level Camp - Competition <i>CQ Team Oriented - Performance Based</i>
	Level 3	Regional Championships Selection Clinics <i>Individual Medley & Mid Distance Free and Form Strokes Technique & Physiological</i>
	Level 2	JX Clinics <i>Swimming Skills/Drills & Stroke Development Individual Medley and Form Strokes</i>
	Level 1	Cluster of Clubs Clinic <i>Swimming Skills/Drills & Stroke Development on All Strokes</i>