

# 2012 Development Squad Swim Clinic

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During the first week of October, 24 keen young swimmers devoted 5 days of their school holidays to attend the inaugural O&M Development Squad Swim Clinic. Alex Hirschauer (from Melbourne VicCentre) was the coach for the week ably assisted by Debbie Hogg. Each day the swimmers started the day with a swimming session followed by various dry-land sessions including aerobic, pilates, a spin class, boxing and circuit class. There were also talks from a nutritionist, physiotherapist and Alex discussed goal setting and stress management. A morning at Laser Tag was a great team building and fun exercise. The afternoon always ended with another two hour swim sessions and everybody had some feed-back from the underwater camera. Most of the swimmers were from the smaller clubs who generally train less frequently over the winter months so the extent and intensity of the training was a big jump for many, but everyone participated enthusiastically achieving much more than they may have thought possible at the beginning of the week. A big thank you must go to our Development Officer Tap for all the hours of effort he put into organising the week as well as Debbie Hogg for the encouragement and assistance she gave the swimmers over the week.

