

Coaches Report to the PCA 2013 Annual Meeting:

2012 – 2013 has been a very rewarding year. We have faced challenges and overcome them as a group I feel we have the makings of a great group of athletes. Swimming competitively is not all about winning; it's part of it but realistically there can only be one winner in each race.

This past year we have had swimmers attending the FINA World Short Championships, Monica Saili and Chris Andrews. Thank you to the club for supporting these two athletes. What an experience in Turkey both these swimmers are very lucky.

Ben Walsh represented NZ on two SNZ age group teams – SNZ Tri Series Team and AYOF SNZ team. He also managed to be awarded the Young sports person award for Porirua City. Ben has shown that with hard work and dedication you can achieve anything.

I must take this opportunity to also thank Alex Bennet our Junior Coach for all his work with our Junior Squads. A thankless task which Alex relishes his passion and enthusiasm just need to be matched with athletes that he coaches. Plain and simple Alex wants the best from each of his athletes they only need to recognise this.

A big thank you must go to the PCA Committee for their support of our programme both in volunteer hours and financial.

I keep on reminding swimmers on our team that if they can learn from Ben's experiences earlier then anything is possible. Our sport is cruel and it can be kind probably more cruel than kind. You only get out of sport what you are prepared to put into it. Far too often winning early brings issues of unrealistic goals and dealing with the results of this.

This year is my twenty eighth year of coaching. The swimmers have not really changed the people who have are the parents. A trend which is showing worldwide is a "jack of all trades" mentality I am sure this emanates from wanting to do the best for our children. Sadly we face the issue of excellence in none. The journey to find the elusive one which we are good at in many cases means hours of effort for no real result.

It takes 10,000 hours of practice to become competent at a skill. Each of these 10,000 hours needs to be correct practice otherwise we are imprinting the wrong skill level. Why are some people more successful than others? The level of practice and how often they come to practice all make the difference.

To be successful in swimming requires dedication and practice. Each and every day I still remind Ben that he has things to work on to be better. I just want each swimmer in our programme to realise they swim for themselves and the personal gratification of achieving be it a good streamline, turn or medal.

Finally thank you to Danny Selbie and Dennis Smith who help out when I am unable to attend squad without these two being willing to give up their time it would make it all too hard.

Nevill Sutton