

INSTRUCTOR PROFILE



Paul Hardman, Head Swimming Coach

'Watching an eight year old progress from our learn to swim program to a national level athlete can be very exciting.'

Paul Hardman has been the Head Swimming Coach at Abbotsleigh for eight years. Paul came to Abbotsleigh with a wealth of national and international experience. In 1988 Paul was selected as an Olympic Coach for the Seoul Olympics. He was a Commonwealth Games Coach in 1990, a World Championships Coach in 1991 and an Olympic Games Coach in 1996. Paul was the recipient of the Australian Sports Medal in 2000 and qualified as a Gold Licence Coach in 2001 and a Platinum Licence Coach in 2006. Paul has been instrumental to the success of Abbotsleigh swimming, coaching the Abbotsleigh IGSSA Winning Team for five consecutive years from 2002–2006.

Let's take five minutes to learn a little more about our Head Coach.

What's your favourite food?

I like all food and eat everything – especially my vegies. I also have a reputation for devouring anything with chocolate in it.

What's your favourite colour?

Black and yellow of course.

What do you like to do in your spare time?

I enjoy time with my family. I have two girls aged 9½ and 7. I also like gardening. I swim and/or walk about 4–5 times a week and I enjoy reading.

Why did you get involved in coaching swimming?

Whilst studying to become a Physical Education Teacher I often used to go to my swimming coach Forbes Carlile for assistance with assignments. He often guided me towards a lot of research that he had been working on and this definitely triggered an interest in what was his passion – swimming. I started coaching swimming from that time forward and have enjoyed every day since. With a personal background in swimming, an

education as a Physical Education Teacher and a desire to be around the sport, I was ready to coach.

What is the most memorable moment in your coaching career?

I don't have one specific memory but rather many that bring me great satisfaction. Anytime that you have success at the national or international level it is the culmination of between 5–10 years of commitment and work. Success after such a journey is always intensely emotional and hugely fulfilling.

What do you enjoy most about coaching?

I personally enjoy the daily interaction with people. Children and young athletes often come with great enthusiasm and energy and this is great to be around. I laugh a lot when I am at work and nearly all of this is attributable to the athletes that we work with. I also enjoy discovering talented swimmers and watching them take on the challenges that come with being a good swimmer. Watching an eight year old progress from our learn to swim program to a national level athlete can be very exciting.

What's your best advice to young swimmers?

Swim regularly, swim often. Make progress at every workout. Many small steps taken every day can create something special over time. Be the best at something, whether it be FS, BS, BK, or BF or Starts or Turns, or kick or underwater kick. Find your niche and be the best at it and take pride in that. Finding what you are good at will motivate you to stay in the sport longer. Listen to your Coach. Great swimmers have the ability to respond positively and quickly to the technical demands of their coaches. Be prepared to train hard! Enjoy your friends around the pool – they are often a significant part of your life long after you have stopped swimming. Simple!

ABBOTSLEIGH
AQUATIC CENTRE

Abbotsleigh Aquatic Centre, Gate 1, Ada Avenue, Wahroonga ■ postal address Locked Bag 1666 Wahroonga NSW 2076
Telephone: (61 2) 9473 7830 ■ Fax: (61 2) 9473 7681 ■ aquaticcentre@abbotsleigh.nsw.edu.au

www.abbotsleigh.nsw.edu.au

ABBOTSLEIGH
AQUATIC CENTRE

Watermark

Issue No 14



2007 Term 2

Important Dates

Saturday 23 June
Week 9

Non Abbotsleigh payment due for Term 3 lessons

Parents are reminded that payment is due by Saturday 23 June for Term 3 2007

Monday 25 June
Week 10

Last week of Term 2

Change week. Parents are able to change class time if necessary. Please see staff at the Aquatic Centre to make changes

Abbotsleigh student cancellations for Term 3 need to be received in writing at the Aquatic Centre

Monday 2 July

Holiday Intensive Program – week 1

Monday 9 July

Holiday Intensive Program – week 2

Monday 16 July 2006

Term 3 begins

*The swimming program runs in line with State School term dates. There is an extra week of term and only two weeks of holidays.

Inside this issue:

- 2 IGSSA success
- 3 Swim Club news
- 4 Instructor profile

Getting to know our new Aquatic Centre Manager

At the beginning of 2007 the Abbotsleigh community welcomed Mr Rob Pagano as the new Aquatic Centre Manager. With a Master of Management (Leisure Management) from UTS and an Associate Diploma in Applied Science (Recreation Servicing), Rob has come to us with a wealth of experience in the area of leisure management.

Rob has worked in the leisure industry (specifically in facility management) in Australia and the UK for over 15 years. He has worked in management roles for a variety of leisure operators including local government operators, not for profit organisations and private management organisations. Prior to joining us here at Abbotsleigh, Rob spent four years living in London, project managing the redevelopment of a heritage listed leisure facility.

Aside from Rob's qualifications and experience, he also has a passion for sport, particularly cricket and rugby league. He plays for South Sydney in the Sydney Shire Competition and is an ardent supporter of the Sydney Roosters.

When asked what Rob has enjoyed most since taking on the position at Abbotsleigh, he answered, 'Seeing the School spirit at IGSSA has been a real highlight for me. I have been impressed by the quality and the dedication of the staff (with experience



Rob Pagano, Aquatic Centre Manager

at Olympic levels!) as well as the excellent facility that we have here in the School.'

Abbotsleigh warmly welcomes Rob to the School community and looks forward to reaping the benefits of his wealth of knowledge and experience in facility management.


Making a splash! See page 3

Congratulations to the 2007 IGSSA swim team!

The 82nd IGSSA Swimming Championships took place on Friday 9 March at SOPAC. IGSSA is the pinnacle competition for our Abbotsleigh School Swimming Team and provides a fast and furious format of 50 metre events in all four strokes for girls 12–18 years of age in individual age groups.

Abbotsleigh Aquatic Centre has been a boom facility for our School community that has supported the development of a strong swimming team that for the past five years has been the number one swimming team at the IGSSA Swimming Championships.

The 2007 Swimming Team, led by our Year 12's Jenny Macdonald (Captain) and Penny Taylor (Vice Captain), had been preparing for the past 12 months to present a great team ready to compete against our rivals. The team bonded and grew through commitment to hard training in a manner and numbers that have been unprecedented in the past. We have enjoyed training days at Terrigal, spilt some food around the Teppanyaki table, endured the demands of our coach and set goals, discussed our fears and challenged our thinking all with the intention of leading our team towards a sixth IGSSA victory.

After our strong heats performance it was clear that we were competing against an extremely strong PLC Sydney team. For the finals we rose to the challenge recording some admirable individual and team performances but for most of the afternoon we remained 20–30 points behind the competition. We continued competing closing the gap with some brilliant breaststroke and butterfly performances and our freestyle relays were impressive. At the end of the day we congratulated PLC Sydney who had won their first IGSSA Championship in 10 years by a narrow margin of nine points. I was very pleased with our second place out of the 24 school teams in the competition.

Our girls should be congratulated for their spirited performances, many of whom had swum eight great swims on the day. Many girls recorded significant PBs, and set new records in a number of events along the way. We supported and encouraged our team mates and at the end of the meet we must walk away satisfied that we have given our best effort. Congratulations to our 2007 team. You performed admirably.

Paul Hardman
Head Coach



IGSSA results

There were some excellent individual and team performances at the IGSSA Swimming and Diving Championships on Friday 9 March.

Swimming

Abbotsleigh swimmers were involved in three records on the day.

- Senior medley relay team: Anna Goswell, Jenny McDonald, Lauren Riley, Penelope Taylor and reserve Olivia Kelly
- Senior freestyle relay team: Chantelle Berry, Jacinda Brell, Anna Goswell, Jenny McDonald and reserve Jemma Neuman
- Jenny McDonald equalled the 18 yrs 50 m butterfly record

Other outstanding performances included:

- First places: Jacinda Brell 17 yrs 50 m butterfly, Jenny McDonald 18 yrs 50 m freestyle and butterfly, Penelope Taylor 18 yrs backstroke.

Diving results

Overall result: Abbotsleigh - 3rd place

Junior Division: 1st Georgia Shaw and Jessica Geeve

Individual results:

- 12 years - 1st place - Georgia Shaw
- 14 years - 1st place - Catriona Luxford

Swim Club swimmers achieving personal bests

On Saturday 2 June members of the Abbotsleigh Swimming Club attended the annual Carlile Speedo Cup at Sydney Olympic Park Aquatic Centre. True to the carnival's reputation it was highly contested with lots of swimmers aiming for State and Metropolitan qualifications and others getting into racing with many personal bests.

The Abbotsleigh Swim Club team had 19 swimmers competing across 88 events. Abbotsleigh had a terrific meet, picking up eight medals, including six gold medals and two bronze medals.

Two records were broken by **Rebecca Booth**, the 10 years and under 50 m freestyle in 31.39 (a personal best of 0.02) and the 10 years and under 50 m butterfly in 35.69 (a personal best of 0.50).

Congratulations to the following swimmers who qualified for either Metropolitan or State Championships

in their specialised events: **Alexandra Gilley, Rachel Thompson, Alice Stuart, Savannah Brell, Rebecca Booth and Jenna Rose Gold**. In addition all the swimmers performed superbly with everyone going home with at least two personal bests.

As well as a jam packed day of racing the swimmers were able to meet Australian swimming star Leisel Jones who attended the meet in the afternoon to cast her eye over the young talent and to sign caps, posters and shirts as well as posing for the occasional photo.

Finally, all of the Aquatic Centre staff would like to congratulate all swimmers on their efforts. We look forward to next year's meet with an even larger team.

Cameron Ellicott
Abbotsleigh Assistant Swimming Coach

Making a splash!

Diving news

Abbotsleigh divers have achieved excellent results at recent State Championships.

NSW All Schools Championships

- 12 years' springboard: 2nd Georgia Shaw
- 14 years' springboard: 1st Catriona Luxford
- 14 years' platform: 2nd Catriona Luxford

NSW PSSA Championships

12/13 years' springboard: 1st Beth Alexander; 2nd Kathleen Evans

Open platform: 2nd Beth Alexander

Catriona Luxford, Beth Alexander and Kathleen Evans have been selected as part of the NSW All Schools Diving Team to attend the School Sport Australia Championships to be held in Hobart on 8-12 August 2007. We wish the girls the very best of luck!

Invitational Diving Carnival

In an effort to provide all students with the opportunity to participate and develop in the sport of diving, Abbotsleigh will be holding Invitational Diving competitions on the third Saturday of every month. The competitions are open to all school and community divers, boys and girls in Year 8 and below. The first competition will be held on Saturday 18 August 2007.

New class

Due to increased demand and popularity of the diving program an extra class has been added to the timetable. Beginning in Term 3, the extra class will be held on Thursday mornings from 6.15–7.45 am. Please see staff at the Aquatic Centre if you would like to enrol in this class.

For further diving information please contact Eric Brooker, Head Diving Coach on 0404 160 294 or via email diving@abbotsleigh.nsw.edu.au

One-to-one tuition

The Aquatic Centre is offering one-to-one tuition in the LTS program for children. This may be particularly helpful for the timid or cautious child who needs short term extra attention to develop their own personal abilities.

One-to-one need not be long term – it may only be necessary until the child becomes familiar and comfortable in the surroundings of the Aquatic Centre – and then they are able to mainstream into a class program where they can continue to develop their skills and confidence with their peers.

Ask at the Aquatic Centre counter for more details.

Jo Wheatley
Learn to Swim Coordinator

Merchandise

For the convenience of our patrons, we are happy to inform you that the Aquatic Centre is now carrying a range of merchandise from Zoggs including caps, goggles and swimwear. You will find the display on the left as you enter the front door of the Aquatic Centre. Ask our helpful staff if you are interested in anything in the display cabinet.

Holiday program

As the term comes to an end, preparations begin for our holiday program. All levels of LTS, squad and diving programs are on offer. The intensive holiday program is a great way to consolidate the term's lessons and train outside the constraints of the School term.

Aqua aerobics is also on offer in the daytime these holidays. Minimum numbers are required to run a class, so bring a friend and keep up your fitness. Bookings are being taken now, so don't miss your place!