



Harlee Elite Information Pack

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COACHING SQUAD



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Head Coach Canterbury



Alex Clarke
Managing Director
Head Coach Harlee Elite



Tony Sobkowski
Head Coach Elite Silver & Mentor



Ally Jalvo
Head Coach Birrong



Sarah Cauchi
Junior Performance Coach Revesby
Strength & Conditioning Coach



Brendan Kirkpatrick
Technique & Analysis coach



Zac Hatzis
Harlee Elite Coach



Matt Innes
Harlee Elite Coach



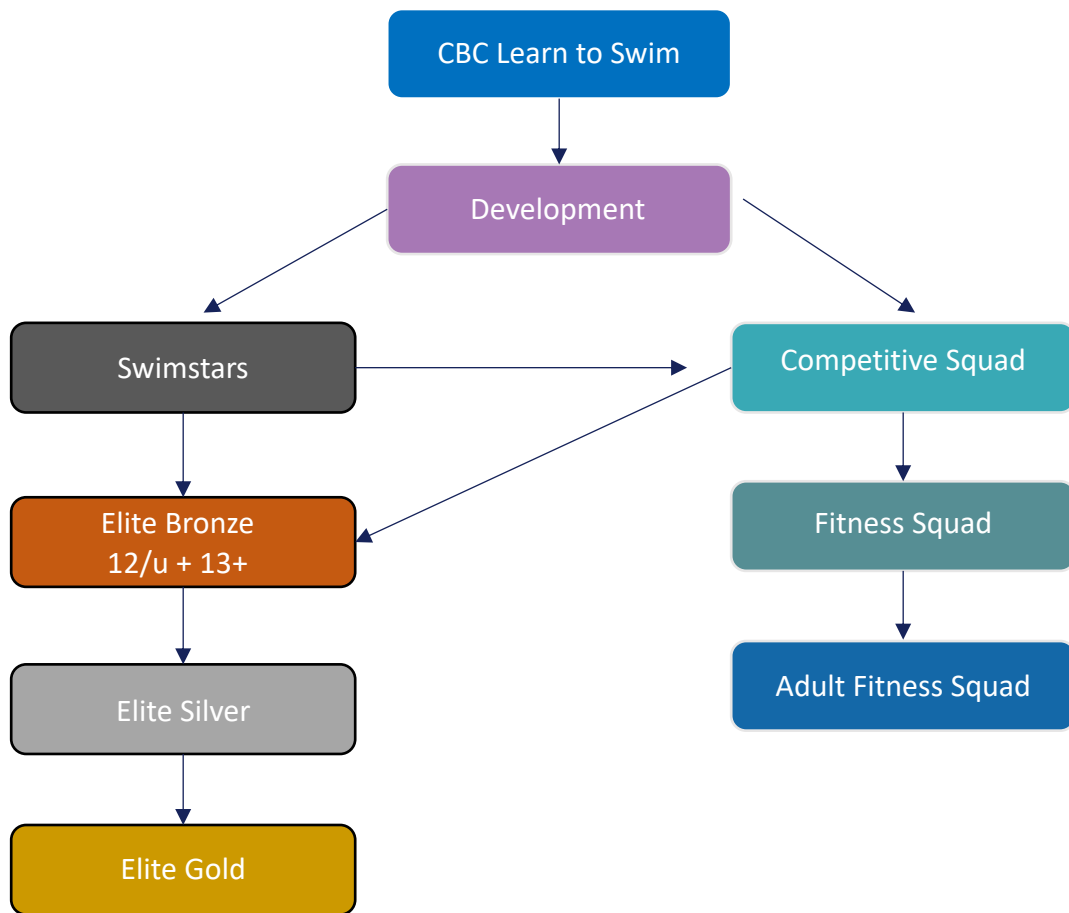
William Cooney
Harlee Elite Performance Coach



Ayden Rowley
Harlee Elite Coach



The “Harlee Elite” Pathway



Talent ID Programs Elite Squads

NXT WAVE

DISTANCE

SPRINTERS

Expectations of Groups

Harlee Elite is a renowned leader in providing excellence across our squad pathways across our four pool locations in Canterbury Bankstown.

Max Parker Leisure Centre	Marco Avenue Revesby NSW
Roselands Leisure Centre	Centre Avenue Roselands NSW
Birrong Leisure Centre	Wellington Road Birrong NSW
Canterbury Leisure Centre	Phillips Avenue Canterbury NSW

Developing excellence and training individuals to pursue success in all aspects of life, has seen the business platform and produce since being established in 2016.

Harlee Elite are building a foundation you want to join. We encourage participation across all ages and abilities.

We have developed a strong connection with open water racing and encouraging our fitness members to take on new goals with ocean swims, triathlon racing along with members developing teams in water – polo and other sporting activities.

Our team of coaches drive a commitment to professional development and continual personnel education sessions on coaching techniques to help each individual within our program.

We have had rapid success with swimmers towards Australian Junior team selection, Olympic & Commonwealth games trials qualifications, Australian Paralympic squads, NSW Teams as well as swimmers competing at National, State and Metropolitan championships.

We build a strong belief and legacy for pursuing swimmers with outstanding individual results across the school swimming stream and have many swimmers who have competed across Pacific School Games and PSSA / CHS/CCC/CIS carnivals.

To date, we have numerous Medalists in our Elite stream and high achievers holding records across numerous benchmark carnivals.

We aim to build year to year on our strong family culture and reputation for fun, supportive and quality sessions – We can't wait to welcome you to the wave of talent.

Our staff members bring a wealth of knowledge and professionalism in their delivery of sessions. This combined with the networks of physiotherapists, nutritionists, sports psychologists, fitness trainers and others provide for a holistic approach to developing athletes, allowing each individual to perform at their very best in all aspects of life.

Our squad swimmers gain ability and confidence through a variety of activities which include stroke correction, camps, internal and external competition, dry land training, mentoring, school holiday clinics, strength and conditioning sessions, specialised training sessions plus much more!

We value providing a fun, enthusiastic and vibe of energy for all of our members to enjoy their time at the pool.

Here at Harlee Elite the Elite Squad Stream pathway to Elite, National and International competition is carefully planned with strong emphasis on quality rather than quantity.

Come be part of the Harlee Elite swim squad family!



Development Squad

Aim	Designed to set a foundation to introduce, or progress, swimmers to competitive swimming, through a range of channels that best suit the individual. A large focus on technique and skill of the four strokes with the occasional session improving endurance.
Equipment	All swimmers must have their own fins, pull buoy, kick board, water bottle and spare goggles on deck at every session.
Lesson Structure	Stroke 1 Kick → Drill → Swim → Skill Stroke 2 Kick → Drill → Swim → Skill
Racing Commitment	Swimmers are not expected to race but are encouraged to compete at their school carnivals and join the swim club for weekly Friday night races or RSL club in summer.
Expectations	<ul style="list-style-type: none"> • Swimmers are learning in a fun, interactive and supportive environment • Develop and lead into our competitive squads • Be able to correctly perform the seven turns which include the IM transitions • Be able to correctly perform the four strokes of swimming for a total of 50m • Be able to correctly perform a competitive dive from the blocks • Regularly attend at least two training sessions each week
Criteria For Next Level	<p>A testing week occurs every term in week 5 in which the coaching staff instruct swimmers through the below and make judgements for the next level. The results collected are then passed on to the parent via email.</p> <ul style="list-style-type: none"> • 100m freestyle kick ↓ 2.30 • 200m freestyle swim with correct skills ↓ 4.30 • 4 x 50s freestyle holding @ 1.15 • 200m individual medley with correct skills • 100m backstroke with correct skills ↓ 2.30 • 100m breaststroke with correct skills ↓ 2.45 • 50m butterfly with correct skills ↓ 1.15 <p>*Ultimately the decision is based upon coaches discretion*</p>
Pricing	<p>1 x session per week = \$60.00 / month <i>not inc gst.</i></p> <p>2 x sessions per week = \$70.00 / month <i>not inc gst.</i></p> <p>3 x sessions per week = \$75.00 / month <i>not inc gst.</i></p> <p>*10% off for the second child and 15% off for the third child*</p>

Testimonial

"The coaching staff's approach to training and individualised method of coaching constantly challenges Kacper and provides a variety of sets and drills that keep him interested and switched on during training. The consistent emphasis on technique and genuine interest in the swimmers helps them grow in confidence. Kacper's swimming ability has improved greatly since joining the development squad and he even made his first Sydney South West Regional Carnival." - Joanna Fenik, Kacper Fenik



Competitive Squad

Aim	Designed to improve swimmer's skills and technique, making them faster and more efficient in the water.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Stroke Development → Main Set → Cool Down + Skills *Roughly 3km+ achieved each session*
Racing Commitment	Swimmers are not expected to race but are encouraged to compete at school carnivals, RSL summer competitions or join the swim club for weekly Friday night races.
Expectations	<ul style="list-style-type: none"> • Swimmers are learning in a more challenging, interactive and supportive environment • Develop the athletes endurance through more complex sets made up of endurance and speed • Be able to adjust to the increase in swimming session distance up to 3km • Advance the use of reading the pace clock and begin to incorporate within a main set • Refine all technique and competitive skills to help prepare for swimming carnivals • Regularly attend at least two training sessions each week
Criteria For Next Level	<p>A testing week occurs every term in week 5 in which the coaching staff instruct swimmers through the below and make judgements for the next level. The results collected are then passed on to the parent via email.</p> <ul style="list-style-type: none"> • 200m freestyle kick ↓ 4.30 • 400m freestyle swim with correct skills ↓ 7 • 8 x 50s freestyle holding @60 • 200m individual medley with correct skills ↓ 5 • 4 x 100s individual medley @2.15 • Understand drills (3 for each stroke) • 4 x 50s stroke focusing on technique @1.30 • Display an interest in competing for a swim club <p>*Ultimately the decision is based upon coaches discretion*</p>
Pricing	<p>Unlimited sessions = \$93.50 / month <i>not inc gst.</i></p> <p>*10% off for the second child and 15% off for the third child*</p>

Testimonial

"Georgia has shown immense improvement over the last year, improving her 50m freestyle time by 8 seconds and then going on to compete at her first individual State carnival. We are grateful for the team at Harlee Elite and their continued support of each individual swimmer towards their goals" - CF



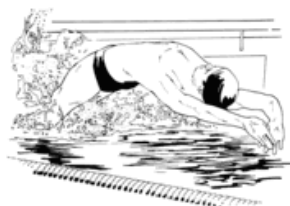
Adult Fitness Squad

Fitness Squad

Aim	Designed to improve health and wellbeing, develop confidence in endurance swimming and achieve personal goals.
Entrance Criteria	<ul style="list-style-type: none"> • Swimmers are primarily aged 12 years and over • Capable of doing all four strokes • Ability to hold a minimum of 6 x 100s freestyle @2.40
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down *Roughly 3km+ achieved each session*
Racing Commitment	Swimmers are not expected to race but are encouraged to compete in ocean swims, triathlons or masters swimming.
Expectations	<ul style="list-style-type: none"> • Be able to improve their overall health, attitude and wellbeing • Actively seek to improve themselves through swimming whether that be competing at carnivals or ocean swims on offer through summer • Develop a supportive environment where individuals gain lifelong friendships • Regularly attend training sessions each week • Have fun and feel comfortable in the water
Criteria For Next Level	If the swimmer decides they would like to take more of a competitive route then discussions with lead coaches to determine the next appropriate squad.
Pricing	1 x session a week = \$65.00 / month <i>not inc gst.</i> 2 x sessions a week = \$75.00 / month <i>not inc gst.</i> 3 x sessions a week = \$85.00 / month <i>not inc gst.</i> *10% off for the second child and 15% off for the third child*

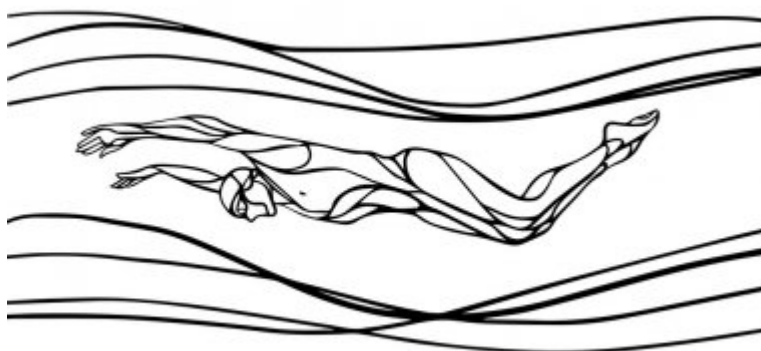
Testimonial

"After many years trying to find the right program for my level was hard, finding Harlee Elite and joining the fitness program has opened my eyes to many possibilities. I have competed in many ocean swims and gained a heap of confidence wherever I attend holidays near water. I am now able to complete the 3km sessions without resorting to my fins or many breaks. It's also nice to swim with people of similar age and create a friendship which makes training that much easier. Coffee Club afterwards with a new group of individuals also brings a delight to my mornings and onwards for the day"



Swimstars

Aim	Designed to improve swimmer's skills and technique in all four strokes as a way to excel and move swimmers to a competitive focus.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Stroke 1 Kick → Drill → Swim → Skill Stroke 2 Kick → Drill → Swim → Skill *Some sessions will be targeted toward an endurance focus*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> • Active member of RWSC or BSSC. • Regular participation in Friday night club races • Attend all targeted carnivals outlined by coaching staff • Attend a minimum of 3 swimming sessions a week + 1 dryland session • Arrive on time and have all equipment on deck • Respect fellow swimmers and coaches • Come with a positive attitude daily and encourage others within the squad • Complete all tasks set by the coach and hand in by the required deadline • Aim to achieve top ten placing in all MSW championship races • Aim to achieve state level swimming within the school system
Criteria For Next Level	Regular testing is conducted every two months in this group and the decision is based on coaches discretion, swimmers improvements and achievements.
Pricing	<p>\$105 / month for a maximum of 5 sessions available each week. <i>not inc gst.</i></p> <p>- Additional fees are to be paid for dryland and external activities</p> <p>*10% off for the second child and 15% off for the third child*</p>



Testimonial

"Swimstars squad is not just about training. It's learning to go fast while having the right technique, set goals, make lifelong friends and hiving each other after a hard set. Isaac has been in this squad for just over a year and the improvement in all strokes times are exceptional. A special thanks needs to go to the coaching staff and their dedication and discipline to keep bringing out the best in the swimmers." - TE

Elite Bronze

Aim	Designed to improve swimmer's skills and technique in all four strokes as a way to excel and move swimmers to a competitive focus with the aim of Qualifying for NSW State Age.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Stroke Development → Main Set → Cool Down + Skills *Roughly 3.5km+ achieved each session* *A number of sessions each week will have specific sets for sprinters and distance swimmers*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> • Active member of RWSC or BSSC. • Regular participation in Friday night club races • Attend all targeted carnivals outlined by coaching staff • Attend a minimum of 4 swimming sessions a week + 1 dryland session • Arrive on time and have all equipment on deck including a skipping rope and TheraBand. • Swimmers are also expected to remain in the session until the end • Respect fellow swimmers and coaches • Come with a positive attitude daily and encourage others within the squad • Complete all tasks set by the coach and hand in by the required deadline • Aim to qualify for Metropolitan and State championships • Clear outlined goals to the sport of swimming
Criteria For Next Level	Regular testing is conducted every two months in this group and the decision is based on coaches discretion, swimmers improvements and achievements.
Pricing	<p>\$121 / month for a maximum of 7 sessions available each week. <i>not inc gst.</i></p> <p>- Additional fees are to be paid for dryland and external activities</p> <p>*10% off for the second child and 15% off for the third child*</p>

Elite Bronze 12/u: Swimmers will be within the Junior Stream of competition and look to advance towards the NXT Gen squad.

Elite Bronze 13+: Swimmers who are in high – school and within the Snr Stream of competition and look to advance towards Elite Silver/Elite Gold.

Testimonial

"Ever since moving to Harlee Elite I have been impressed with the progression my daughter has made. The consistent emphasis on technique, guidance through how to race and the genuine interest coaches have in all the swimmers reaching their full potential has helped my daughter grow in confidence and her love for the sport of swimming. She also made her first qualifying time for Metropolitan & State the past 12 months and was Sydney East Age Champion." - RC



Elite Silver

Aim	Designed to improve swimmer's skills and technique in all four strokes as a way to excel and move swimmers to a competitive focus with the aim of Qualifying for Metropolitan Championships, NSW State Championships and Open Water Nationals.
Equipment	All swimmers must have their own fins, pull buoy, kick board, paddles, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down + Skills *Roughly 4 – 6 km+ achieved each session* *A number of sessions each week will have specific sets for sprinters & distance swimmers*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> • Attend a minimum of 5 swimming sessions a week + 1 dryland session • Arrive on time and have all equipment on deck including a skipping rope and theraband • Swimmers are also expected to remain in the session until the end • Respect fellow swimmers and coaches • Come with a positive attitude daily and encourage others within the squad • Complete all tasks set by the coach and hand in by the required deadline • Aim to qualify for State championships • Clear outlined goals to the sport of swimming
Criteria For Next Level	Regular testing is conducted every two months in this group and the decision is based on coaches discretion, swimmers improvements and achievements.
Pricing	<p>\$145 / month for a maximum of 8 sessions available each week. <i>not inc gst.</i></p> <p>- Additional fees are to be paid for dryland and external activities</p> <p>*10% off for the second child and 15% off for the third child*</p>



Testimonial

"My daughter Caitlin has been with Harlee Elite from the beginning. She started in the fitness squad before being identified to join the Swimstars group from here her love for swimming and her goals progressed and not long she was in Elite Bronze. After being in Elite Bronze for two years she was given the opportunity to train with Elite Silver. Her main target was to qualify for the National Open Water Championships and with some dedicated coaches she was able to achieve it. Her confidence has increased while being in this group and is continually improving in social settings and in her training." - GP

Elite Gold

Aim	Designed to educate swimmers on high performance requirements and develop appropriate speed for competitions through periodisation. Swimmers would have already qualified for National Championships and be committed to the sport of swimming.
Equipment	All swimmers must have their own fins, pull buoy, kick board, large paddles, small paddles, snorkel, sponge + rope, water bottle and spare goggles on deck at every session.
Lesson Structure	Warm Up → Pre Main → Main Set → Cool Down + Skills *Roughly 5- 8 km+ achieved each session* *A number of sessions each week will have specific sets for sprinters and distance swimmers*
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none"> • Attend a minimum of 6 swimming sessions a week + 1 dryland session • Arrive on time and have all equipment on deck including a skipping rope and theraband • Swimmers are also expected to remain in the session until the end • Respect fellow swimmers and coaches • Come with a positive attitude daily and encourage others within the squad • Complete all tasks set by the coach and hand in by the required deadline • Has already achieved National Championship qualifying times and aims to achieve podium finish • Clear outlined goals to the sport of swimming
Criteria For Next Level	Regular testing is conducted in this group and performance is measured through competitions. If an athlete doesn't meet criteria for this level then the decision to move squads is based on coaches discretion swimmers performance.
Pricing	<p>\$165 / month for a maximum of 9 sessions available each week. <i>not inc gst.</i></p> <p>- Additional fees are to be paid for dryland and external activities</p> <p>*10% off for the second child and 15% off for the third child*</p>



Testimonial

"Henri has been involved with Harlee Elite for a number of years. Within the first year of joining Elite Gold he was able to achieve 3 National Gold medals, something he never thought would happen. He was then selected on the NSW Sharks squad and won the Australian Surf Titles. The commitment, opportunity and understanding given to each swimmer exceeds any other program we have been to. The family culture and encouraging teammates make the environment to train in positive for all, the coaches are able to coach in person into athletes to pursue success."

Talent ID Programs

The Wave.

NXT Wave: 13/ under
Distance: Senior Stream
Sprinters: Senior Stream

Aim	Designed to drive swimmers swimmers in the performance channel to advance their targeted races and encourage the alignment to larger performance channels with the target of qualifying for teams, podium and top ten placings.
Racing Commitment	Swimmers are expected to race for either Revesby Workers Swim Club or Bankstown Sports at weekly club nights and all relevant targeted meets.
Expectations	<ul style="list-style-type: none">•Swimmers must meet targeted sessions as outlined by their Head Coach in Bronze, Silver & Gold.•Swimmers must have clear goals and align then with their coach.•Swimmers must develop goal sheets and reflect them with the data analysis coach.•Swimmers to continue to upskill their education and further their development with all activities and tasks at hand.
Criteria For Next Level	Based upon carnival results by swimmers improvements and achievements.

NXT WAVE: Identifies the next wave of talent preparing them to qualify for Nationals in the first year (13 girls + 14 boys). Swimmers are identified to upskill their terminology, skills and race – plans to continue developing their mental game for competition.

Distance: Platform designed to categorise a specific session dedicated to distance swimmers 800,1500 and Open Water within the Elite Silver & Gold Channels.

Sprinters: Platform designed to categorise a specific sessions dedicated to 50m work to prepare for changes at Nationals within the Elite Silver & Gold Channels.

Private Lessons

Although there are major benefits for the swimmer to attend group sessions, when it comes to developing the individual skills and technique in a way that is efficient and tailored to the athlete then these classes provide this.

They are offered during a time that suits you and the coach of your choosing. There is also the ability to share these sessions with a small number of other swimmers.

Individual 1:1	45 minutes - \$60 60 minutes - \$70
2:1	45 minutes - \$70 60 minutes - \$80
3:1	45 minutes - \$80 60 minutes - \$90
4:1	45 minutes - \$90 60 minutes - \$100
Group of 5	60 minutes - \$100
Group of 10	60 minutes - \$100
	10% discount if you book 5 sessions *20% discount if you book 10+ sessions*

Note: Pool entry **is not** included in Harlee Elite fees.

Costing is determined by council and can be paid as single payments on entry or a monthly pass can be purchased. For more information: please discuss with front reception of any facility.

Current Council Entry rates as at 1st September 2020.

\$3.70 Individual Entry for squad members.

or the Following passes can be purchased:

10 visit - \$35 (works out at \$3.50/visit)

20 visit - \$64 (works out at \$3.20/visit)

Monthly unlimited visits - \$44



Top 10 Questions Every Swimming Parent Wants to Ask

How many training sessions should my child do each week?

There is no magic number of training sessions for every swimmer. Even at elite level, some swimmers swim 7 sessions a week, some of 9 and others 11...there is no magic number.

A basic formula to determine sessions is to half the child's age and minus two i.e. if the child is 10 then they would need to complete 3 sessions a week. However it really comes down to the FLAG Principle:

Fatigue - if a swimmer is swimming 3 sessions a week and as a result is always tired, irritable and grades are failing then losing a session may help this. The optimal is largely based on their ability to adapt and recover from the training load.

Level of Performance - chances are two sessions a week will not get you selected on the next olympic team and 14 sessions isn't going to get you a PB at the under 9 championships.

Available Time - if your child is in high school, playing water polo, learning violin, doing school projects on weekends, playing tennis and in the dance group and swimming five times a week then adding more sessions is not going to do anything. You need to keep in mind your child's total commitments across all areas of their life before adding more training time.

Goals - if your child has set high swimming goals then time and effort to achieve them will also be high.

My child is 10 and a great freestyler. What do they have to do to make it to the top?

The first thing to accept is that there is no such thing as a champion 10 year old freestyler. Swimmers who experience success pre teenage years do so due to accelerated growth. Another common situation is that as kids grow, change and develop their ability to swim the competitive strokes change. In the long term, the factors which determine success as a senior swimmer are the 4 P's:

Perseverance - the ability to try and try and try and never give up

Patience - it takes time to become a great swimmer approximately ten years of consistent hard work

Physical Training - it takes a high level of fitness, technical development and skill refinement to make it to the top
Personality - top swimmers demonstrate common traits such as determination, commitment, the ability to overcome adversity and the capacity for accelerated learning

Passion - you have to love it to do well!



Top 10 Questions Every Swimming Parent Wants to Ask

When should my child specialise in a stroke?

When swimmers grow and develop physically and mentally, they will be naturally drawn to particular strokes. It is common for swimmers' best strokes to change from year to year. There is no need to encourage kids into one stroke or another. It is better then to develop all four of the competitive strokes. Therefore don't push a stroke onto the child let them figure it out.

Do swimmers need a special diet?

No. Not unless they have a medical problem or diet related condition that's been diagnosed by a nutrition professional. As a general rule, top swimmers follow a 4 more, 4 less, 4 me diet: More complex carbohydrates like rice, learn quality protein like chicken, water and fresh juices and fresh fruit and nuts.

Less take away food, saturated fats and oils, process and pre packaged foods and sodas. Lots of parents want to know about supplements like vitamins, minerals and special substrates like creatine, glucose etc. If you would like more information on this then please don't hesitate to contact us as we have numerous articles relating to this.

How do I find the best coach for my child?

At Harlee Elite of course!

The best swimming coaches demonstrate the Four C's we abide by this:

Calm - the remain calm and composed on and off deck and set a great example

Confident - they display a humble confidence, believe in themselves and coach because they love coaching
Close - the pool where they coach is close to home or at least on the after school pick up route

Caring - they are interested in kids becoming great human beings not just fast swimmers

Credible - the have the appropriate experience, qualifications and understanding of swimming

School, swimming, social life...what's the right balance for my child?

Your child is not a swimmer...they are a child. Who just happens to swim. Kids are drawn to the things that; the enjoy, they have friends and they are learning because their hearts and minds are engaged. If your kids are having fun with their friends and love what they are doing chances are the balance is right. If your kid starts to make excuses about not wanting to train then they are telling you the balance is not right and it needs changing. Listen to your child.



Top 10 Questions Every Swimming Parent Wants to Ask

What should I expect in terms of results at meets?

- Your child enjoying swimming with their friends
- Your child learning to love challenging themselves and taking pleasure in competition
- Your child demonstrating all they have learnt in terms of technique and skills
- Your child showing some self responsibility in their warm up, recovery and nutrition
- Your child showing a sense of team by cheering on team mate and supporting others

In terms of results...expect nothing. You should be happy that your child is loving the sport, learning new skills and life lessons.

Does my child need to be doing strength training in the gym?

No. Not unless they have an injury or weakness that has been identified by a professional sports therapist. We start introducing them to the gym when they are 14 (girls) and 16 (boys) therefore wait until guidance from the coach.

The three key areas of dry-land training are to focus on; Flexibility (stretching of muscles)

Mobility (movement around joints)

Stability (stable core)

What can I do to be the best swimming parent?

Give the child unconditional love, total support, compassion and belief in themselves. Develop the person they are and then work on the athlete. Trust the process and most importantly trust the coach.

