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## Media Release:

### Restructured Swimming Program Led by Two Greats of the Sport

By CCAS Media (March 2019)

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MARCH the Central Coast Academy of Sport Mingara One Swimming Program has undergone a significant revamp to ensure the structure best provides for this region's most promising and coming talent in the pool.

Two of the regions highest profile coaches will be involved and both bring exceptional commitment and expertise to the program. Graeme Carroll will remain as the Program Head Coach and he will oversee all coaching in the program. Graeme is ably supported by Stephen Critoph who will head up the Elite Squad Program, a new concept to the structure of the CCAS Swimming Program.

The revision to the program will see a two squad structure implemented, an ELITE squad for those athletes who are Nationally ranked in open events and a Development squad for the target age group ten (10) years to seventeen (17) and who have performed well in district and open age events. The two squad structure has also been designed to complement the schedule of the very busy Coast and Valley Swim Association schedule. The CCAS swim structure is very similar to one being implemented by Swimming NSW. The core underlying theme of the swim program is to provide a complimentary pathway in the sport so athletes with above average talent are brought into a program that won't conflict with their home coach and provide an environment that builds the talent depth in the sport for the Central Coast region.

Graeme Carroll the Program Head Coach said of the revised structure: "A refresh has been talked about and now put into action and this program is really exciting, providing two levels is about ensuring our top athletes remain on the Coast and our development athletes will be in an environment where they see first-hand what's required to take the step to the next level. I'm really delighted with the additions to the program, a structured link to the New South Wales Institute of Sport will bring added value to the program and to the guest coaches we are targeting. This program will be vastly different to what a swimmer might be able to get at their home club, it's the point of difference we are working on to ensure we fill the twenty or so scholarship positions available".

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