



SLD Coaching Strategy

South Lake Dolphins have been fortunate to have excellent coaches over the years with the current team being no exception.

- Coaching Strategy
- Meet the Coaches
- Coaching Development

At the South Lake Leisure Centre we have been operating at maximum capacity in recent years. As such the coaching strategy has been to consistently improve the quality of our programme rather than concentrating on growth. Specifically this has targeted:

1. Development of swimmers through the Pathway (Figure 1).
2. Increasing the number of swimmers who qualify for State Championships.
3. Continuous improvement on previous club records.
4. Improved swimmer representation with the JX programme.
5. Increasing representation at the National Age Championships.
6. Developing swimmers to qualify and compete at National Open Championships.
7. High level of swimmer retention across all squads.

Figure 1- SLD High Performance Pathway

