

Coaching Staff

Last Updated Thursday, 14 May 2009

COACHINGThe Hobart Aquatic Club contracts the services of Tasmania's number one private coaching service. The coaching team is led by Head Coach, Justin Helmich. Most of the coaches are either currently training within the program, or formerly trained in the program and have now retired. This is a part of the clubs culture of creating pathways for swimmers to stay within the sport, a policy of developing swimmers into coaches has been adopted. In this way, the culture and the discipline that is evident in the program are continually perpetuated.

Justin Helmich Justin is a Silver Licence Coach with vast experience in coaching athletes ranging from International representatives to Learn to Swim to Masters. Justin has completed all educational requirements to attain his Gold Licence. He will become only the second Tasmanian to achieve this qualification in swimming. He has had extensive success in elite company, putting numerous swimmers onto Australian Teams and Squads. Justin is a former National champion and representative swimmer in distance and open water freestyle events.

Matthew Orr Matthew Orr is another former champion swimmer who has recently taken on the role of assistant coach of the elite program. Matt is particularly skilled at backstroke technique and is renowned within the team for his inventive and interesting sprint training sets.

Sam Wilkinson Sam is currently working with the Senior Squads ensuring that they continue to build on the successes under their former club supremo, Chris Wedd. Sam has excellent communication skills and a unique approach to coaching whilst also being a hard task master and is ensuring that discipline in the squads is always at a high standard. Sam has a desire to improve his coaching and is doing a great job and has recently completed his Junior/Assistant coaching accreditation.

Sarah Pickett Sarah is an NCAS Bronze Licence coach and Austswim Instructor. Sarah has been the backbone for the junior program for many years. Her experience is vast with more than 10 years experience in learn-to-swim, junior squad, senior squad and elite athlete preparation. Sarah has recently taken on the role of junior squad co-ordinator and in addition to her coaching role she has now taken a leadership role in respect to the training of junior squad coaches and co-ordinates various programs and assessments. Like Sam, Sarah is a fantastic communicator and junior athletes warm to her friendly demeanour.

Katie Greatbatch Katie has recently joined the junior following her return from overseas travel. She brings with her a wealth of knowledge across Learn to swim and junior coaching and it a real asset to the team. Katie is also an ex-National level swimmer who has a real passion for the technical aspects of swimming.

Karl Wurzer Karl has been coaching for more than two years within our junior program. Karl is a three times National Open Medalist the Breaststroke events. He holds times in the Top 10 in Australia all time in both the 50 and 100 breaststroke and will be looking to secure a place on the National Squad in 2009. He manages to fit his coaching in between his swimming and cross training schedule. Whilst breaststroke is his forte, Karl is very skilled at all technical aspects of coaching

Felicity Belbin Felicity has also been coaching with the squad for many years. Felicity balances her coaching with a full time career and her own swimming training. Felicity is a National Open qualifier, is the squads most senior swimmer and rarely misses a National Championship.

Stella Young Stella is another of our young athletes who has extended her knowledge of swimming into the coaching / learn-to-swim arena. Stella has a fantastic demeanour with the young athletes and they warm to her very quickly. Stella, like most of our coaches, is a technical perfectionist and has developed over the past 12 months into an extremely effective coach.

Nicholas Cannell, Angus Lane, Eliza Buzza and Paul Crosswell All four of these young coaches are currently National qualifiers and who have recently commenced on the coaching team. They have sound technical knowledge combined with a helpful and approachable nature which helps them to be very effective as role model coaches. They will benefit from more instruction and time on deck, but already are showing signs of developing into coaches who can develop the club into the future.