

The Coach

ANITA KILLMIER

Anita Killmier has had an extensive involvement in swimming spanning 40 years. Anita began her swimming career as an elite, national medal winning Backstroker under the guidance of legendary coach Harry Gallagher. She also represented South Australia in Women's water polo.

Anita's love of swimming continued unabated when, after a short retirement from the sport and a brief stint as a Primary teacher, she returned to competitive swimming in the fledgling Masters movement. This coincided with her decision to pursue a career in swimming teaching and coaching and had the good fortune to work for pioneering company "Aquarobics" who gave her free rein to develop cutting edge programs. Recognizing an unfulfilled niche, Anita began what is generally seen as the first dedicated adult fitness swimming squad in Melbourne - if not Australia. Later, Aquarobics obtained a large government grant that enabled Anita to write 3 booklets under the National Life Be In It - Come'n Try Aquatics Campaign.

In 1981 she joined the emerging Masters club Powerpoints, taking on the mantle of club coach shortly after. Powerpoints rapidly elevated to the top club in Australia, a position it held for over 10 years. She continued to compete, winning numerous National and even World Masters titles.

As well as a Diploma of Teaching, Anita is a Silver Licensed Coach (ASCTA) and one of only a handful of Level 2 Masters coaches in Australia. She is a recognised lecturer both nationally and internationally and assists in the delivery of accreditation courses for both swimming teachers and coaches. Anita lived abroad for eight years in Dubai, Singapore and Sri Lanka where, at the invitation of the International Olympic Committee, she ran Solidarity Coaching Courses and coached the national swim team. She returned to Australia in 2006 to recommence coaching in her own business.

Anita has twice received the Masters Swimming Coach of the Year Award and also received the Australian Sports Medal for contributions to Swimming in 2000.

WEBSITES:

www.h2oswimming.com.au
www.aussimasters.com.au
www.aussivic.com.au
www.powerpoints.org.au

Powerpoints Masters Swimming Club

Many who train with H²O are also members of Powerpoints, receiving added benefits including additional training options at MSAC. Powerpoints is a not for profit swimming club which exists to encourage adults, regardless of their age or ability, to swim regularly for their fitness, general health and for those so inclined, some friendly competition. Powerpoints is part of AUSSI Masters - an Australia-wide association of adult swimming clubs. AUSSI Masters is a part of Masters Swimming International, incorporated in 1987. The club now has around 100 members who range in age from 20 to 75, and in ability from complete beginners to ex-elite level athletes and current World Masters Champions.

Powerpoints was formed in 1979 by members of Powerhouse Water Polo Club, Point Lonsdale and Point Leo Surf Life Saving Clubs. To help achieve its objective, the club offers its members a balanced fitness program within a social atmosphere.

Children and Teenagers

Along with our Masters programmes, H²O conduct a variety of programmes for younger swimmers 4 years and above. These operate at a variety of locations in, and around Stonnington; South Yarra Sports Center (Melbourne High School Chapel Street); The Swim Studio in East Malvern and Lauriston Girls' School Armadale .

- ⇒ Learn to Swim
- ⇒ Holiday Intensives
- ⇒ Swimming Club
- ⇒ Competitions
- ⇒ Development Squads leading to State and National Championships

Please phone for more information relating to the above programmes.

Swim to Live: Live to Swim



Adult Fitness and Stroke Development

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New Training Times

H²O Swimming Works are pleased to introduce new sessions beginning in Term 4 2009 at Prahran Aquatic Centre. (See adjacent Timetables).

All are welcome. Suitable for;

- Mum's, after school drop off
- Shift workers
- Retirees
- University students
- Those with flexible work hours
- Those injured or with health related problems will have their program modified accordingly.

Have fun; Learn new skills; Meet new people; Get fit!



Specific Information

Anita has a unique and imaginative approach to coaching which caters for all ages and abilities. As well as improving your fitness with a group of like minded people, you will learn how to:

- Swim gracefully, efficiently and with relaxation.
- Learn new strokes and skills such as tumble turns and diving (and keeping your goggles on!).
- Training techniques such as lane etiquette, reading the pace clock, set design for variety, using equipment to its best effect and more....

A unique aspect of Anita's program is the accompanying written notes showing skills and drill progressions incorporated into the sessions. This is a valuable keepsake to remind you of the "what, where, how and why's".

Training Timetables

H²O Adult Training Times

Winter 2009:

Day	Time	Session Type
Monday:	6am-7.30am	Fitness
Monday:	8am-9am	Stroke + Fitness
Wednesday:	6am-7.30am	Fitness
Wednesday:	8am-9am	Stroke + Fitness
Friday:	6am-7.30am	Fitness
Friday:	8am-9am	Stroke + Fitness
Saturday:	8.30am-10.00am	Fitness

Summer 2009-2010:

Starts Monday 5th October at Prahran Aquatic Centre

Day	Time	Session Type
Monday:	6am-7.30am	Fitness
Monday:	7.30am-8.30am	Stroke + Fitness
Monday:	8.30am-9.30am	Stroke + Fitness
Tuesday:	6.30pm—7.30pm	Fitness
Wednesday:	6am-7.30am	Fitness
Wednesday:	7.30am-8.30am	Stroke + Fitness
Wednesday:	8.30am-9.30am	Stroke + Fitness
Friday:	6am-7.30am	Fitness
Friday:	7.30am-8.30am	Stroke + Fitness
Friday:	8.30am-9.30am	Stroke + Fitness
Saturday:	8.30am-10.00am	Fitness

Bookings are essential. Medical conditions, injuries or health related problems that could affect learning must be disclosed to the coach prior to starting.

H²O Squad Entry Requirements

MON/WED/FRI SQUAD:STROKE + FITNESS

For any swimmer over the age of 18 years. All swimmers irrespective of age, ability or goals are catered for. However, a minimum requirement is that you must be able to swim at least 25 metres Freestyle and another stroke. Sessions have a greater emphasis on skill and stroke development as well as introducing training techniques and building fitness. These are ideal for novices, emerging swimmers and those returning from a long break or injury. Fearful and total beginners are advised to start with private lessons initially and then transfer into a group.

MON/WED/FRI/ TUES/SAT SQUAD: FITNESS

Depending on the ability, swimmers complete upward of 2.0 kilometers with more advanced swimmers averaging around 4km. Most swimmers have fitness or performance goals they are working towards with many competing in triathlons or open water swims. Training is structured around a seasonal plan.

PRIVATE LESSONS: Are available upon request.

GROUP LESSONS: Alternative lessons can be arranged if you have a group—minimum numbers apply.

EQUIPMENT: Fins are used extensively throughout the program and swimmers should bring their own. (Note long plastic bladed diving fins are not appropriate and the short blade fins are only suitable for more advanced swimmers.) Kickboards and Pull-buoys are also used extensively and are available to borrow, however most swimmers purchase their own. Caps are recommended for any swimmer with hair below the ear lobes and goggles are also a must.

Fee Payment

Casual visits are \$10.00 but new swimmers can come and try for **FREE**. A ten session pass that excludes pool entry is \$75.00 which is marked prior to swimming each session you attend.

Pool Entry is **ADDITIONAL** and must be paid upon entry! We accept credit card payment (Visa and Mastercard) over the phone or cash,