

“High Performance Swimming”
My personal experiences and an insight into Eamon Sullivan the Athlete



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Introduction

1. The Beginning
2. The journey
3. The 2008 Beijing Olympics
4. The Future
5. Questions

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The Beginning

- ❖ Education: Graduated with a Bachelor of Business with a major in Accounting
- ❖ Opportunity: To take over club program
- ❖ Education: DSR, WASA, ASCTA, ASI and AIS
- ❖ Success breeds Success: Adam Lucas

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The Journey

- ❖ Todd Person: (Every team needs a leader)
 - ❖ Communication: 2 Way
 - ❖ Role Model: Lead by example and through guidance
 - ❖ Mentor : Myself and Eamon
- ❖ 2004 Athens Olympics: Building a great WAIS team
- ❖ 2005 World Championship's: Career turning point
 - ❖ My 1st National Team
 - ❖ Eamons 1st miss
- ❖ 2006: Reverse Periodisation (Making it my own)
- ❖ 2006: Commonwealth Games, Shanghai World Short Course

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The Journey

- ❖ 2007 World Champs Preparation
 - ❖ Trials (Eamons True Potential)
 - ❖ Management Approach ESP
 - ❖ World Championships (International Break thru)
 - ❖ Successful World Cup campaign
- ❖ 2008 Olympic Preparation
 - ❖ Major illness
 - ❖ 1st World Record
 - ❖ Trials Success
 - ❖ Media Attention
 - ❖ Injury Setbacks
 - ❖ Build Up

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2008 Beijing Olympics

- ❖ Staging Camp
- ❖ Freestyle Relay
- ❖ 100 Freestyle
- ❖ 50 Freestyle
- ❖ Medley Relay
- ❖ What made the Difference?
- ❖ My Olympic Experience

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The Future

❖ NSWIS

❖ Squad Structure

❖ Ideas

❖ Long Term

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