

South China Athletic Association Masters Swimming & Triathlon 3 September – 31 October 2019

88 Caroline Hill Road, Causeway Bay, Hong Kong

| | Tuesday 3 Sep - 29 Oct (except 1 Oct) 8 sessions | Thursday 5 Sep - 31 Oct 9 sessions |
|--|---|--|
| Fee per course | | \$3,150 |
| Triathlon & Open Water Swimming 2 Sessions Per Week | 6:30-7:30 | 6:30-7:30 |

Last updated 14 August 2019

Please note:

1. To participate in the HWI Programme at SCAA you are required to be a member of SCAA. If you are not a member, kindly join SCAA prior to the commencement of the course as you are required to present a valid membership card at your first lesson.
2. Welcome to drop in at \$200 per session. Cash payment to the coach.



Masters Swimming & Triathlon Programme

Course Description

ENGLISH STREAM

Masters Swimming & Triathlon Swimming

For adults who can swim Freestyle, Breaststroke and a basic Backstroke. During these sessions swimmers will learn stroke techniques, build a strong aerobic base, and learn race skills. This level is appropriate for Masters competitors, Open Water Swimmers, and Triathletes. This session is suitable for adults racing open water swimming, aquathlon, triathlon of all distances. There is currently a mix of adults who race from Sprint up to 70.3 distances. Must be able to swim 200m unaided.



About

Harry Wright International Limited



Established in 1975, Harry Wright International is the Premier Swim Club in Hong Kong and has been offering a successful programme of swimming lessons and training for children, from professional swimming instructors and coaches.

The company's name is taken from its founder, the late Captain Harry Wright, who wanted to develop the sport of swimming in Hong Kong, after taking up residence here in 1974. The 'Wright' family soon became a well-known name within the world of swimming in Hong Kong. Currently there are over 4,000 active swimmers within the aquatics programme organized by Harry Wright International.

Our programme of lessons is designed to give children all the skills they need to benefit and enjoy the sport of swimming as well as providing pathways of excellence for competitive swimmers. Harry Wright International prides itself on taking care of the individual needs of each child ensuring every swimmer reaches their maximum potential in swimming. To achieve this our instructors and coaches take steps to ensure each child develops at their own pace with constant monitoring of their performance throughout every stage of the programme.

Our organization is global with instructors and coaches from various countries including England, Australia, China, Hong Kong and Germany. All lessons are taught in English. To complement our programme we offer various motivation and reward systems to celebrate small wins and grand achievements throughout the journey of swimming. Further we understand the necessity of social, competitive and external activities to create a team spirit within our swimmers. Our elite group of swimmers regularly competes in local and international events every year.

Everyone wins

A vital element in Harry Wright International holistic swim coaching programmes is the organization and implementation of regular age group competition, both locally and at an Asian level. Harry Wright International staff are fully involved and committed to arranging and supervising competition for all levels of talent, ensuring that everyone wins: Elite swimmers are able to maximize their potential, while those with lesser gifts are challenged to levels of excellence – and confidence - they might never have thought possible.

Leaders in swim coaching - based on results

Harry Wright International performance is based on results. From tiny tots to top international talent, we have trained many top local Asian and International swimmers with a quarter of all national records held by current and past Harry Wright Swimmers.



Mission

Harry Wright International is the leading provider of swimming instruction for the community. This is achieved through:

Providing modern and progressive curricula in a positive learning environment that ensures progression, talent identification and pathways of excellence for all swimmers.

- Creating age and ability specific programmes that cater to the needs of ALL age groups
- Employing quality instructors and providing them with ongoing professional development and resources to ensure their instruction is up to date with modern methodology and teaching practices.

Values

Harry Wright International instructors and coaches have a passion for the sport of swimming and a desire to pass this passion onto their swimmers and do this by placing the needs of the children and swimmers first. This is achieved through positive reinforcement, encouragement of efforts, celebration of small achievements and recognition of performance. Every activity has a purpose and all lessons should create progressive transitions to ensure continuity of instruction throughout the session.

Staff

At Harry Wright International we believe the RIGHT people are the most important resource for providing quality service to our customers and our staff are committed to teaching excellence within the sport of swimming.



Infant Aquatic Programme

Parental assistance in the water is required for ALL Infant Aquatic Swimming classes



New Parent and Infant – 4 months to 2 years (Structured according to age groups of 4-12 & 13-23 months)

Parental assistance required

Parent and infant lessons can be started once your baby is 4 months old. These are very rewarding lessons for both parent and baby – the coach will teach the parent everything needed to enable the baby to start swimming such as how to submerge the baby in a safe and relaxed way. This is a great introduction to the world of swimming for your child, and will benefit the baby enormously, both physiologically and mentally. Parental assistance is required. (40 minutes, ratio 1:12)

Existing Parent and Infant – 6 months to 2 years (Structured according to age and ability)

Parental assistance required

For babies who have attended our NEW Parent and Infant lessons who are happy to submerge and are gaining confidence to be released by the parent and teacher to comfortably propel unaided. This level is a PROGRESSION to the previous NEW Parent and Infant Course. Babies will be taught new exercises and learn to propel unaided over longer distances to progress to the PARENT and INFANT ADVANCED LEVEL. (40 minutes, ratio 1:12)

Parent & Infant Advanced – 6 months to 2 years (Structured according to age and ability)

Parental assistance required

Our advanced parent and baby classes are designed for babies 6 months-2 years who are happy to submerge and propel a minimum of 1 meter. The coach will introduce new skills to parents to develop the early stages of freestyle pull and kicking movements and introduce baby to the fundamentals of floating on back. Many varied activities will keep this class great fun for baby and develop all the skills needed as they progress in age and physical capability. (40 minutes, ratio 1:12)

New Preschool – 2.0 to 4.11 years (Structured according to age groups of 2.0-2.11 & 3.0-4.11 years)

Parental assistance required

For children between 2.0-4.11 years who are unable to swim. Lessons use a varied routine with plenty of fun activities and equipment designed to instill confidence, and introduce the child to all the basic skills needed to 'feel at home' in the aquatic environment. Parents are encouraged to help their child progress gradually, at the child's own pace, and to develop their aquatic skills to become more independent in the water. Positive reinforcement especially in group activities will instill a love of swimming and a knowledge of basic safety in the pool environment. (40 minutes, ratio 1:12)

Existing Preschool – 2.0 to 4.11 years (Structured according to age)

Parental assistance required

For children who have attended our NEW PRESCHOOL lessons and are confidently submerging and propelling a short distance unaided. This level is a PROGRESSION to the previous NEW PRESCHOOL course. Children will be taught new exercises to gradually swim longer distances to PROGRESS to the PRESCHOOL ADVANCED. (40 minutes, ratio 1:12)

Preschool Advanced – 2.0 to 4.11 years (Structured according to age and ability)

Parental assistance required

At this level, children will already be happy to go under water and be able to swim a minimum of 3 meters unaided. The lessons will increase the childrens' skill level in all aspects, to prepare them to enter a Learn to Swim lesson without the aid of an adult (ie – Beginner 1 swimmer level). Parents will be instructed on how to help children to lift their head to breathe, how to enter and exit pool safely, and use of equipment as used in the Beginner Learn to Swim lessons. This instruction is supplemented by various fun and group activities for the enjoyment of both children and adults. (40 minutes, ratio 1:12)



Harry Wright International has coached many children from babies through to elite level. Here is a list of our elite athletes

Olympians

- CHEAH, Geoffrey - 2016
- CROCKER, Mark - 1972, 1976
- FARGUS, Joanna - (England) 2000
- FONG, Alex - 2004
- HAUGHEY, Siobhan - 2016
- HUNG, Celeste - 1988
- LI, Arthur - 1988, 1992, 1996
- MEICHTRY, Dominik - (Switzerland) 2008
- MOSSE, Anthony - (New Zealand) 1988
- MUNK, Annemarie - 1988
- NG, Fenella - 1984, 1988, (Rowing) 2000
- ROBERTSON, Karen - 1976
- RUTHERFORD, Andrew - 1992
- TODD, Duncan - 1992
- WILSON, Hannah – 2004, 2008, 2012
- WONG, Kathryn - 1984

Commonwealth Games Athletes

- CLARK, Jo - 1978
- CROCKER, Mark - 1974, 1978
- FARGUS, Andrew - (Scotland, Triathlon) 2002
- FARGUS, Joanna - (England) 1994, 2002
(Australia) 2006
- FONG, Alex - 2004
- HUNG, Celeste - 1986
- LEE, Suzanna - 1986
- LI, Arthur - 1990, 1994
- McDONALD, Fiona - 1974
- MOSSE, Anthony - (New Zealand) 1986
- MUNK, Annemarie - 1990
- NG, Fenella - 1982, 1986, 1994
- ROBERTSON, Karen - 1978



Asian Games Athletes

- CHEAH, Geoffrey – 2006, 2014
- COAK, Perran - 1982, 1986
- HAUGHEY, Siobhan - 2014
- HUNG, Celeste - 1986, 1990
- KWOK, Sabrina - 2014
- LI, Arthur - 1994, 1998
- LO, Jonathon – (Waterpolo) 2006
- LOMAS, Lcy - 1982
- MOFFAT, Zac - 1998
- NG, Caroline - 1994
- NG, Fenella - 1982, 1986, 1990, 1994, (Rowing) 1998
- ROBERTSON, Sara - 1978
- TODD, Duncan - 1994
- WILSON, Hannah - 2006, 2010
- WONG, Andrew - 1990
- WONG, Howard - (Waterpolo) 1990, 1998, (Captain) 2006
- WONG, Kathryn - 1982
- WRIGHT, Andrew - (Triathlon) 2006, 2010
- WRIGHT, Mark - (Rugby) 2006, 2010

Junior World Championships

- HAUGHEY, Siobhan – 2013
- KWOK, Sabrina - 2013