



December/January 2025/26

Dear Swimmers, Parents and Coaches

Re: CQ Western Development Clinic on All Strokes – Sunday 15 February 2026, Barcaldine

Central Queensland Swimming and Barcaldine Swimming Club would like to invite you to attend the CQ Western Development Clinic taking place on **Sunday 15 February**, the day after the Barcaldine Outback Oasis Meet.

This invitation is open to any club swimmer of 9 years (as a guide only) and over in the Western Region of Central Queensland, who is able to swim a minimum of 25m of Butterfly and 50m the other strokes. This will be limited to the first 40 applicants.

We would like to encourage you and your coaches to make the most of this Swimming Development Opportunity that is available to you.

The purpose of this clinic is to provide an enjoyable training and educational opportunity for swimmers and coaches of the region in addition to the excellent work that is provided by the Central Queensland Swimming Clubs & Coaches on a daily basis.

Regional development clinics act as a catalyst for the Development of Essential Competitive Swimming Technique & Specific Skills and the Sharing of Knowledge for the young CQ Development Level Athletes and their Coaches.

This will also provide an opportunity for the Central Queensland Swimmers & Coaches to work together as a TEAM with the aim to ensure the Central Queensland Region continues to support its young age group swimmers in preparation for their future development and enjoyment within the sport.

The themes of the clinic will be the importance of performing with the best technique possible on each stroke:

- Technique Observation
- Stroke Drills
- Swimming Technique Coordination & Refinement

The clinic outline is attached and will be directed by Head Coach, Janelle Pallister supported by the Western Region's coaches who are able to attend.

Attendance at the clinic will be limited to the first 40 athletes to reply to CQSA, please respond using the online form below **no later than** 5pm Wednesday 28 January 2026.

https://www.cognitofirms.com/CQSA1/_2026CQWesternDevelopmentClinic

Regards,

Neal Thomsen
President, CQ Swimming Association

All Strokes Technique Clinic

*Barcaldine Swimming Pool
Sunday 15 February 2026*

With Olympian Janelle Pallister, Head Coach, Kawana Waters

This clinic is open to All swimmers in the region of 9 years of age (as a guide) and above who can swim at least 25m Butterfly and 50m Backstroke, Breaststroke and Freestyle. It is also open to ALL Coaches in the Region whether you have a swimmer attending the clinic or not.

- Janelle is the Former Associate Head Coach @ Griffith University and currently the Head Coach at Kawana Waters SC.
- In 2019 she was a Coach to the highly successful Australian World Junior Championship team, where her daughter Lani won multiple medals.
- Janelle played a major role in the development of her daughter Lani Pallister, Olympic Gold Medallist and World Record Holder and Jamie Perkins Olympic Gold Medallist.
- Janelle is a 1988 Olympian and a Triple Commonwealth Games Medallist.



8:00am – 8:10am	Arrival & Sign In
8:10am – 8:30am	Welcome & Presentation on All Strokes
8:40am – 9:00am	Athletic Development
9:10am – 10:05am	Pool: Butterfly and Breaststroke
10:05am – 10:25am	Snack Break
10:25am – 10:45am	Janelle's Story, Overcoming Disappointments and Resilience
10:45am – 11:40am	Pool: Freestyle & Backstroke
11:40am – 11:50am	Clinic Overview & Team Photo
11:50am – 12:00pm	Get Changed & Depart

