



EOI for the FNQ Swimming National Squad Trip 2026

If you would like to be considered for this training camp, please send \$100 deposit to FNQ Swimming as below and email development@fnqswimming.com.au with the following info by **Monday 15th September**.

- name
- club
- coach
- which event you have qualified for as per QT Australian Age Nationals 2025 with your current time (or 'event plus margin' as below that fulfills the eligibility criteria set for this trip)
- FNQ Swimming Bank Details -

Account name - FNQRSA
Account number - 129012951
BSB - 633 000
Ref - swimmer's name - National Camp

To be noted -

- This document has been compiled in keeping with the Swimming QLD 'Safe Trips Away' document as below, and the previous documents written by FNQ Swimming for the purpose of planning similar trips.
https://qld.swimming.org.au/sites/default/files/assets/documents/Safe_Trips_Final_updated.pdf

Purpose -

- To enhance and promote the training and racing environment for our elite regional swimmers prior to the Australian Age National Championships 2026.
- To provide a pathway for our younger swimmers to aspire to as they move through the regional and state levels of competition.
- To provide role models to inspire and motivate our younger swimmers at a local level.

Eligibility Criteria

- swimmers with at least 1 Australian Age National Championships 2025 QT for events 100m and above
- 13y boys with 1 QLD LC State Championships 2025 QT for events 100m and above
- swimmers who are close to the Australian Age National Championships 2025 QT plus a margin as below-

Event	Margin (sec)
100m	1
200m	3
400m	5
800m	8
1500m	14

Team Expectations prior to commencing the Camp

- It is expected that all athletes attending the camp are 100% fit and fully capable of completing all training sessions and racing activities. This camp is not suitable for athletes' carrying injuries, illness, or returning from extended breaks.
- In addition, all athletes are expected to have resumed full training after Christmas and to have completed at least four weeks of consistent, uninterrupted training prior to the start of the camp.
- The primary objective of this camp is to support athletes in achieving peak performance at the Country Championships.
- Therefore, it is expected that all participants plan and undertake their training accordingly, ensuring they are well-prepared through a consistent training block of at least four weeks following the Christmas break.

Dates

- 20-26th Jan 2026
- dates TBC - these may change depending on numbers and availability of accommodation and flights.

Numbers

- 18 maximum - 15 swimmers, 1 coaches, 2 team managers

Head Coaches

- Ryo Kito

Finances - approx costs - \$1000-\$1600 dependent on flight availability, accommodation and numbers participating in the trip.

Flights

- TBC

Accommodation

- Rockhampton

Travel

- minivan/ 2 x 8 seater vehicles

Food

- fully catered accommodation, minimal spending money for additional snacks

Insurance

- any swimmer who is a member of a swimming club affiliated with SA is covered for personal injury and public liability by Marsh Insurance during this camp - <https://au.marsh.com/sport/swimming-australia/clubs.html>

Itinerary -

- TBC
- to include - team training sessions
- combined training sessions with other clubs

Child Protection Policy

- to be taken from the SA National Integrity Framework and implemented during the trip at all times
- <https://www.swimming.org.au/resources/2022-swimming-national-integrity-framework>

Carnival

- QLD Country Championships Rockhampton
- 23rd-25th Jan 2026
- carnival nominations will need to be completed and paid for by each swimmer prior to the closing date