

SAMOA SWIMMING FEDERATION

Samoa Swimming Report

2023 Commonwealth Youth Games Trinidad and Tobago August 2023

23-30 July 2023

Submitted by: Suzie Schuster, National Coach



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Overview

Commonwealth Youth Games 2023 were held in Trinidad and Tobago. Samoa selected three youth elite-level athletes to represent at CYG2023 Hector Junior Langkilde (18), Solomona Hamilton (17) and Salani Sa'aga (15). Team management for Team Samoa was Suzie Schuster, National Swim Coach/General Secretary. The team was part of the larger Team Samoa that was led by CDM Tagifano Ah Chong and Secretary General Maureen Epati. Athletics rounded out the team with four athletes (2 + 2) and the Head coach.

Results

Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Salani Sa'aga	15	50m Free	0:29.99	0:29.53	515	47/57	PB	0:27.77	0:26.71
		50m Back	0:31.20	0:32.55	468	18/38	-	0:31.56	0:29.96
		100m Back	1:08.41	1:09.24	571	14/27	-	1:09.16	1:04.43
		200m Back	2:28.71	2:29.67	560	12/18	New Age NR	2:29.67	2:19.89
Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Solomona Hamilton	17	50m Free	0:26.22	26.13	512	43/55	-	0:25.00	0:23.69
		100m Free	56.82	55.1	617	37/42	PB	0:54.55	0:51.99
		100m Back	1:05.47	1:02.07	583	18/28	NR Age & Open	1:02.07	1:02.07
		200m Back	2:21.27	2:15.47	564	16/18	PB	2:14.61	2:08.48
		200m IM	2:26.54	2:18.53	562	18/22	PB	2:12.89	2:05.54
Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Hector Jr Langkilde	18	50m Free	0:24.36	0:23.69	688	9/55	NR		0:23.69
		100m Free	53.54	52.38	718	17/42	PB		0:51.99
		50m Fly	26.17	25.36	677	12/33	NR		0:25.36
		100m Fly	58.93	57.85	625	20/32	PB		0:56.53



Hector Junior Langkilde

This was Hector's first time to represent Team Samoa and Samoa Swimming. While he was a learn to swim member of Samoa Swimming before migrating to Australia, he performed very well for his first international competition.

Competition results are posted below. Included are Open National records for his key events.

Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Hector Jr Langkilde	18	50m Free	0:24.36	0:23.69	688	9/55	NR		0:23.69
		100m Free	53.54	52.38	718	17/42	PB		0:51.99
		50m Fly	26.17	25.36	677	12/33	NR		0:25.36
		100m Fly	58.93	57.85	625	20/32	PB		0:56.53

His performance results indicate he is on the solid trajectory for his events. Areas to strengthen would be to achieve highly competitive FINA points for his primary and secondary events. Highly Competitive reflects being over 700 points.

Continued work on technical areas for Freestyle: lengthen stroke, focus on extension to recovery phase to increase distance per stroke, stroke ate focus (training sets) and strengthening 5th stroke (u/w). Also, to train opposition (more back work) to ensure balance, better posture and lengthening in the water. For Hector Jr to remain competitive regionally for 100m events, increased load, distance and stroke work is encouraged, and comprehensive land activation focus (such as Bridge) is recommended. Also, considerable work on walking posture, flexibility, social engagement, team dynamics and communication need to be prioritised as he steps into the Open Bracket in major regional and World circuit events.

Furthermore, it would pay heed for him to consider a larger portfolio of events, especially at the regional level (Oceania and Pacific Games), if possible. This will create both depth and breadth of competitive events, including relays for Team Samoa.



Solomona Hamilton

Solomona has represented Samoa regionally in Fiji and New Zealand under the Tanifa O Le Vai swim club. He recently represented Samoa at the Jr PanPacs 2022 in Hawaii. As before, Solomona performed well both in and out of the pool.

It was a pleasure to have Solomona on the Commonwealth Youth Team Trinidad 2023. He was a mature, respectful and caring young man. While this was a major competition, Solomona rose to the honour as Flag Bearer for Team Samoa and was also designated as per co-leader by the CDM. His

outgoing nature also helped his teammates grow in confidence and assuredness throughout the games.

Competition results are posted below. Included are Age and National records for his key events.

Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Solomona Hamilton	17	50m Free	0:26.22	26.13	512	43/55	-	0:25.00	0:23.69
		100m Free	56.82	55.1	617	37/42	PB	0:54.55	0:51.99
		100m Back	1:05.47	1:02.07	583	18/28	NR Age & Open	1:02.07	1:02.07
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		200m IM	2:26.54	2:18.53	562	18/22	PB	2:12.89	2:05.54

His performance results indicate he is on the right trajectory for his events. Areas to strengthen would be to achieve emerging/competitive FINA points for his primary and secondary events. Competitive reflects being over 600 points for his age group and noting that as of age 18, he will be in the Open bracket.

Due to his age, it is highly recommended he remains (or enters) a strong middle-distance programme to become and remain competitive in key events.

Continued work on technical areas for backstroke include middle distance stroke rates, turn timing and acceleration. For Freestyle, focus on extension to recovery phase to increase distance per stroke, stroke rate focus and strengthening 5th stroke (u/w). For Solomona to become competitive regionally for the 200 I.M., increased load, distance and stroke work is encouraged. Also, considerable work on breaststroke technique, strength and acceleration should be included in his training focus as we discussed together.

Furthermore, focus on aerobic training to support key events and expand repertoire in middle distance events are encouraged to segue into a pathway to be competitive within the open men's bracket in the region.



Salani Sa'aga

This was Salani's first competition for Team Samoa and Samoa Swimming. Given her age (15) and having attended unaccompanied, she flourished at the games. It was a pleasure having Salani on the Commonwealth Youth Games Trinidad 2023 team. She is a respectful and mature young woman and represented Samoa well. We realize what a major event it was for her, and her parents as well, thus Samoa Swimming would like to thank the Sa'aga family for trusting us to include Salani in this world-class event.

Competition results are posted below. Included are Age and National records for her key events.

Name	Age	Events	Seed Time	Preliminary Time	FINA PTS	Rank	PB/NR	Age NR	Open NR
Salani Sa'aga	15	50m Free	0:29.99	0:29.53	515	47/57	PB	0:27.77	0:26.71
		50m Back	0:31.20	0:32.55	468	18/38	-	0:31.56	0:29.96
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		200m Back	2:28.71	2:29.67	560	12/18	New Age NR	2:29.67	2:19.89

Her performance results indicate she is on the right trajectory for her events. Areas to strengthen would be to achieve emerging/competitive FINA points for her events. Competitive reflects being over 600 points for her age group.

Due to her age, it is highly recommended she remains (or enters) a strong middle-distance programme to become and remain competitive in key events.

Continued work on technical areas for backstroke include backstroke dive trajectories, ledge start proficiency, footing, middle distance stroke rates and head stability. For Freestyle, focus on extension to recovery phase to increase distance per stroke, head position and turns are recommended.

Furthermore, focus on aerobic training to support key events and expand repertoire in middle distance events are encouraged to segue into a pathway to be competitive within the region.

Team Dynamic

The team stayed at the Commonwealth Youth Games Headquarter hotel, the Hyatt. Salani shared a room with the two athletic girls while Hector Jr and Solomona shared a room.

The team, both the larger Team Samoa, and the swimming contingent were in constant harmony. Most meals were shared with the larger team, non-sporting activities such as games and hanging around were done with the larger team. Solomona played an integral role in assisting both Hector Jr and Salani learn the processes of Team Samoa.

The dynamic could have been enhanced if the travelling parents stayed off site and only supported the team at the competition event only. There were times that parents interfered with the Team Samoa movements thus adding stress to the athletes and management alike. SASNOC recognized this ongoing problem and will address it via formulation of a new policy regarding travelling family members.



Socia media and Communication

As is custom, the Team Samoa had a communication network via Messenger and the Swim Team communicated effectively via What's App. All athletes used social media responsibly. Samoa Swimming was active in posting daily achievements and results via Instagram and Facebook.

Team Uniform

The team was fully kitted out with a Team Samoa uniform complete with round neck, polo, shorts, raincoat, hoodie, hat, backpack and water bottle. The swimmers also received gear during the games such as a travel bag, sun hat, selfie stick, bag, water bottle.

Support Services

As it was a CYG programme, there were support services for the athletes such as physiotherapists, medical, teenage programmes and events. Our team remained healthy and injury free during this event.

Conclusion

This team outperformed themselves at this international event. They were mature, respectful, honest and supportive of one another. There were not any issues that arose except the ongoing issues with parent interference that were handled both by Swim management and SASNOC management. While it was key to have a significant cheering team, boundaries need to be put into effect to ensure that athletes are given every opportunity to grow and experience without feeling obligated to meet their parents' expectations.

