Team Samoa- Oceania Champs Gold Coast April 2024

Team List

	NAME	DESIGNATION
1.	Kokoro Frost	Athlete
2.	Johann Stickland	Athlete
3.	Hector Jr Langkilde	Athlete
4.	Solomona Hamilton	Athlete
5.	La'auli Hamilton	Athlete
6.	Nafanua Hamilton	Athlete
7.	Kaiya Brown	Athlete
8.	Salani Sa'aga	Athlete
9.	Suzie Schuster	Head Coach
10.	Brandon Schuster	Team Manager
11.	Matthew Schuster	Assistant Team Manager/Driver
12.	Ivapene Seiuli	Cook
13.	Andrea Schuster	Media Liaison
14.	Jonathan Schuster	Assistant /Runner
15.	Seuga Frost	Technical Official

Success Criteria

- eight individual medals
- four relay medals
- three broken National Records
- ten broken Age National Records

Overall Team Results (Individual)

NAME	AGE	EVENT	ENTRY TIME	PRELIM TIME	Advanced?	Final time	Placement and Record	Best Points for events
Kokoro Frost	21	50m Free	25.58	24.49	B Final	24.33	12th overall	635
		100m Fly	59.75	59.83	A final	59.33	10th	579
		50m Back	28.00	27.84	4th	27.50	3rd Bronze NR	628
		100m Back	1:02.71	1:02.98	6th A Final	1:02.54	5th	562
Johann Stickland	21	50m Fly	24.58	24.91	2nd A final	25.05	3rd Bronze NR	715
		50m Breast	29.52	30.41	5th A final	30.21	4th	679
		50m Free	23.40	24.33	7th A final	23.83	6th	676
		100m Free	52.08	53.24	7th A Final	52.95	5th	693
Hector Langkilde	19	50m Fly	25.36	25.93	5th A final	25.75	5th	647
		100m Fly	57.66	58.30	8th A final	58.42	8th	606
		50m Free	23.37	23.83	4th A final	23.82	5th	676
		100m Free	52.19	52.54	6th A final	52.26	4th	721

Solomona Hamilton	18	50m Back	28.68	29.92	9th B Final	28.88	11th	542
		100m Back	1:02.07	1:02.36	4th A final	1:01.61	4th NR	587
Look up record 2019 Pac games.		200m Back	2:16.62		Straight final	2:15.05	3rd Bronze Medal	569
		100m Free	55.10	55.84	14th B Final	56.34	12th	560
		200m IM	2:18.13		Straight final	2:20.17	4th	538
La'auli Hamilton	15	50m Back	29.83	29.65	8th	29.39	7th Age NR	514
		100m Back	1:06.34	1:06.04	9th Age NR	-	Age NR	477
		50m Breast	33.00	32.66	8th A final	32.29	8th Age NR	519
		100m Breast	1:14.08	1:14.27	7th A final	1:12. 27	8th Age NR	488
		200m Breast	2:46.35		Straight finals	2:29.53	3rd Bronze	591
Kaiya Brown	20	50m Back	32.88	33.26	6th A final	32.49	4th	565
		100m Back	1:10.87	1:11.05	5th No final	-	-	525
		50m Free	27.84	28.31	5th A Finals	28.22	5th	610
		100m Free	1:01.83	1:03.92	8th A final	1:02.84	5th	557
Salani Sa'aga	15	50m Fly	30.72	30.75	5th A final	30.19	4th Age NR	530
		50m Free	29.25	29.36	10th A Final	29.36	9th	520
		50m Back	32.88	32.28	3rd A final	31.41	2ND Silver Age NR	625
		100m Back	1:08.30	1:08.99	3rd A Final	1:07.79	3rd Bronze Age NR	605
		200m Back	2:27.03	-	A final	2:29.33	4th Island Gold	561
Nafanua Hamilton	14	50m Breast	36.20	36.91	6th A Final	36.33	6th Age NR	517
		100m Breast	1:19.39	-	Straight final	1:19.31	6th Age NR	529
		200m Breast	2.51.57	-	A Final	2:52.83	4th	504
		100m Back	1:09.42	1:09.80	4TH A Final	1:08.91	4th Age NR	576
		200m Back	2:27.92	-	A final	2:29.05	3rd Bronze	

Overall Team Results (Relays)

RELAY	NAMES	PRELIM TIME	Placement	NAMES	FINALS	PLACEMENT	POINTS
Mixed 4 x 50m Free	**Stickland Langkilde Brown N. Hamilton**	24.15 23.41 28.67 28.49	1:44.72 A finals 3rd seed	**Stickland Brown Hamilton Langkilde**	23.62 27.40 27.79 22.57	1:41.38 3rd Bronze Medal	
Mixed 4 x 50m Medley	**Frost Stickland Sa'aga N. Hamilton**	32.74 32.92 25.82 27.69	1:59.17 A finals 4th seed	**Frost Stickland Sa'aga N. Hamilton**	27.71 29.66 29.84 27.56	1:54.77 3rd Bronze Medal	
Men's 4 x 100m Free			Straight finals	**Frost Langkilde Stickland Hamilton**	55.64 52.19 54.01 56.14	3:37.98 2nd Silver Medal	
Men's 4 x 1000m Medley			Straight finals	**Hamilton Stickland Frost Langkilde**	1:02.34 1:10.84 58.86 52.20	4:04.24 2nd Silver Medal	

Individual Reports

Kokoro Frost (Co-captain) (21): He was very mature and took his role as co-captain seriously. He performed well in all four individual events, receiving a Bronze in the 50m Backstroke. FINA points are increasing now into the 600 -650 range. He is working hard in training, as evidenced by his competitive performance.

Johann Stickland (21): Johann performed well the first two days. After that, he hit a wall due to back-to-back competitions (Australia Nationals overlapped with Oceania). By day four, he did not want to swim in the relay but was convinced to do so as a senior. They medalled in that event as well. Johann received Bronze in the 50m fly with exceptional FINA points 715. He worked well with the team and has shown growing involvement and maturity since Solomon PG 2023.

Hector Langkilde (19): He swam well, considering he took a two-month break from training. He remains quiet and uninvolved with the team but does not cause any conflict with relays or team events/activities. He received a Bronze in the mixed 4x50m relay and two silver medals in the men's relays. He is a powerful backend freestyle swimmer and has significantly improved since CYG 2023.

Solomona Hamilton (18): As an 18-year-old, he is now picking up the pace to meet the demands. He received a Bronze in the 200 back and broke an NR in the 100m backstroke. He was on all four relay teams and pulled two bronze and two silver medals. He is a keen swimmer and avid learner. He needs to increase his aerobic capacity and have a more robust middle-distance training programme should he wish to stay in the middle-distance events. Moreover, he must work on breaststroke to remain in the 200m IM event. He is mature and helpful and contributes positively to the team dynamic.

La'auli Hamilton (15): This was his first open event for Team Samoa. He medaled in the 200m breast (Bronze) and broke three Age-National records. He was a quiet yet respectful member of the team. To remain competitive in open competitions, he needs to ramp up his event repertoire and middle-distance work. Pace work and technical stroke markers are also required.

Kaiya Brown (Co-captain) (20): Kaiya is in the middle of a personally tricky season with her father having a stroke and being hospitalised (still). She didn't want to come to Oceania, but her mother and I supported her in entering the competition and continuing her goals. She swam very well, considering the absence from intensive training. She advanced to three A finals and performed well on the mixed relay, gaining a Bronze medal. She is a mature, kind, and helpful senior swimmer who is a role model for younger swimmers.

Salani Sa'aga (15): Salani was a strong competitor in her events. She received a silver, a bronze and an island gold medal in addition to one relay bronze medal. She also broke three national age records. She was helpful and guided a newer team member during the championships. Her training is solid, but she must continue working on pace and middle-distance work. She is respectful and responsible for her young age.

Nafanua Hamilton (14): Nafanua competed as a 14-year-old, and this was her first open championship. She is a solid swimmer, especially in freestyle and breaststroke. She received a bronze medal and broke three age national records. She was also the anchor for the mixed relays, pulling bronze medals for both. She is very mature for her age, responsible, and has a strong training ethic. Areas of improvement are her two weaker strokes, back and fly, and adjusting her training to meet the demands of middle-distance events.

Support Team

We rented an Airbnb just over one kilometre from the Aquatic Centre for this event. The Airbnb had six bedrooms so that we could accommodate all 15 members.

Food: Suzie and Matthew did the shopping. Livi Schuster donated fruit baskets. Norman (Pene's cousin) donated two fruit boxes and a plethora of fresh seafood. Livi bought KFC for the final night.

Meals: Ivapene and Matthew prepared meals that were well-balanced and healthy. Salome Borg contributed cooking supplies and appliances.

Devotions: Each morning, the team held a morning devotion conducted by Head Coach Suzie. All members participated in the activities, scriptures, and worship, aligning with our day's goals and aims.

Bedding: Salome (new sheets, pillows, mattresses), Livi Schuster (blankets, pillows, and foam mattresses), and Ivapene (air mattresses) supplied additional bedding to ensure that all swimmers had their beds and were comfortable during the competition.

Transportation: Brandon used his discount to rent a small car to help transport the swimmers to the pool two times daily. Matthew was the designated driver for the entire event and assisted in the kitchen daily for meal prep. Seuga was given a car for the final few days to help with our transportation needs. Livi also helped with transportation at the end of the week. Suzie and Jonathan rented Lime Bikes to ensure that the cars remained for the swimmers. The walk was not far, but swimmers needed to rest their legs during the competition.

Brandon Schuster (Manager and student): Brandon, Matthew and Andrea were enrolled in the Level 1 coaching course. Unfortunately, Matthew and Andrea withdrew after the first day. They were needed to support the team in driving, cooking, and social media. The course, while good, conflicted with managing the team. Brandon completed the course, though the feedback was similar: every day between heats and finals, he was committed to the course and could not attend to the swimmers. Brandon specifically did an extraordinary job balancing the coaching course and meeting the needs of the swimmers. He was

available to provide timing, feedback, and stroke reviews for all swimmers. A solid role model, manager and coach who contributed constantly to team development.

Andrea Schuster (Social media): Andrea ran the social media platform and did a super job. It was a great way to promote Samoa swimming and acknowledge our swimmers' performances in real-time. This is something that must be considered for future events.

Seuga Frost (Technical Official): Seuga stayed with the team and worked the event as a TO. She accommodated at the apartment, cleaned, and managed the team.

Ivapene Hamiton (Chef): Ivapene was critical in the success of the meal preparations. She and Matthew stayed behind each morning to prepare the day's meals. Jonathan ensured the apartment was clean and handled the laundry.

Matthew Schuster (Sous Chef and Driver): Without Matthew, coaching the swimmers would have been too difficult. A full-time driver and support cook were critical for this team.

Jonathan Schuster (Head Cleaner and Runner): Jonathan cleaned the apartment, kitchen, floors, and laundry daily. He was also vital as a runner (biker) between the pool and the apartment when something was forgotten (IDs, goggles, towels, etc.). This team needed extra hands and help.

Overall, this was a successful tournament in and out of the pool. The swimmers performed beautifully for the Oceania championships. The results (above) speak for themselves. As for the management, everyone had designated jobs (driver, cook, cleaner, runner, coach education, social media, interviews, AGM, meetings, management, etc.). Without the management team's full support and the Samoan community's support, this would have been a challenging event.