



Swimming Australia, Swimming Queensland and The University of Sydney - Project H2grOw

**Would you like to identify your son or daughter's maturation status?
Would you like to track maturation status with swimming performance?**

Throughout the first two days of the **2019 McDonald's Queensland State Championships**, Swimming Queensland, in conjunction with The University of Sydney, will be continuing their research in the Project H2grOw initiative. This research involves tracking growth and maturation in developing swimmers and establishing solutions that account for that growth.

H2grOw Testers will be situated **in the Old Sleeman Gym**, and are inviting any athlete aged 12-15 years to take part in the research. Also invited, are any athletes (regardless of their current age), that have previously taken part in the H2grOw project, for retesting. This will be of benefit to give the athletes further insight into their H2grOw development.

The tests will involve measuring height, sitting height and weight. As an outcome, you will receive an individual report suggesting your future growth patterns.

More information about Project H2grOw can be found on Swimming Australia's website
<https://www.swimming.org.au/community-1/project-h2grOw>

How to be involved

- Date:** **Saturday 14 & Sunday 15, December 2019**
- Time:** **9:00am to 2:00pm**
Athletes can attend on the day and time that is suitable to them.
If there are a number of athletes already being tested, athletes may be asked to return at a given time.
- Venue:** H2grOw Testing Room (located on left-hand side as you enter the competition pool from the outdoor pool)
- Eligibility:** **Male and Female athletes aged 12-15 years + any athletes (regardless of their current age) who have previously undertaken testing in this project**
Even if an athlete is post-maturation the testing will still provide useful information
- Registration:** Athletes to register on the day by visiting the Testing Room at a time suitable time as per above.
- Consent:** Both parental and athlete consent will be required to participate in this testing. Please contact h2grow@swimming.org.au for more information or to obtain consent forms and sign up. Consent forms will also be available from the testing room on the day. However, because parents are unable to access pool deck, athletes will need to take them back to the stands for completion prior to undertaking the testing.
- Location:** Refer to the map on page 2

MAP:

