

Coaches Newsletter November 2023

Upcoming events

Have A Go – The last opportunity to challenge yourself, swim your favourite events and set PBs is on Sunday 12th and Tuesday 14th November. Nomination forms are on the coach's trolley. Not sure if you want to swim then come and help with event marshalling, time keeping or recording. Also, as promised following on from the very successful family relay event in July, we will hold another special event swim on Sunday 17th December. One lap dashes and age group handicap relays will feature. Yes, you can form teams with family members or other club swimmers or as usual the coaches can help allocate you to a team.

Swim results

Outstanding results from everyone who participated in the September Tuggeranong Masters event and the October Victorian and NSW Short course championships. In December the clubs' records will be examined and everyone's best times for the year will be published.

Next year events - Start planning now

Masters National Championships are in Darwin: 3-6 May in the Parap Pool and Open water events in the Darwin Waterfront Lagoon on the 7th May.

Master games – Alice Springs October 12-19.

Let me know if you are planning to attend as a tailored training program can be developed to assist you prepare.

Note: The NSW Masters event schedule for the year is normally posted in late January.

Coaching team for November

Thanks to Bruce with a little help from Pat for covering all the coaching sessions while I was away on my holidays in October. We're all back to normal for November, however, there will some changes to which coach will be covering some sessions.

Swimmer Survey

At the beginning of each year the Head Coach develops the Club's Annual Training Plan which outlines training for those swimmers wanting to improve their swimming ability, strokes and fitness and those swimmers training for competitions. To assist in developing the plan and associated weekly training programs, a member survey is undertaken. Your coaching team will meet shortly to develop the survey; therefore, you can expect it to be published early in December with responses due by the end of the year.

What training is planned for November and December?

Planning which sessions you really want to attend? Don't shy away just because the weekly drill/skill theme is not to your liking. Alternatives can always be suggested. The real fitness work is done in the main set. The focus there is mostly on your A and B strokes.

November Focus

General: Preparation for the last "Have A Go" opportunity of the year and set best times.

Specific: Race preparation, advanced level start and turns.

Workload: Quality- Reduced volume but slight increase in lactate and sprint sets/race pace. Use of Tempo trainers for Critical Swim Speed. Following HAG, de-tune to Maintenance - Low to medium volume with mixed intensity sets to maintain all energy systems,

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
5 th Nov	6/Quality	25-400	Starts, finishes and Racing and Relays	Event Practice	Starts/Turns/ Relay HO/TO
12 th Nov	6/ Quality	25-400	Have A Go event opportunity #6	Swimmer goals	PB opportunity
19 th Nov	7/ Maintenance	25-400	Technique	Freestyle	Advanced
26 th Nov	7/ Maintenance	25-200	Technique	Backstroke	Advanced

December Focus

General: Wind-down for December holidays. Advanced stroke drills vs stroke fundamentals from start of year.

Specific: 17th December - Age group Relay team handicap competition (100M) 4 x 25 = 4 members. Swimmers can form their own teams (can include family members) and one lap mixed stroke handicap races.

Workload: Maintenance – low to medium volume with mixed intensity sets to maintain all energy systems

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance	General		
4 th Dec	7/Maintenance	25-200	Technique	Breaststroke	advanced
10 th Dec	7/ Maintenance	25-50	All Strokes and Turns	Speed	Streamlining
17 th Dec	Special Event	25- 100	Fun Swims and Relay events	Nil	Relay competition
24 th Dec	Nil		Xmas No swim		

Regards

Sue

Head Coach