

Stingrays Club calendar year 2023 in review

The Facts of 2023

The first training session for the year commenced on Sunday 8th January with the last one occurring on Tuesday 19th December. There were a total of 145 swim sessions available during the year: 49 sessions were on Tuesdays, 47 on Fridays and 49 on Sundays.

Coaching team for 2023

Head Coach – Sue, Coach – Bruce, are both Masters accredited coaches and in June Pat qualified as a Program Leader. This means she can lead the training session on the pool side, provided a fully qualified coach has set the session. You can expect to see more of Pat on the poolside in 2024.

Bruce normally coaches on Fridays with Sue covering Sunday and Tuesday. We double coached when videoing was occurring. Bruce performed his magic with the GoPro camera 6 times and provided a short edited highlight version to videoed swimmers. Sue provided poolside feedback when possible and also a detailed written analysis to 5 of the swimmers.

Bruce and Sue shared the coaching duties with Bruce covering 51 sessions for a total of 56.5 hours and Sue 108 sessions for a total of 130 hours. Additionally, Bruce as an accredited Race Starter, kept his hand in with Starter duties at 7 HAG sessions for a total of 9 hours. Every session had a coach in attendance.

Session attendance in 2023:

The most popular session of the week was again Tuesday.

Tuesday average attendance increasing from 9.9 last year to 11.33 this year.

Sunday average attendance increased from 9.1 last year to 10.47 this year.

Friday average attendance increased from 8.2 last year to 8.9 this year.

Total average = 10.27

Least number of swimmers at a session = 4 on Friday 22/9/23

Most number of swimmers at a session = 21 on Sunday 3/12/23

In May, the Club was able to secure the use of a 4th lane for all sessions. This was normally allocated to those special folks who enjoy swimming the longer distances in the pool and open water. The focus is primarily on Freestyle; however, the weekly drill theme was still embedded in this lane's program. Yes, you do need to swim at least one other stroke to avoid overuse-type injuries!

Club Equipment

Coaches use all the tools available to enhance and further develop your stroke for greater efficiency and effectiveness. Additional Tempo Trainers (TTs) and Finger Paddles were purchased this year: Fins, Kick boards, pull buoys, Leg bands are also available. Swimmers in all lanes are now able to use the TTs and understand the various ways to pace themselves.

Christmas shopping list?

One piece of equipment that will feature more in the training programs is using a centre snorkel.

I encourage you to get one if you don't have one as it removes the need to turn your head to breathe, allowing you to focus on your technique and body alignment when swimming Freestyle.

Attendance - Club Top 10 for 2023

Place	Name	Number of sessions swum
1	Donna U	104
2	Pat	98
3	Helen	91
4	Liz	78
5	Emma	77
6	Ailie	76
7=	Charlotte	71
7=	Viv	71
9	Jenny	63
10	Ken	59

Masters Competitions

We conducted 12 Club HAG sessions in order that swimmers could get a feel for how their fitness and ability was improving across their favourite strokes/distances and experience what it's like to swim at a normal Masters meet. Swimmers from the Club entered several Masters events including 13 attending the Tuggeranong meet in September. Several entered events at NSW and Victorian championships and Aussi Masters Games. Those featuring in the End of Year NSW top 10 for their age group were: John in 4 events (placed 1st in each one), Bruce in 2 events, Patrick in 2 events, Andrew M in 2 events, Ailie in 11 events, Ana in 4 events, Lisa in 1 event, Helen in 2 events, Liz in 3 events, Donna U in 4 events, Kerryn in 4 events, Adrienne in 4 events, Pat in 3 events, and Viv in 3 events. Relay teams were included.

Master NSW Relay Championship – one team went and did very well in the 200-239 age group:

Lisa, Pat, Donna, Ailie. Another relay team to feature in the NSW top 10 were: Bruce, John, Patrick and John.

All in all, no wonder the Club won the Division 4 championship for the most points achieved during the year and Ailie won the Division 4 individual award. Special mention to John who is ranked number 1 Nationally in his age group for the 1500M freestyle this year, which adds to the National 1st placing last year in 200, 400 and 800 Freestyle.

Fun events

In June we held a Family Competition where relay teams set a time and then had to match as closely as they could to that time again in a knockout competition. Last weekend we held handicap events for 7 novelty events. If positive feedback is received in the annual survey, we may schedule this again next year.

Annual Training Plan 2023

Each year's plan is partially developed based on swimmer feedback by way of the annual survey. If not done so already, please fill in and return the 23-24 survey ASAP. Typically, the annual plan provides for those swimmers wanting to improve their swimming ability, strokes and fitness and those training for competition. 2023 had seven rounds of skill and drills on each of the strokes: Freestyle, Backstroke, Breaststroke, with six rounds for Butterfly and six catering for Individual Medleys, race preparation, dive/start and turns. Additional there were six weeks for all swimmers to test their individual progress via "Have A Go" swims (Sunday and Tuesday). Finally, there was a week of Open water drills and skills for those crazy folks preparing for triathlons and long-distance open water events.

Survey

In the last swimmer survey, many respondents stated they would NOT want to train for, nor participate in any form of competition. I'll let you into a little secret – the 2023 ATP had ALL LANES undertaking every facet of swimming required to train for and participate in club HAGs and Masters competition in the year. No one ever complained, rather, there were a multitude of comments about how enjoyable the sessions were for content and variety. So, in celebration of your efforts, listed at the end of this document, are the individual best times swum in 2023 for those who participated in HAG/Masters events. Some interesting reading and pleasing to see many folks breaking their PBs and swimming in new events. My admiration goes to all those swimmers who took the brave step and entered their first HAGs/Masters event and attended to gain fitness and have fun. This year we had add extra columns to the results sheet to accommodate the longer races. Next year, were going to need a bigger spreadsheet!

I wish all swimmers a relaxed holiday season and hope see you all back and ready to go at our next session, which is on Sunday 7th January, commencing at 1000.

Regards

Sue