

Coaches Newsletter January 2024

January and February Swim Focus

The first week back focused on the fundamentals of swimming: Body position, floating, balance, rotation; sculling, breathing, kicking, streamlining, basic turns, dives, as well as getting back into swimming and regaining fitness following the holiday break.

Each week thereafter is aimed at skills and drills on the basic elements of each stroke, with workload at a low to moderate level to enable the technique work to be further consolidated in the main set while fitness levels are building.

January and February sessions are timed to ensure you understand the stroke basics as they are the foundation for moving through different stroke elements as the year progresses. Getting the basics right and practising different strokes will help avoid overuse-type injuries.

The Annual Swimmer Survey – We had 18 responses, which have been collected, analysed and discussed with the coaching team. The next step is to present and discuss the summary level results with the Club committee. You can expect an overview of the results to be provided in my next newsletter.

Plan for the year – I have finalised the draft Annual Training Plan for 2024 and it has also been discussed with the coaching team. Once it's presented, discussed and approved by the Club committee, it will be published on the Club's website. This will include a one-pager quick reference document.

Swimmer - Long Term Medical Issues

I am updating the list of those swimmers who have long-term issues which affect their ability to swim some strokes. Expect a quick discussion to formalise drill or part stroke substitutions, e.g. I have a knee issue which precludes me from doing breaststroke legs properly, therefore, I always substitute a dolphin kick for breaststroke legs drills, but I still do normal breaststroke arms. This should save time during the session trying to clarify alternate drills with the coach.

Lane etiquette – It is important that everyone understands and complies with the lane etiquette rules. This helps the lane and training session function properly.

1. Each Lane operates in a circular swim pattern keeping to the left side of the lane.
2. Turn in the centre of the wall at each end and move over as soon as possible after you push off.
3. Swimmers are responsible for ensuring they are aware of their space in the lane and the orientation of others and avoid pushing off the wall just in front of a faster swimmer.
4. For level 1 and 2 swimmers, there is always an appointed "Lane Leader" who is responsible for interpreting the swim program should the coach be otherwise occupied and ensuring lane swimmers go in order of fastest first, slowest last for the given stroke.
5. Allow a gap of 3-5 seconds before pushing off the wall behind another swimmer.
6. Ensure full laps are being swum and avoid stopping in the middle of the lane at any time.
7. Slower swimmers should yield (stand clear, keep to corners of the lane) at the wall to let the faster swimmer past.
8. When possible, faster swimmers should wait until the end of the lap and turn ahead of the slower swimmer while they wait on the wall; however, if there is space in the lane, overtake, if safe to do so.

Everyone please listen to what the coach is saying. It's noisy in the pool environment and an increasing number of our members have hearing issues, so look and listen.

Lane Leading – Volunteers briefing sessions.

Thanks to everyone who has volunteered to be a Lane Leader. I plan to conduct two briefing sessions on the role and responsibilities before training on Tuesday 30th and before training on Friday 2nd February. For those interested, please arrive 15 minutes early for the training session. It should only take 10 minutes and then leave enough time to listen to the normal pre-session briefing.

Video Analysis – Volunteers to help undertake filming duties.

Thanks to everyone who has volunteered to get to grips with the GoPro camera and assist with filming swimmers. Bruce will be in contact with you shortly to arrange training.

Have A Go Event

At the end of this first round of “pre-season training” there will be an opportunity to check your progress at the first “Have-A-Go” event for the year on Sunday 25th and Tuesday 27th February. Nomination sheets will be on the coaches’ trolley at the beginning of February.

National Championships in Darwin in May

If you plan to swim and need help to prepare beyond what the weekly training programs provides, please see me ASAP. I can help provide additional training programs you can do in your own time and help you attain a better level of fitness and race preparedness.

Coaching team

Pat, Bruce and Sue are on deck in January and February, with Sue away for a couple of weeks starting mid-February.

Regards

Sue - Head Coach