

Coaches Newsletter March 2024

Swim Survey Outcome- Summary Level

The Club Annual Swimmer Survey was conducted in December 2023 and 18 responses were received. The results have been discussed at both Coaching and Club committee levels. Why is feedback valuable? Unless you provide feedback, the assumption is: – everything is ok, you like the training session content, want more of the same but are willing to give anything a go and fit in with whatever the Coaches introduce during the year.

Summary levels points of note from the 20 questions:

2023 in review:

1. Some swimmers were not very accurate at estimating their fitness or ability. Some are much better than they think!
2. Stroke work and fitness levels were the top goals for the year, although some had no goals at all.
3. Stroke and distance preference: 1. FS (short and long distances) followed by 2 and 3 BK and BS (short distances) and although Fly was at the rear, pleasingly 5 folks enjoy the stroke but only 25M.
4. The majority of respondents swim with the club 2-3 times a week.
5. We have a few swimmers with long term medical issues and Coaches provide alternates drills where necessary.
6. Sundays and Tuesdays are the most popular sessions.
7. Using the Club's Website to access information e.g. training programs. A big increase in usage over previous years.

8-10 – focused on the coaching team with positive comments. Niggles being the increasing numbers in the lower levels. The addition of a 4th Lane midyear has helped. Introducing Lane Leaders and reminders on Lane etiquette appear to be working.

11. Video analysis – six swimmers were very appreciative of the opportunity to “see what the coach sees”.

12. Preferred items in training session were: Stroke work/drills, Relays, Starts/turns. Least favorite were longer swims.

Looking forward to 2024:

13. Goals covered the full gambit: Competitions, fitness, Stroke work, HAGs, Open water swimming.

14. Tuesday features as the Primary day for training

15. Describing yourself as a swimmer - It's a split between Competitive swimmers (OW and pool) and the Fitness and fun folks. And what you want to work on during the year: - FS = 18 (short + long), BK = 14, BS= 13, Fly = 8. With Start/Turns/Relays = 10.

16. What should there be more of? 10 were satisfied, with the others opting for more – Drills, Dives, IMs, Relays and HAGs. Less - 15 said - no change.

17. Videos analysis = 15 swimmers want this opportunity.

18. Long term medical issues now feature those swimmers who are hard of hearing. Note to all to look and listen when the coach is speaking.

19. Volunteers to help as Lane leaders and with the GoPro and possibly coach in the future: We had 8 for LL and 4 for using the GoPro.

20. Anything else? Lots of thanks for the coaching teams' efforts, requests for more “family” style HAGs and more social activities.

Note the annual Training Plan has been approved by the committee and is published on the Club's website. This newsletter included the overview of March, April and May.

Video Analysis –

Thanks to Helen for volunteering to get to grips with the GoPro camera and assisting with filming swimmers. We will start shortly and try to get thru 2 swimmers per week. If you are able to turn up 20 minutes early on a Sunday or Friday before the session starts, that would help. Sue or Helen will be in contact with you starting next week.

Have A Go Event

The next are Sunday 14 April and Tuesday 16th April. Entry forms will be on the Coaches Desk after Easter.

Swim Meets - 2024

Here are a few pool meets which should be a focus for competitive swimmers:

13-14 April	NSW Long course (50M) championships in Sydney.
3-7 May	National Championships in Darwin
14 July	NSW Relay Meet in Sydney
12-13 Oct	NSW Short course (25M) championships in Canberra
12-19 Oct	Australian Master Games in Alice Springs
6-9 Nov	PanPacs on the Gold Coast.

3-7 May - National Championships in Darwin

I have been providing extra coaching for those entered in the National Championships in Darwin in May. These sessions have been conducted at the Eden 50M outdoor pool to help prepare for the same conditions (albeit warmer) outdoor pool in Darwin. Lane situational awareness is critical when it's windy and no roof lines to follow, only clouds moving across the sky. Fitness and race preparedness have had a strong focus. Just ask Pat, Donna and Gail how much fun it's been!

12-13 October - Canberra NSW Short course (25M) championships

This is one meeting which everyone in the Club should target. Our Club HAG events prepare you very well for this type of meeting. Just ask anyone who went to Tuggeranong last year.

Coaching team

Pat, Bruce and Sue are on deck this month. Pat is commencing her road trip north after Easter to compete in the National championships in Darwin in May. Not sure when she may be back at this stage - Safe travels.

Lane leaders – Thanks to all the volunteers. Confirming those who have been briefed on LL duties and may be called to assist the coach during the session: Donna, Helen, Adrienne, Susie, Ailie, Jenny, Gail.

Tempo Trainers

Now we've moved beyond stroke basics and getting back into full training, you will see more sets featuring TTs. Please refer to the diagrams provided on how to use the basic buttons. Please ensure you turn it off at the end of the session.

Reminder Easter Holidays- No training on Easter Friday 29th March or Sunday 31st March. Enjoy your holidays and get ready to burn off those extra calories on Tuesday 2nd April.

Regards

Sue - Head Coach

See below for what's planned.

March to May Swim Focus - What is planned?

March Focus
 General: Focus on stroke techniques. Moving from basic fundamentals to specific stroke elements. Consolidating the previous week strokes in the main set.
 Specific: Cycle 2 of Stroke Technique. Each stroke has a specific emphasis for the week.
 Workload: General Endurance - Increasing volume on swimmers' main A & B stroke in the main set, less stroke switching during the session. Some higher intensity sets for Level 2 and 3 swimmers = Aerobic Base at the end of the month.
 Easter Holidays may impact on a couple of sessions - last weekend of the month.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
3 rd March	2/ General Endurance	25-200	Technique	Freestyle	Breathing and Body Rotation
10 th March	2/ General Endurance	25-100	Technique	Backstroke	Breathing and Body Rotation
17 th March	2/ General Endurance	25-200	Technique	Breaststroke	Breathing and Glide Position
25 th March	2/ General Endurance	25-50	Technique	Butterfly	Breathing and Shoulder roll
31 st March	2/Aerobic Base	25-400	All strokes and Open/Tumble Turn	Turns	Turns

April Focus
 General: Preparation for the 2nd "Have A Go" opportunity of the year.
 Focus stroke – Arm and Leg work: Catch/Pull/Push and Kicking technique.
 Tempo Trainer use in Mode 3 for Level 3 to assist with increasing the Stroke Rating (SR) in higher intensity sets.
 Masters Event: NSW State Long Course Championship 13-14th April in Sydney
 Specific: Cycle 3 commences in week 3 with Stroke Technique focus on arms and legs
 Workload: Aerobic base+ Aerobic Endurance = Some higher intensity sets introduced for L2 and L3 swimmers. Increasing volume on swimmer main stroke(s) for L1 swimmers.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 th April	2/ Aerobic Base	25 - 400	Starts, Turns and Finishes & Race Preparation	Event Practice	Starts/Turns/Basic Racing Technique
14 th April	2/ Event	25 - 400	Have A Go event opportunity #2	Swimmer goals	Fitness Test
21 st April	3/ Aerobic Base	25 - 400	Technique	Freestyle	Arms & Legs
28 th April	3/ Aerobic Base	25 - 200	Technique	Backstroke	Arms & Legs

May Focus
 General: Focus stroke – Consolidating the previous week stroke. Arm and Leg work: Catch/Pull/Push/Gliding and Kick for Breaststroke and Butterfly
 Masters Event: National Championships – 3-6th May in Darwin
 Specific: Cycle 3 of Stroke Technique continues with drills and then further consolidation opportunity in the main set.
 Workload: Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets for L2 and L3 swimmers. Increasing volume on swimmer main stroke(s) for L1 swimmers and introducing higher intensity sets.
 Introducing Threshold, which is the maintenance of the aerobic base and endurance with race specific high aerobic end sets introduced for the first time for L2 and L3 in preparation for June HAG event.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
5 th May	3/ Aerobic Base	25-200	Technique	Breaststroke	Arms/Legs
12 th May	3/ Aerobic Base	25-200	Technique	Butterfly	Arms/Legs
19 May	3/ Threshold	25-200	All strokes including IMs	Technique	Stroke Rules
26 th May	3/ Threshold	25-200	Starts, Turns and Finishes & Race Preparation, including Rules compliance	Event Practice	Starts/Turns/Racing Technique