

Coaches Newsletter May 2024

3-7 May National Championships in Darwin – Outcome

The Club had five swimmers, Ailie, Gail, Pat, Donna and Andrew, make the long journey up to Darwin and compete in both pool and open water events over the five days of competition. The extra training they had done at home (and on the road) certainly paid off. So many of their swims resulted in PBs. Text messages and photos were being sent long before the official results came thru. Obviously, it being the National Championships, we know it's extremely hard to place in the top 10 for individual and relay events, let alone win any medals. However, on the very last day, after competing in ten pool events, Ailie swam in the longest open water event there was at 3.2Kms and finished a very creditable 3rd and collected a bronze medal. Well-done to everyone. Want to break your new PBs? Get home for the next HAG!

Video Analysis –

Six swimmers have now had the opportunity to have their swimming technique videoed and receive poolside feedback. We still have nine others on our list. Could those and anyone else wishing to have their swimming videoed, please see Helen to book in. Please note - we can't provide video opportunities every session and are trying to get the camera work completed before the official session starts, meaning you would need to be at training approximately 30 minutes early.

Have A Go Event (HAG)

The next HAG days will be on Sunday 2nd June and Tuesday 4th June. Entry forms will be on the Coaches Desk shortly.

NSW Branch Point Score (BPS) Trophy competition

Each year, all sanctioned BPS meets are included in the calculation of points for the BPS Trophy competition, and clubs accumulate the points that are awarded to their swimmers and relay teams over the calendar year. In 2023, our Club won the Division 4 trophy and our Club President Liz will be there to collect it at next month's NSW Masters AGM. This year Sapphire Coast has been promoted to Division 3 and join: Wollongong (current leaders in 2024 with 220 points), Castle Hill RSL, Novocastrians, Bushrangers, Merrylands, Coogee Randwick, Molonglo Water Dragons, Clarence River and Tattersalls. Note: points are only awarded at BPS meets, not at championships (SC/LC/Relay meets). The more swimmers attending the BPS meets the more points you get awarded. Yep, you can get 1 point for effort – just finish the race without getting disqualified. But come first and 10 points are awarded.

Swim dates for the diary - 2024

Here are a few meets to think about attending:

25 May - Ettalong BPS – Woy Woy

23 June - Seaside Pirates - Knox Grammar School

14th July - Club Family Relay HAG event. Yep, this is the one I received so many requests to have again.

14th July - NSW Relay Meet in Sydney

12-13 Oct - NSW Short Course (25M) championships in Canberra at the AIS

12-19 Oct - Australian Master Games in Alice Springs

6-9 Nov - PanPacs on the Gold Coast.

Coaching team

Bruce is back from holidays and joining Sue on deck. Pat is still away enjoying life in the caravan and resting after competing in Darwin.

Coaching Excellence awards 2023

It was a big surprise for both Bruce and I to receive certificates recognising our coaching efforts after a number of club members sent in nominations to Masters Australia at the end of last year.

Thank you, it makes all our hard work worthwhile.

Regards

Sue - Head Coach

What swimming is planned Between May – July? See below.

<p>May Focus</p> <p>General: Focus stroke – Consolidating the previous week’s stroke. Arm and Leg work: Catch/Pull/Push/Gliding and Kick for Breaststroke and Butterfly</p> <p>Masters Event: National Championships – 3-6 May in Darwin</p> <p>Specific: Cycle 3 of Stroke Technique continues with drills and then further consolidation opportunity in the main set.</p> <p>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.</p> <p>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.</p>					
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

<p>June Focus</p> <p>General Focus stroke – How to grip the water for the given stroke and turning on the stroke power base.</p> <p>Specific: Cycle 4 for the year - Stroke Technique commences this month.</p> <p>Workload: Maintenance = Low to medium volume with mixed intensity sets to maintain all energy systems</p> <p>Tempo Trainer use in Mode 3 for Level 1 to assist with Stroke Rating (SR) as focussing on the stroke power should increase the SR.</p>					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
2nd June	Event	25-400	Have A Go event opportunity #3	Swimmer goals	Fitness Test
9 th June	4/ Maintenance	25-400	Technique	Freestyle	Leverage /Power
16 th June	4/ Maintenance	25-200	Technique	Backstroke	Leverage /Power
23 th June	4/ Maintenance	25-200	Technique	Breaststroke	Leverage /Power
30 th June	4/ Maintenance	25-100	Technique	Butterfly	Leverage /Power

July Focus

General: Focus strokes – Freestyle and Backstroke - coordination to maintain body balance and pacing the swim to finish in a set time, preparation for **the 4th “Have A Go” opportunity of the year including “Family Relays.”**

Specific: Relay team competition (100M) 4 x 25. Teams (including family members) aim to swim the closest to their initial swim time wins. No stroke rules.

Workload: Threshold – maintain the aerobic base but include more race specific high aerobic end sets and General Endurance later in the month with increasing volume on swimmers’ A and B strokes, whilst ensuring good technique. Tempo trainer use in Mode 3 for levels 1 with level 2 and 3 using Mode 2 (critical swim speed).

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 th July	4/ Threshold	25-200	Starts, finishes, Relays, Race preparation and Rules compliance	Event Practice	Advanced Starts/Turns Racing Technique
14th July	4/ Threshold	25-400	Special Family Relay team competition and Have A Go event opportunity #4	Swimmer goals	Relays competition and Fitness test
21 st July	5/ General Endurance	25-400	Technique and use of Tempo Trainers all lanes	Freestyle	Stroke Coordination and Pacing
28 th July	5/ General Endurance	25-200	Technique and use of Tempo Trainers all lanes	Backstroke	Stroke Coordination and Pacing