

Coaches Newsletter June 2024

Have A Go Event (HAG) – 14th July 2024

By the end of the month, swim sessions will start to incorporate opportunities to practice “Swimming to a Repeatable Time” over 25M. This will be in preparation for the special HAG event on Sunday 14th July. The focus is a Team relay competition. 4 team members, each swimming 25M. Swimmers can form their own teams (including having family &/or friends). All teams get to swim two rounds, as knockouts begin at the conclusion of the 2nd round. In the final round, the team that swims the closest to the time they set in round one, wins. Normal swimming rules apply to starts/ takeovers/finishes, however, there are NO stroke rules - swim whatever and however you like. Depending on how many teams nominate, there will be some normal HAG events. Entry forms will be on the coach’s desk shortly.

NSW Branch Point Score (BPS) 2023 Division 4 Trophy

As referred to in my last newsletter our first trophy has arrived. Our Club President Liz collected it when attending the NSW Masters AGM at the beginning of the month. Members had their photos taken with it the other Sunday - standby for photos to go on our web page.

Other diary dates- 2024

Here are a few meets to think about attending:

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

12-13 Oct NSW Short course (25M pool) championships in Canberra at the AIS. A list of events has been published by NSW Masters. Events range from 50M to 200M, relays are 4 x 50M. If intending to swim, inform Sue.

12-19 Oct Australian Master Games in Alice Springs – Note: swimming has been dropped from this event.

6-9 Nov PanPacs on the Gold Coast.

Coaching team

I was hoping to be back on deck on Sunday 23rd June. Unfortunately, my latest eye surgery precludes me from having anything to do with dirt, dust or chemicals. So, no gardening, no housework, nor being in a swimming pool environment. Bruce has managed to rearrange his schedule and will cover all training sessions until I return on Sunday 14th July. Pat is still away enjoying life in the caravan but will be back sometime in July.

Regards

Sue - Head Coach

What swimming is planned Between June – August? See below.

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	Stroke Technique and Swimming to a Time	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/friends members) swimming 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, Turns, Finishes, Swim Relays to a time.	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

August Focus

General: Coordination and Pacing of all elements for Breaststroke and Butterfly, including main set consolidation of previous weeks' stroke.

Specific: Stroke coordination to maintain body balance and pacing the swim to finish in a set time.

Workload: General Endurance - increasing volume on swimmers A and B strokes, whilst ensuring good technique

Use of Tempo trainers for all lanes. Preparation for HAG next month and lead up to October NSW Short Course Championships.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
4 th Aug	5/ General Endurance	25-200	Technique and use of Tempo Trainers all lanes	Breaststroke	Coordination and Pacing
11 th Aug	5/ General Endurance	25-100	Technique and use of Tempo Trainers all lanes	Butterfly	Coordination and Pacing
18 th Aug	5/ General Endurance	25-200	All strokes including IMs	All /IMs/FORM	Stroke Rules
25 th Aug	5/ General Endurance	25-400	Starts, finishes and race preparation, rules set compliance	Event Practice	Advanced Starts/Turns Racing Technique