

## Coaches Newsletter August 2024

### Have A Go Event (HAG) – 14<sup>th</sup> July 2024 Outcome

As evidenced by the photos on the Club Facebook page, everyone had fun. Well done to “Making Waves” the winning relay team: Donna Sims, her husband & daughter plus fellow Stingrays teammate Jenny. Without any practice they managed to complete their 3<sup>rd</sup> relay swim with a time difference of only 1.51 seconds from their first swim. The relays and 14 normal “Have A Go” events made for a great swim session.

**Next HAG** Will be on Sunday 1<sup>st</sup> September. The following HAG was scheduled for 13<sup>th</sup> Oct. That will be moved to accommodate preparation for the NSW SC Championships in Canberra 12/13 Oct and will now occur on Sunday 6<sup>th</sup> October.

### Diary dates - 2024/25

25<sup>th</sup> August VIC Short Course Championships, Melbourne – see list of events below.

12-13 Oct NSW Short course (25M pool) championships in Canberra at the AIS -see list of events below.

Note: Extra training sessions are being organised for those intending to swim at both the Victorian and NSW championships. If intending to swim, please inform me ASAP. Commencing Wednesday 7<sup>th</sup> August at 11am, I am providing additional training sessions at Pambula pool. This will occur during normal pool times and will need to fit in with other users, so it's important I know who will attend and the events you intend swimming in so I can tailor the session for each person's needs. Other dates TBC

6-9 Nov PanPacs on the Gold Coast.

8-12 April National Championships – Melbourne.

**Coaching team** - Thanks to Bruce for stepping in to coach while I was slowly recovering from my final (successful) eye surgery, just wait till I get my new glasses and can see clearly! Bruce will now step away from coaching and concentrate on work on his farm and getting ready for extended holidays overseas. Pat has returned to this part of the country and is back at the pool. You will be seeing more of her on the pool deck doing Program Leader duties assisting me and preparing to swim at both the Victorian and NSW championships. Additionally, Helen has just commenced training to be a Program Leader, so will also be on the poolside over the next couple of months.

**Best Swim Times – Year to date.** Want to check your progress this year from HAGs and swim meets? A “Best Times” sheet is attached to this Newsletter. They are also uploaded on the Club website. Reminder, if you have swum at a recognised meet, you need to provide your times to the Club Recorder, Helen.

**Swim Rules** - Do you know the rules for the strokes you swim? A new edition of the rules “May 2024” has been published by Masters Swimming. We will upload these onto the Club website. So, no excuses for not knowing the rules.

**What swimming is planned Between August and September?** See below.

Regards

Sue - Head Coach

### August Focus

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

Specific: Stroke coordination to maintain body balance and pacing the swim various ways.

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 <sup>th</sup> Aug	5/ General Endurance	25-200	Technique and use of Tempo Trainers all lanes	Breaststroke	Coordination and Pacing
11 <sup>th</sup> Aug	5/ General Endurance	25-100	Technique and use of Tempo Trainers all lanes	Butterfly	Coordination and Pacing
18 <sup>th</sup> Aug	5/ General Endurance	25-200	All strokes including IMs	All /IMs/ FORM	Stroke Rules
25 <sup>th</sup> Aug	5/ General Endurance	25-400	Starts, finishes and Race preparation, rules set compliance	Event Practice	Advanced Starts/Turns Racing Technique

### September Focus

General: Event - HAG #5. Can swimmers beat their PBs. Final plans for NSW Short Course Championships in October. Moving in Cycle #6 of the year.

Specific: Swimmers' stroke efficiency. What works best for individual swimmers while complying with stroke rules.

Workload: Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets for all levels. Increasing volume on swimmer main stroke(s)

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
1 <sup>st</sup> Sept	5/ Event	25-400	Have A Go event opportunity #5	Swimmer goals	Fitness Test
8 <sup>th</sup> Sept	6/ Aerobic Base	25-400	Technique – What best for “You”	Freestyle	Efficiency
15 <sup>th</sup> Sept	6/ Aerobic Base	25-200	Technique – What best for “You”	Backstroke	Efficiency
22 <sup>nd</sup> Sept	6/ Aerobic Base	25-200	Technique – What best for “You”	Breaststroke	Efficiency
29 <sup>th</sup> Sept	6/ Aerobic Base	25-100	Technique – What best for “You”	Butterfly	Efficiency