

## Coaches Newsletter September 2024

**Results** - 25<sup>th</sup> August VIC Short Course Championships, Melbourne. Pat, Gail, Donna & Ailie all swam well. Ailie gets a special mention for swimming in 11 events. In total the ladies competed in 32 individual events & 2 relays, swam a bunch of PB's, won a total of 20 medals/ribbons and came 1st in the Women's 4x25m freestyle relay (240-279 age group). All are now preparing for the NSW SC State Championships in October.

**Training date change** - Pambula pool management have notified us that the main pool has been booked for an event on Sunday 15<sup>th</sup> September. Rather than miss a session entirely, we have elected to change training to Saturday 14<sup>th</sup> September, session time 10:30 – 12:00.

**Change of date for the next HAG** –In order to help prepare those attending the NSW short course championships being held in Canberra at the AIS on 12/13 October, we'll now conduct the October HAGs on Sunday 6<sup>th</sup> and Tuesday 8<sup>th</sup> October.

### Diary dates - 2024/25

**12-13 Oct** NSW Short course (25M pool) championships in Canberra at the AIS -see list of events below. Entry is via Swim Central portal. I already have 12 people interested in going, therefore, extra training sessions are being organised to ensure the maximum preparation opportunity, starting in the week commencing 16<sup>th</sup> September. These sessions need to fit in with the normal pool schedule, therefore, the day will change each week. Please inform me ASAP if you are going and the events you are intending to swim so I can tailor training sessions for each person's needs. Additionally, if you are interested in being part of a relay team let me know so team permutations can be practised.

**6-9 Nov** - PanPacs on the Gold Coast.

**24 Nov** – NSW Long Distance championships, Granville. The minimum distance is 400m (all strokes) up to 1500m Freestyle.

**8-12 April** National Championships – Melbourne. See list of events below.

**Coaching team** – Yes, I'm fully back on deck and with a clear perspective on your swimming skills, now I've finally got my new glasses. Pat is recovering from her eye surgery and will be on the poolside assisting me. Helen is part way through her Program Leader training and mixing time in the water and on the poolside.

**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 and can be found on the Club website. So, no excuse for not knowing the rules especially as we practice them every session. Don't get disqualified like some folks did at our recent HAGs. Why? They forgot the rules or were so hyped up, their "Gorilla" brains took over. All that good effort was wasted - just as well mistakes were made at Club level!

**Club Uniform** – Gail is the Club uniform officer and has a few articles of clothing in stock and will shortly publish a survey seeking your input to what uniform options you would like to have.

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

Regards

Sue - Head Coach

## What swimming is planned Between September and October?

**September Focus**  
 General: Event - HAG #5. Can swimmers beat their PBs. Final plans for NSW Short Course Championships in October. Moving into 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	25-400	Technique – What works best for “You”	Freestyle	Efficiency
15 <sup>th</sup> Sept	6/ Aerobic	25-200	Technique – What works best for “You”	Backstroke	Efficiency
22 <sup>nd</sup> Sept	6/ Aerobic	25-200	Technique – What works best for “You”	Breaststroke	Efficiency
29 <sup>th</sup> Sept	6/ Aerobic	25-100	Technique – What works best for “You”	Butterfly	Efficiency

**October Focus**  
 General: Preparation for HAG #6. At the end of the month, stroke focus will move to explore hybrid modes for each stroke. This is intended to assist swimmers explore alternate options to swim new strokes or enhance their preferred stroke to help swimmers be compliant with the stroke rules, while lessening the risk of injuries.  
 Specific: NSW Short Course Championships in Canberra 12-13.  
 Focus across all strokes with reinforcement of stroke rules for those competing at the State Championships.  
 Workload: A week of Quality - Reduced volume but slight increase in lactate and sprint sets/race pace. Use of Tempo trainers for Critical Swim Speed sets across levels 2 and 3 then, as the end of year nears, moving into the maintenance phase with low to medium volume with mixed intensity sets.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
6 <sup>th</sup> Oct	6/Quality	25-400	Have A Go.	Event Practice	Fitness Check
13 <sup>th</sup> Oct	7/Maintenance	25 - 400	General stroke work	All	Basics reminder
20 <sup>th</sup> Oct	7/Maintenance	25-400	Technique – Alternate styles	Freestyle	Hybrid options
27 <sup>th</sup> Oct	7/ Maintenance	25-200	Technique – Alternate styles	Backstroke	Hybrid options