

Coach's Newsletter November 2024

Meet Results - Oct/Nov

NSW Short course championships in Canberra in October

12 swimmers, some family members and the coach attended. What a brilliant couple of days' swimming. For those who don't use "Facebook", here are the highlights uploaded after the meet by Ailie. What a great weekend the Stingrays had in Canberra!

" A team of 12 Stingrays competed in the Masters Swimming NSW Short Course State Championships held at the AIS.

🏊 12 swimmers, 🏆 44 individual events, 🏊 6 relays, 🏅 23 medals, 🕒 Lots (& lots) of PB's

Some of our swimmers were competing for the first time and no doubt they will be back for more! 🌟

Our superstar Gail Milroy medalled in all 5 of her individual events (70-74 age group). Gail joined Stingrays 12 months ago & there is no stopping her. Gail is at every training session; trains hard & deserves her incredible results".

As a coach, it was good to be with everyone and see the results of individual and collective efforts. Lots of positive vibes with initial interest in participating in more Masters events next year.

PanPacs on the Gold Coast in November.

Two swimmers attended. Ailie competed in 10 events and saved her best for last by winning her age group in the 2.5km open swim, adding to breaking PBs in many of her events. Alan was determined to be there and show what regular training can do to keep an 87-year-old moving. An accomplished breaststroker, he was first in his age group in all 4 of his races and added to his gold medal tally with 2 bronze medals in backstroke and freestyle.

Have a Go – The next and last HAG of the year will be on Sunday 8th and Tuesday 10th December. Nomination forms will be on the coach's trolley from Sunday 24th November. Last chance to break your PBs for the year or try different event and set a PB or two!

Last Training session of the Year - This will be Sunday 22nd December and will also be a Fun Swim Day with relays (4 x 25M) and "Age handicap" races. Swimmers can form their own teams including family members. Training will recommence in January on Sunday 12th at 10:30.

Diary dates – 2025

29/30 March - NSW Long Courses (50M pool) Championships in Sydney

8-12 April - National Championships – Melbourne.

13th July - NSW Relay Meet in Sydney

11/12 Oct - NSW Short Course championships in Woy Woy

Coaching team

Helen passed her Program Leader Course last month and immediately stepped up to be on the poolside with Pat to cover my absences while overseas for a month. My thanks to them and their reward is to relax and enjoy having a swim themselves. Anyone wanting to enquire about taking a small step to helping on the poolside, just see any of the team or spend time with me during a session. You don't have to be a top-class swimmer to be a Coach or a Program Leader - just interested in swimming generally and helping Club members enjoy their swim.

Swimmer Assessments

I will be observing all swimmers over the next few weeks. Please DO NOT change anything about the way you swim. This is purely so I can assess the improvements made since my last observations and determine which swimmers are ready for a permanent move up to a higher level/lane.

Swimmer Survey 2025

Whilst everyone has a break over the summer holidays, I will be developing the 2025 Stingrays Annual Training Plan. To assist in developing the plan and its associated component parts, the annual swimmer survey will be undertaken. The coaching team will be meeting shortly to develop the survey questions. It is intended to have the survey ready for circulation by mid-December and returned before our holiday stand-down.

What swimming is planned for the rest of the year

The rest of November is all about general stroke technique with workload in the maintenance phase with low to medium volume with mixed intensity sets to maintain all energy systems.

Moving into December, training will be focussed on preparation for HAG #7, the final one for the year and our last swim of the year on Sunday 22nd December which is all about "Fun time" with relays and handicap events.

Regards

Sue - Head Coach