

## Stingrays – Coach 2024 year in review

### The Facts - 2024

The first training session for the year commenced on the Sunday 7<sup>th</sup> January with the last one occurring on Sunday 22<sup>nd</sup> of December with a Family Fun “Novelty Have a Go Day.” There was a total of 146 swim sessions during the year: 49 sessions were on Tuesdays, 48 on Fridays and 49 on Sundays. That’s a total of 195 hours of training in total.

### Stingrays Coaching team

Coaches Sue and Bruce continued to be fully accredited Masters coaches with Pat a Program Leader (PL) and we were joined by Helen, who qualified as a PL in October. A coach can’t always be available for every session, so having the option for PLs to lead sessions written by a coach certainly provided valuable cover and kept training going in a structured manner. Sue coached 104 sessions, Bruce 30 sessions. Pat and Helen assisted or lead the other sessions. Bruce stepped away from Coaching in July but his skills will not be lost to the club as previously qualified coaches can fill the PL role, should they wish to do so.

### Session attendance in 2024:

The most popular session of the week was again Tuesday

Tuesday average attendance was. 10.47

Sunday average attendance was. 9.2

Friday average attendance was 7.7

Total average per session was 9.16

Least number of swimmers at a session = 1 on Friday 28<sup>th</sup> June

Most number of swimmers at a session = 18 on Tuesday 17<sup>th</sup> September.

We continue to have four lanes allocated at each session. A lane each for Levels 1, 2 and 3 swimmers with the other lane dedicated to those wishing to train for Open water, triathlons and longer distance Freestyle events. The weekly stroke drill theme again featured for all lanes, as everyone needs to swim at least two strokes to avoid overuse type injuries.

### Club Equipment

Coaches use all the types of tools to further develop your stroke for greater efficiency and effectiveness. Tempo Trainers (TTs), Finger Paddles, Fins, Kick board, pull buoys, Leg bands and centre snorkels (CS) are regularly featured in training programs. Swimmers in all lanes used the TTs and understand the various ways to pace themselves. In fact, we have used the stop watches and TTs some much new batteries were required in all this year. I’m aware that some local sports shops have sold out of CS, however, Pambula pool have a supply, just ask at reception.

### Survey - Goals for 2024

Most respondents to the 23/24 survey stated the wanted more stroke and fitness work in preparation for competition (Masters meets and club HAGs). Freestyle featured as the primary stroke preference, closely followed by Backstroke and Breaststroke. Butterfly although last, showed an increasing interest with goals to be able to complete 25M in one go. Additional time for Starts/Turns, and Relays was also requested.

Therefore, the Annual Training Plan for 2024 was structured with seven rounds of skill and drills opportunities on each of the strokes including “Race preparation”: Starts/Turns/Relays. Additionally, there were seven opportunities to test individual ability/Fitness progress via “Have A Go” events on Sunday and Tuesdays. The training phases across the year included: Pre-season, Aerobic Base and endurance, Maintenance, Threshold, Quality, Taper, Recovery and General Endurance. There were also two “Family” events included during the year. For competitive swimmers, three Masters events were targeted: National championships in Darwin, and NSW State (long and short course) meets.

### **Attendance**

The normal peaks and troughs of attendance occurred with May and June being the lightest and August, September and October where attendance increased in the lead up to NSW state Short Course Championships in Canberra in October.

### **Club Top 10 Attendees for 2024**

Place	Name	Number of sessions swum
1	Gail	114
2	Helen	101
3	Donna U	99
4	Pat	84
5	Viv	72
6	Liz	67
7	Ken	66
8	Ailie	59
9	Adrienne	50
10	Taylor	45

### **Competitive Spirit**

It takes dedication and determination to get to training with the club (or on your own), no matter where the pool is located. However, to decide to enter competitions it means more planning, training and much more travelling. Special mention goes to Ailie, Donna, Gail, Pat and Andrew who made it Darwin in May for the National championships. Closer to home, with a relatively short trip up to Canberra for the NSW SC championships in October were Ailie, Donna, Gail, Andrew, Adrienne, Caroline, Kerry, Helen, Harley, Liz, Wendy and Taylor. Then in November Ailie and Alan made the trip up to the Gold Coast for the PanPacs. I couldn't possibly list all the PBs achieved, and medals won at competitions this year. Suffice to say it was a good year for everyone and recognition for the Club. I enjoyed coaching the extra training sessions especially outdoor at Eden. Nothing like having to counter for the sea breeze effect when swimming backstroke without a roof line to follow. 50 meters is more like 60, just ask Pat!

### **Fun events**

This year we held two “Family Have a Go” days. In July we held a Family Relay Competition where relay teams set a time and then had to match it as closely as possible in a knockout competition. Last Sunday we held a Family Fun Day with for 7 novelty handicap races and 2 relay events. 21 swimmers had fun with the “big kids” trying to cheat the most!

## **2024 Best swim times**

To help those of you who like to keep detailed records I've included the best times swum for 2024 for those who participated in HAG and Masters events. Don't forget to let our Club Recorder, Helen, know your official times if you swim at any sanctioned meets. That includes Open water and Triathlon series.

### **Summary**

My admiration goes to all those swimmers who took the brave step and entered their first HAGs and Masters event and those attending to gain fitness and have fun.

I wish all swimmers a relaxed holiday season, if traveling please stay safe on the roads and if flying, I hope you don't get delayed. See you all back and ready to go at our first session on Sunday 12th January commencing at 1030.

Regards  
Sue

**BEST SWIM TIMES Jan - Dec 2024**

Name	25FS	50FS	100FS	200FS	400FS	25BK	50BK	100BK	25BS	50BS	100BS	25FLY	50FLY	100FLY	100IM	200IM	200BS	800FS	1500FS
Adrienne A	0:19.32	0:44.39	1:40.25	3:38.02		0:23.74	0:52.55			1:00.90									
Ana A			1:33.69	3:21.53	7:14.83	0:24.75			0:26.30	1:01.51	2:11.40	0:23.90	0:49.06						
Kerry B	0:15.59	0:33.61	1:16.51			0:20.58				0:45.73		0:17.39	0:41.04		1:26.95				
Tamerah B	0:19.93		1:48.37				1:04.06		0:27.11										
Alan C		1:15.53	3:08.90				1:31.24			1:27.79	3:30.31						7:59.67		
Taylor C		0:40.60	1:29.20		6:57.87		0:53.93	1:51.04				0:24.78	0:58.21						
Ken C	0:19.83	0:45.93	2:01.99			0:24.40													
Sarah C	0:23.47	0:57.46				0:34.13			0:37.56	1:27.22		0:35.52							
Caroline C		0:35.46	1:26.59	3:01.78			0:55.43			0:47.95	1:42.68		0:42.74						
Helen G	0:20.03	0:49.41	1:54.02	4:01.95		0:25.02	0:57.41		0:27.32	1:05.48									
Pat H	0:20.92	0:47.39	1:52.72	4:25.60		0:25.47	0:57.77	2:09.09	0:26.87	0:59.81	2:16.90	0:26.93							
Viv H		0:54.38	2:04.76	4:31.79		0:31.87	1:16.92					0:36.84							
Joy K	0:24.67	0:57.23	2:04.60			0:28.86	1:04.64		0:33.45	1:09.48	1:10.48								
Ian L	0:17.62	0:43.97							0:22.33	0:54.86									
Ailie M	0:17.06	0:36.66	1:22.15	2:58.33	6:24.01				0:22.72	0:49.50	1:52.35	0:19.02	0:45.01		1:39.63		4:06.14	13:45.16	
Andrew M		0:28.61	1:05.59	2:27.91								0:16.33	0:34.12						
Gail M	0:21.21	0:46.81	1:47.32	3:52.78	8:12.29	0:26.95	0:58.96		0:25.29	0:58.40	2:14.04	0:26.68			2:06.31		4:57.49		
Pamela O		0:55.08				0:31.85				1:10.53		0:33.68							
Liz R	0:22.62	1:05.24				0:25.62	1:00.56	2:21.28		1:12.43		0:29.71	1:05.64						
Donna S	0:23.39	0:56.51		4:31.12			1:11.87												
Ann S	0:18.95			3:41.25		0:24.22						0:24.19							
Jenny S	0:25.47		2:08.27	4:34.41	9:28.89				0:28.39	1:02.30		0:29.27	1:11.33						
Chris T		0:34.38	1:12.63									0:37.18							
Harley T		0:29.40	1:10.35							0:38.72			0:30.57						
Wendy T	0:20.71	0:41.31							0:31.06			0:24.95							
Donna U	0:19.93	0:45.83	1:46.83	4:00.43		0:26.96	0:58.69	2:11.98	0:35.81			0:24.96	1:01.55						