

Coach's Newsletter January 2025

Welcome to the first newsletter of the year.

1. **Finishing** 2024 on a high note. The results of the 2024 National swim series have been published. There were 9 events held nationally and no one in the country managed to attend them all. However, Ailie attended four of them. Wonder how many miles she travelled during the year in achieving a 3rd place finish in her age group? She surely is a dedicated and determined swimmer.
2. **Reminder** 2025 Membership fees due now – pay via Swim Central.

3. Outcome of Club Swimmer Survey 24/2

The response rate was the best we've had with 44% of club members choosing to have a say in what they like, dislike and want going forward. Thanks to Helen for setting up the online survey method. Google Forms made my life easy with automatic collection, collation of the results in word and graph format. This greatly reduced the time it took the coaching committee to analyse the results and determine what the overall training program would be for 2025.

The Survey showed the average club swimmer: –

- a) Intends to swim with the club three times per week,
- b) Intends to participate in club "Have-A-Go" events,
- c) Is a competitive swimmer, training in preparation to swim at several major Masters State (NSW) and National events,
- d) Preferred strokes and distances are - Freestyle 25-200M, Backstroke 25-50M, Breaststroke 25-50M, Butterfly, 25-50M.
- e) Wants training sessions to include technique drills across all strokes including starts and turns,
- f) Wants yearly training cycles to include Aerobic type exercise with various levels of intensity,
- g) Wants the opportunity to attend Masters Stroke Workshops, if held on the NSW south coast,
- h) Wants the opportunity to have their stroke(s) videoed, analysed and receive feedback from the coach,
- i) Wants to assist the coaching team by being a Lane Leader.

4. Annual Training Plan

The outcome of the annual survey is influential on how the Annual Training Plan (ATP) is designed.

This year's ATP includes two plan overviews - One for those training for "Fitness and Fun" purposes and one for those who train in a more intense "squad" like environment, specifically for entry into multiple competitions such as State and National Masters events.

In 2025 Stroke technique will be introduced and consolidated via a weekly stroke theme rotation:

- Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley will feature 10 times,
- Race preparation will feature 10 times and include dive starts, turns and relays, and
- Club HAG events will be held 5 times including 1 Family event opportunity.

The club committee has been briefed regarding the survey results and has approved the draft ATP.

A summary level version of the ATP will shortly be posted on the club website.

5. Lane Leaders for 2025

Briefing for new volunteers are being conducted 20 minutes prior to training commencement in January. If you were a Lane Leader last year, please attend and get an update.

6. **Attending Major events** – If attending the NSW Long Course Championships in March or Nationals in April - please ensure the Coach knows which events you intend to swim, so sessions can be better tailored to your needs. If there is enough interest in the meets, extra training session will be offered.
7. **Video Analysis** request – Please fill in and sign the sheet (in the black folder) on the coach's desk and include what stroke(s) you would like recorded. Helen will be in contact shortly with a schedule.
8. **Coaching team** – One question in the survey was to elicit any interest in being a club coach. I'm pleased to announce that Wendy and Helen have decided to train to become coaches, commencing this year.
9. **Did you know?** - When attending a club training session, you become the responsibility of the session Coach/Program Leader once you step onto the poolside, therefore must follow their directions. Please do not interfere in any way, with any sessions underway in the pool. If you err, you must immediately inform the coach/PL and explain what occurred so the situation can be addressed. Do not anticipate that you can get in the pool on time. The previous coach may be running late in their session, also your wrist/apple watch and the pool clocks are not synchronized!
10. **Change to pre-session briefing process** – All briefings will now occur at the deep-end of the pool in the far-left hand corner. Do not put your equipment on the wall at the shallow end in anticipation of getting in. Please do the courtesy of listening to the pre-session briefing so you are up to date regarding club news and training session information. Our sessions do not start until the Coach/PL has concluded the briefing session, appointed and given lane swim plans to Lane leaders and finally, given permission to get in the pool. I ask swimmers to abide by this simple process, so any residual risk is mitigated to the lowest possible level.
11. **What's on the program?** – We are currently in pre-season "back to basics" mode where we are working thru each stroke regarding: breathing, body position, arm and legs technique. Swim volume and intensity is low to moderate so technique can be practiced properly. The first HAG of the year will occur on Sunday 9th March. It is hoped that this will be in one of the outdoor 50M pools, to assist in preparing those attending the NSW State Long Course championships at the end of March.
12. **NSW State LC championships in Sydney 29/30 March** - Entries are now open via Swim Central.
13. **Dive starts** - using the "Track start" method. There is a growing interest in learning an alternative way to dive in. The last couple of sessions included a few minutes of practicing the basic elements. To help those wishing to learn this method, please view this "YouTube" video clip.
<https://www.youtube.com/watch?v=Z65Tr-nWoEs>

Regards

Sue