

## Coaches Newsletter May 2025

### Videos Analysis

We have now completed 12 videos along with the associated feedback. Please see Helen in the first instance to arrange a date and time if you want any analysis. First preference is given to those who have not had any analysis this year. After that, those swimmers wanting their "B" strokes analysed will be scheduled. Additionally, general videoing will occur during some sessions. This is to help those training to become coaches: - How to look at a swimmer's action, identify where technique needs enhancing and what to work on first.

### Change to Friday night training times

Now commencing on Friday 9<sup>th</sup> May our Friday training session times will change to 1800-1900. All other pools are now closed therefore, pool space is at a premium. Please note: don't put your swim gear on the end of the pool until our session commences and the previous coach and their swimmers have exited the pool.

### Pambula Masters Stroke Workshop - Saturday 26<sup>th</sup> July 2025, Pambula pool 1300-1600

All the planning is now complete. Please put your names down on the list held on the coach trolley to confirm your interest. Anne Smyth, the NSW Branch Coaching Director, will lead the workshop and be assisted by four other Masters coaches. All strokes will be covered across three sessions and will include dive starts and turns for freestyle. There will be breaks between each session. Places are limited to a maximum of 32. Registration will be via the Masters NSW website – Promo Workshop Banner – click to book and pay. Cost is \$20. You will be limited to Freestyle plus 2 of the 3 other form strokes. I'll endeavour to let everyone know the day before the website goes "live" so you can get your registration quickly, as this is on a "first come, first served" basis and open to all NSW Masters swimmers and non-Masters swimmers. The following day, Sunday 27<sup>th</sup> July is our regular HAG Day. I can only encourage you to attend the workshop and see what difference a day makes to your technique and times.

### NSW State Long Course Championships - Outcome

Gail, Donna & Ailie competed in the Masters NSW Long Course State Championships at Sydney Olympic Park Aquatic Centre on 29<sup>th</sup> & 30<sup>th</sup> March 2025. After a three month lead up with training 3 to 4 times a week, many PBs were broken and unexpectedly some medals gained. Gail won bronze medals in the 50m breaststroke, 100m & 200m freestyle and Donna won a gold medal in the 50m butterfly.

### Masters NSW 2024 Award Nominations Outcome

Pat received the Betty Grant Award for her contribution to Masters NSW swimming over the years, including more recently at Club level.

Sue received a certificate for being nominated for NSW Coach of the year 2024 - Thanks folks.

### National Championships Melbourne - Outcome

Pat, Gail, Donna, Taylor & Ailie competed in a total of 34 events and 2 relays. It is difficult to be good enough to be in the top 10 at State level, let alone at the Nationals, the best gauge is always "Did you break your PB?" If yes, then that's the greatest achievement and payback for all that hard work. If you've read the post Ailie put on Facebook she added, "We also swam 24 qualifying times for the Worlds!" Now that's a simple statement for such a whopping achievement and why I love coaching. The whole 5 days of competition was filmed and can be seen on YouTube. I could only be in Melbourne for 3 days, but I watched every race beforehand and reviewed again afterwards. So yes, technique improvements can still be made, especially those now going to the Masters World Championships in Singapore in August.

### Who is on the Pool Deck in May and June

I will be away from late May to mid-June. I'll leave the session training plans for Helen, Pat and Wendy who will be over-seeing training sessions. Otherwise, it's yours truly, assisted by Wendy who has completed her

theory training and almost all her “on deck” practical training. Her final practical assessment will occur shortly and hopefully she should be a qualified Masters coach by June.

### **What to expect at Training in May/June**

Work on your Aerobic base and preparation for HAG. Weekly training theme commencing Sundays:

1. Sun 4/5 - BS/Fly Power & pacing
2. Sun 11/5 - IM pacing, Starts/Turns/Relays
3. Sun 18/5 - Race Practice on your A & B strokes/ nominations for HAG
4. Sun 25/5 – Have-A-Go
5. Sun 1/6 FS - Efficiency
6. Sun 8/6 BK - Efficiency
7. Sun 15/6 BS - Efficiency

### **Tip Time!**

This link comes from one of our Club swimmers, who thinks they’ve “found someone who matches my unique style in swim coaching”:

<https://youtube.com/shorts/xKUTrQyYjSM?si=YWU6vUYVePps55aI>

What do you think? I’ll give a prize for the best interpretation of what messages the coach is trying to get across to their swimmers!

### **Masters Swimming Calendar 2025 – Targeted events to the end of year**

October – Sat/Sun 11 & 12<sup>th</sup> – NSW Short Course Championships at Woy Woy.

October - 24 & 25<sup>th</sup> Australian Masters Games Canberra. There are many sports included in the Games.

Pool swimming is on Fri/Sat 24/25<sup>th</sup> October. Registration and event entry is now open. Please confirm with the coaching staff if you are attending and we’ll help prepare you. Location is at the AIS - 25M pool.

Minimum age is 18 – no top limit. Maximum of 6 events and Maximum of 4 relays.

Times 0830 to 1700 both days. The preliminary schedule is:

| Day 1  | Day 2   |
|--|---|
| <ul style="list-style-type: none"><li>• E1 – 400m Freestyle</li><li>• E2 – 50m Breaststroke</li><li>• E3 – 100m Backstroke</li><li>• E4 – 25m Freestyle</li><li>• E5 – 200m Butterfly</li><li>• E6 – 100m Medley Relay</li><li>• E7 – 200m Individual Medley</li><li>• E8 – 50m Butterfly</li><li>• E9 – 100m Freestyle</li><li>• E10 – 25m Backstroke</li><li>• E11 – 200m Breaststroke</li><li>• E12 – 4 x 50m Female Medley Relay</li><li>• E13 – 4 x 50m Male Medley Relay</li></ul> | <ul style="list-style-type: none"><li>• E14 – 400m Individual Medley</li><li>• E15 – 50m Freestyle</li><li>• E16 – 100m Breaststroke</li><li>• E17 – 25m Butterfly</li><li>• E18 – 200m Backstroke</li><li>• E19 – 4 x 25m Freestyle Relay</li><li>• E20 – 50m Backstroke</li><li>• E21 – 100m Butterfly</li><li>• E22 – 25m Breaststroke</li><li>• E23 – 200m Freestyle</li><li>• E24 – 100m Individual Medley</li><li>• E25 – Male 4 x 50m Freestyle Relay</li><li>• E26 – Female 4 x 50m Freestyle Relay</li></ul> |

Regards

Sue