

Coaches Newsletter July 2025

Pambula Masters Stroke Workshop - Saturday 26th July 2025, Pambula pool 1300-1600

Booking is now open via <https://mastersswimmingnsw.org.au/>

Pambula Workshop Banner – click to book and pay. Cost is \$20. Register ASAP as this is a “first come, first served” placement and open to all NSW Masters swimmers and non-Masters swimmers with limited places. The following day, Sunday 27th 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.

Who is on the Pool Deck in July

My thanks to Helen, Pat and Wendy for covering sessions while I was away in England. As you may have seen on the Club's Facebook site, Wendy passed her final coaching assessment and is now a fully-fledged coach. Helen is about to upgrade her Program Leader qualification and commence her coach's training in July. There won't be anywhere to hide those bad habits under the watchful gaze of the 3 of us on the poolside. I'll be on deck for all the sessions initially until we can get a roster worked out.

National Coaches Conference June 21/22

Pat, Helen and I attended the second ever National coaching conference which was held in Canberra last weekend. There were 4 sessions: Mornings focussed on theory and the afternoons moved to practical demonstrations in the pool.

The theory focused on:

- The Physiology of the Ageing body and implications for coaches. Led by Professor Peter Reaburn, an avid Master's swimmer,
- Training to Race – with a focus on 50/100M by Yuriy Vdovychenko, a para-Olympic coach, and
- Open water endurance swimming by WA coaches Kim Tyler and Elena Nesci who are Rottnest Island specialist swimmers.
- Pool sessions covered all strokes, with starts and turns for Freestyle and Backstroke.

We all came away with new and updated information. Some of the coaches from these pool sessions will be at our Club Stroke Workshop on 26th July.

Tip Time - Winner May 2025

Last month I had a link to the following website and ran a competition for the best interpretation of what messages the coach is trying to get across to his swimmers:

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

The winner based on the funniest response was Pat Helmore who identified the coach was: Mimicking a monkey/Shooing the flies/instructing swimmers “don't look up but run”/How to claw your way out of a hole/Skip like a girl/Looking particularly stupid, and because this is an adult club, I can include the extra comments of: Getting Sexy, Slow sex - and Pat liked the fact he was very flexible. The prize will be presented at training shortly.

Training cancelled on Sunday 13th July

The pool has been booked for an all-day carnival, therefore closed for our session. It being Sunday, just have lazy day off training.

What to expect at Training in July

Weekly training theme commencing Sundays:

6th July –BS/Fly

13th July – IMs/ Starts turns

20th July - Race Practice

27th July – Have A Go

The type of training for Level 3 swimmers will be to move through Aerobic Base (Higher intensity sets and Endurance,) Threshold (Aerobic base with more race-specific sets and some Quality work (reducing volume but increasing Lactate tolerance with Sprint/Race sets). Level 1 and 2 will do a modified version.

Tip Time

Streamlining with a lock!

Here is a very short video from Master Swimming USA. It's so fundamental to every push off, however, some swimmers still don't remember to do it properly, therefore miss out on gaining momentum off the wall. <https://www.youtube.com/watch?v=LXcGrXck6hw>

Hydration when training

This article from Master Swimming USA should help you decide if you should hydrate during the session. <https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-swimmers-need-to-know-about-sports-drinks>

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

August 7th to 14th - Masters Worlds Championship in Singapore. Extra training sessions will be scheduled each week on an informal basis for those swimmers going to Singapore. Other Level 2/3 swimmers are welcome to join in. Please see me to confirm the day and time.

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

October - Fri/Sat 24th & 25th - Australian Masters Games in Canberra. There are many sports included in the Games. Pool swimming is on Fri/Sat 24th/25th 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. Times 0830 to 1700 both days. 10% off Early Bird registration which ends on Sunday 27th July. The preliminary schedule is:

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

Regards

Sue