Coaches Newsletter August 2025

Pambula Masters Stroke Workshop -

An All-strokes and filming workshop was held at Pambula on Saturday 26th July. The workshop was run by Anne Smyth, NSW Coaching Director, assisted by Coaches Greg Gourley, Leisa Cass, Jeanette Droop, Kylie Lane and Kristi Ruus and Sapphire Coaches Sue Keey and Wendy Thoms. Swimmers rotated between filming, stroke analysis and sessions in all strokes. There were 23 participants: 14 from the Club and the rest from across NSW. There was very positive feedback from everyone who participated. Welcome to Jane and Stacey who have now joined the Club. A copy of individual videos taken are available – see Helen or Sue.

2025 Masters Worlds Championship in Singapore.

Having done so well at the National Championships to swim qualify times for entry into the World Championships, Ailie, Gail and Pat committed to go to Singapore (along with over 5000 others) and duly entered the maximum 5 events each. They trained four times a week at Club-run sessions, did more on their own including gym type work outs. Thanks to everyone who attended the extra training session on Thursdays and helped them prepare. How did they go? As their coach, I thought it would be a big ask just to beat their PBs again. Well, they did so much more than just beat their PBs by the odd tenth of a second - they smashed them, some by many seconds! A fantastic outcome – Well Done.

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

October – Sat/Sun 11th & 12th – NSW Short course Championships at Woy Woy.
October -Fri/Sat 24th & 25th Australian Masters Games in Canberra.
If you intend to swim at either meet, please make sure you let me know ASAP, including your events so I can ensure training is tailored to help you.
I will endeavour to get extra pool time if there is enough interest.

Who is on the Pool Deck in August

Sue with assistance from Wendy on Tuesdays.
Helen has commenced her coach training and is concentrating on getting some practical time up on the pool side working with Sue.

Tip Time –

Freestyle body position and breathing was raised several times at the workshop. Here is a video by Brenton Ford from Effortless Swimming as a summary for all.
https://www.youtube.com/watch?v=zjCgkbAHhvc

What to expect at Training

W/C 17th Aug = BS Power & pacing
W/C 24th Aug = Fly/IM Power & Pacing
W/C 31 Aug = FS/BK Arms & Legs
W/C 7th Sept = BS/Fly arms & legs
W/C 14th Sept = IM, Starts/Turns/Relays
W/C 21 Sept = Race Practice
W/C 28th Sept = Have A Go

Regards Sue