

Coaches Newsletter October 2025

Bermagui 1.2Km Horseshoe Bay Ocean Swim Sunday 5th October 2025

Well done to Chris Thane who finished 2nd overall in a time of 14.48.

NSW State Short Course Championships

Oct 11th /12th in Woy Woy

Travel safely and enjoy your swims: Ailie, Gail and Patrick

2025 Australian Masters Games in Canberra October -Fri/Sat 24 & 25th.

We have a big Club contingent participating in this meet:

Women: Ailie, Caroline, Donna, Gail, Jackie, Joy, Kerry, Lisa, Liz, Pat, Taylor, Therese, and Viv

Men: Alan, Chris T, Harley, Patrick and Michael O'D.

It's wonderful to have so many Club swimmers participating and means we'll have both Men's and Women's relay teams. For some, it will be their first ever Masters competition of any kind and I know everyone will do well because of the training that's been completed.

Note: I'll be available throughout the two days, should you need any last-minute advice.

Reminder to all to download your digital ID passes before you get there or you won't get in.

Extra Training

The last of the extra training sessions will be on Thursday 16th October 1200-1300.

New Videos to go on the Club website.

Wendy had the GoPro Camera out doing general filming at a recent Sunday session. Thanks to everyone for agreeing to have your swimming recording and used by the Club.

If you want to check out any of the clips where you may feature, then turn up to training Sunday 12th October. If you don't like what you see, I'm sure we can do some more recording showing you at your best.

I'm considering a special clip showing what happens when the coach is not looking.

Masters Swimming Calendar 2026

This month sees the last of our targeted events for 2025.

Planning for 2026 is underway. Here is a selection you may wish to consider attending:

April 11/12 - NSW LC championships in Sydney

April 28–2 May - National Championships in Brisbane. This is in a Short Course format so includes 25M swims in all strokes.

Aug 2 – NSW Relay Meet - Sydney

Oct 10-11 - NSW S/C championships - Canberra

Nov 6-15 - Pan Pac Games- QLD

Who is on the Pool Deck in October

Mostly Sue, however, Wendy and Helen will cover the session while we are up in Canberra at the Games.

Tip Time – How to swim Faster at ANY age.

A simple summary to help you consider what else you can do for yourself.

https://www.youtube.com/watch?v=ITrm_FGU01M

What to expect at Training

October – Main focus is on preparation for NSW State and Australian Masters Games with race preparation etc. Commencing at the end of the month, the focus will be on stroke hybrid options to encourage swimming of other strokes - the easy way. Remember you can swim just one stroke, but you are more liable to get over-use type injuries. Training in at least two strokes is encouraged.

Last HAG for the year -Advance notice

Sunday 21st December will be a "Family HAG" event. Normal HAG events for you but also for your family members including relays. Form those family relay teams if you want to - e.g. Parent, Children and Grandchildren or your members from your swimming family.

Regards Sue