

Coaches Newsletter November 2025

NSW State Short Course Championships at Woy Woy



Ailie, Patrick and Gail. Smiles all round:-
1 Gold, 3 silvers and 5 bronze medals

2025 Australian Masters Games in Canberra



Look at those big grins. An incredible 78 medals.

Individual Events:

- 🥇 32 gold medals
- 🥈 23 silver medals
- 🥉 12 bronze medals

Team Relays

- 🥇 6 gold medals
- 🥈 3 silver medals
- 🥉 2 bronze medals

A brilliant outcome and reward for all that training. I'm so proud of you all, especially those who participated in their first ever Masters event. Do you believe me now, when I say you can do it! Special mention goes to Alan. It was his last ever Masters event at the age of 88. He won 9 medals, 5 Gold, 4 Silvers and made a spectacular exit resulting in a broken rib!

End of Year Swimmer Survey

Next month swimmers will be asked to complete our annual club swimmers survey. Questions will cover what has occurred this year and what you want next year. This helps the coaching team prepare the Annual Training Plan for 2026.

Masters Swimming Calendar 2026

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 till the end of the year

Sue, along with Helen who is undertaking the last part of her coach's course before her formal practical assessment.

Tip Time

Q. Are Breaststrokers special people?

A. I think so, as Breaststroke is the only stroke where most of the power comes from the legs rather than the arms. Our weekly stroke theme rotates to Breaststroke next week.

Check out this short video from Masters swimming USA.

<https://www.youtube.com/watch?v=WiMMuE7P7P4>

What drills to expect at Training

9/11 Breaststroke hybrid options

16/11 Fly /IM options

23/11 FS/BK efficiency

30/11 BS/Fly efficiency

7/12 IM/Starts/Turns/Relays

14/12 Race Practice

21/12 Family HAG" event.

Regards Sue