

# Coaches Newsletter December 2025

## Annual Swimmer Survey 25/26

This year's survey has just been sent to all members via email. I encourage everyone to complete the 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 Calander 2026

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 and Helen who passed her final checks to qualify as a Masters Coach. Helen will now spend time sharing coaching duties until next year.

## Special Family event

### Sunday 21 Dec Starting @ 1030

The normal training session will be replaced by a "Family HAG" event. You can form teams with your swimming family or have your own families join in on the fun. Nomination sheets are available at the coach's trolley. Events include:

- Top and tails 1 lap race
- 4 x 25 Relay event
- Children's Noodle race
- Open Men's Handicap - 1 lap dash
- Open Women's Handicap - 1 lap dash
- Old English Backstroke - 1 lap race
- Boy's Handicap - 1 lap dash
- Girl's Handicap - 1 lap dash

Note: Children under 10 may wear fins in their races but will not be allowed to dive in.

You can also nominate an event where you want one last attempt to break a PB for the year.

There will also be a Sue's special relay event. Relay teams will be combined to form two large teams. Listen carefully to the instructions to win that team prize.

For this family event, there will be a Handicapping system via a lucky dip. Pick a lollipop stick out of the bag and read the outcome. Be lucky and get 10 seconds off your time, be unlucky and get 10 seconds added to your time. Be extra lucky and get to swap your stick with anyone else!

## What drills to expect at Training W/C

7/12 - IM/Starts/Turns/Relays

14/12 - Race Practice

21/12 - Family HAG" event.

## Tip Time – Check out these videos

We've been thru these at training; however, you can review many times over in the comfort of your home and try out next session.

### Dive Starts

<https://www.youtube.com/watch?v=9QrKpWnVCZ4>

### Flip turns

Check out this short video from Masters USA  
<https://www.youtube.com/watch?v=CUdxUpXpsyS>

### Open turns

<https://www.youtube.com/watch?v=EHDCk5A5q14>

## End of Year Facts and figures

This will be published just before Christmas. This will include "Best Times" swum for those who competed in Club HAGs and Masters competitions. You'll be able to review what you did this year and think about what you would like to achieve next year. The top attendee for the year is a very close race. Only 8 sessions left.

## Dates to note

Sunday 21st December will be the last session of the year. The first session for 2026 will commence on Tuesday 13th January @ 1100

Regards Sue