

Stingrays – Head Coach 2025 year in review

The Facts - 2025

The first training session for the year commenced on Sunday 12th January with the last one occurring on Sunday 21st December with a Family Fun “Have a Go Day.” There were 144 training sessions during the year: 49 sessions were on Tuesdays, 47 on Fridays and 48 on Sundays. That’s a total of 193.5 hours of training in total.

Club members numbers

At the beginning of the year, we had 36 financial members which increased to 47 by the end of the year. The Club continues to slowly grow each year. We had 15 in the first full year as a club in 2018.

Session attendance in 2025:

The normal peaks and troughs of attendance occurred with Winter months being the lightest. In September and October attendance increased in the lead up to the Masters Games in Canberra in October. The most popular session of the week was again Tuesday.

Tuesday average attendance was 12.69

Sunday average attendance was 10.73

Friday average attendance was 8.34

Total average per session was 10.62

Least number of swimmers at a session = 4 on a Friday when most swimmers were in Canberra at the Masters Games. The greatest number of swimmers at a session = 20 several times on Tuesdays in February and April.

Stingrays Coaching team

Head Coach Sue, re-accredited her Masters Coaching qualification in October this year (a 3 yearly requirement). Wendy qualified as a coach in May, and Helen upgraded her qualification and passed her coaching course in November. Pat continued to provide support as a Program Leader. Only one session during the year couldn’t be covered by a coach or PL.

Sue coached 127 sessions, Wendy 13 sessions, Helen 15 sessions (PL & coach) and Pat PL 5 sessions.

Additionally, Sue coached 7 more sessions specially designed to prepare those competing at the Nationals/Worlds Championships and the Australian Masters Games.

Pat, Helen and Sue attended the National Coaching Conference in Canberra in June. The conference included lectures and practical pool sessions and formed part of the requirements for our annual professional development.

Pool Space

We continue to have four lanes allocated at each session. A lane each for Levels 1 and 2 where the focus is on fitness, swimming shorter distances (25 to 100M) and becoming proficient in at least 2 of the 4 strokes. Level 3 swimmers are split into two groups and functions at squad level where the focus is training for pool competitions (State and Nationals) and the other lane is dedicated to Level 3 Distance swimmers, those wishing to train for open water, triathlons and longer distance Freestyle events. The weekly stroke theme again featured for all lanes, as everyone needs to swim at least two strokes to avoid overuse-type injuries.

Club Equipment

Coaches use a variety of tools to further develop stroke for greater efficiency and effectiveness. Tempo Trainers (TTs), Finger Paddles, Fins, Kick board, pull buoys, Leg bands and centre snorkels are regularly featured in training programs. We, again, had to renew the batteries in our stopwatches and TTs due to usage. With the sports shop closing in Merimbula, the Sapphire Aquatic Centre now carries a larger stock of items. We do have a few spare pairs of goggles should they break during the session. No need to get out and miss those laps!

Video Analysis 2025

Both Wendy and Helen are qualified on the GoPro camera and recorded 18 swimmers during the year. Analysis and feedback is provided by Sue. General recording occurred across a session a couple of months ago. Edited highlights will be uploaded to the Club's website early in the New Year to update material which has been there for a while.

Survey - Goals for 2025

The 24/25 survey showed that most respondents wanted more stroke technique work, starts and turns with preparation for competition (Masters meets and Club HAGs). Freestyle featured as the primary stroke preference, closely followed by Backstroke and Breaststroke. Butterfly and IMs, although last, showed increasing interest. A small number of respondents showed interest only in competing in NSW State Short and Long Course championships and at the Nationals in Melbourne. However, a whopping 13 stated interest in competing at the Australian Masters games in Canberra. Additionally, interest was shown in attending a "Masters Stroke Workshop" if it were somewhere close. This occurred at the Pambula pool on Saturday 26th July and included filming. The workshop was run by Anne Smyth, NSW Coaching Director, assisted by 6 coaches. Swimmers rotated between filming, stroke analysis and sessions in their preferred strokes. There were 23 participants including some from the local community.

Competitive Spirit

It takes dedication and determination to get to training with the Club no matter where the pool is located. However, to make the decision to enter competitions means more planning, training and much more travelling. Special mention goes to Ailie, Gail and Pat for qualifying and travelling to Singapore to compete in the World Championships.

Closer to home, with a relatively short trip up to Canberra for the Australian Masters Games in October were Ailie, Pat, Donna, Gail, Caroline, Kerry, Taylor, Joy, Therese, Jacqui, Lisa, Liz, Harley, Alan, Patrick, Chris T and Michael O'D. So, we surpassed the forecast 13 to make it 17! That also meant not just individual events but having fun in relay teams.

So many PBs were broken at the various competitions. Who would have thought everyone would come away with a medal from the Games in Canberra. A great year for the everyone including recognition for the Club on the radio and in the local press.

Fun events

This year we again held a "Family Have a Go" day on our last session for the year. 19 swimmers took part in 7 novelty handicap races and 2 relay events. Lollypop stick handicapping played a big part with the lucky dip (for some) proving the way to a win. The youngest competitor was 2 and the eldest was 74.

Club Top 10 Attendees for 2025

This year, Masters Swimming encouraged swimmers to participate in the 50/50/50 swim = a total of 2500M in a session once a week for the year. This inspired several members to attend more regularly or swim additional laps before/after training to make sure they had completed the 2500M.

A very close contest this year for the top 3 attendees.

Place	Name	Number of sessions Attended
1	Gail	105
2	Pat	103
3	Helen	101
4	Liz	88
5	Joy	84
6	Viv	83
7	Ken	75
8	Donna U	70
9=	Ailie	69
9=	Lisa	69

Best swim times

To help those of you who like to keep detailed records, I've included the best times swum in 2025 for those who participated in HAG and Masters events (see below). Don't forget to let our Club Recorder, Helen, know your official times if you swim at any sanctioned meets - including Open Water and Triathlon series.

Summary

A brilliant year of swimming by all. So many of you took the brave step and entered your first HAGs and Masters competitions and continued gaining fitness and having fun. My treasured Starters whistle "The Acme Thunderer" needs a rest as we all do. However, be assured I will have analysed the 25/26 Survey responses and drafted the 2026 Annual Training Plan and consulted with my coaching team so we have a detailed plan for your January swims.

I wish all swimmers a relaxed holiday season. If travelling, please stay safe on the roads and, if flying, I hope you don't get delayed.

See you all back and ready to go at our first session next year
on Tuesday 13th January commencing at 11:00.

Regards
Sue

BEST SWIM TIMES Jan - Dec 2025

Name	25FS	50FS	100FS	200FS	400FS	25BK	50BK	100BK	25BS	50BS	100BS	25FLY	50FLY	100FLY	100IM	200IM	200BS	800FS	1500FS	200 BK
Ana A S		0:41.21		3:27.88							2:16.61	0:22.92								
Kerry B	0:15.06	0:33.14	1:15.65						0:20.39	0:42.81	1:37.95	0:17.01	0:41.97		1:26.56					
Taylor C	0:19.21	0:39.88	1:28.25		6:49.56		0:52.98	1:53.30					0:56.75							
Ken C	0:19.15	0:46.81	1:53.60			0:25.00														
Sarah C	0:25.49	0:59.05	2:18.37				1:15.05					0:41.81								
Caroline C	0:16.08	0:37.53	1:26.52	3:02.21	6:39.43		0:51.08		0:21.27	0:47.73	1:39.46	0:18.41	0:44.27		1:43.63					
Jane F	0:26.05	1:02.28	2:09.89				1:22.60													
Therese G	0:19.47	0:44.36				0:25.01	0:57.02	2:14.78				0:25.79								
Helen G	0:20.34	0:49.52	1:49.75	3:53.56		0:24.31	0:55.39	2:09.94		1:02.31										4:21.01
Pat H	0:19.92	0:46.68				0:25.26	0:55.41	2:00.49	0:26.52	0:57.91	2:13.22	0:25.88	1:01.85		2:05.04					4:25.88
Courtney H			1:39.86	3:45.31			0:57.76			1:02.79										
Viv H		0:57.28	2:09.21	4:42.03		0:35.23	1:14.49													
Joy K	0:25.59	0:56.52	2:05.07			0:29.29	1:05.03	2:23.98	0:31.17	1:10.60	2:32.26									
Maria L	0:21.55					0:23.68	0:58.04													
Chris L	0:20.70	0:47.92							0:29.05	1:02.73										
Ailie M	0:16.26	0:35.23	1:17.05	2:45.45	5:53.53	0:21.60	0:48.47			0:49.28	1:51.82	0:18.71	0:42.81		1:36.23	3:57.80		12:18.92		
Gail M	0:20.25	0:43.88	1:42.39	3:41.45		0:26.40	0:58.25	2:08.48	0:25.17	0:58.99	2:12.35	0:26.02	1:01.46		1:59.23					
Liz R	0:22.57	0:54.22				0:26.85	0:59.42	2:22.93				0:27.80	1:08.14							
Jen Scotton	0:14.39	0:31.39	1:10.41	2:38.77						0:41.24					1:25.71					
Lisa S	0:16.98	0:38.06	1:27.16							0:52.09	1:56.08									
Jenny Symons		1:03.14	2:11.77	4:47.95	10:16.18					1:11.78										
Chris T	0:13.67	0:29.79	1:06.48	2:28.64	5:28.44		0:40.23					0:15.22								
Harley T	0:13.17	0:29.15	1:11.64			0:16.74			0:16.85	0:36.03		0:12.94	0:25.50		1:17.95					
Wendy T												0:25.12								
Donna U	0:20.37	0:46.34	1:46.78	3:59.03		0:29.03	1:01.47		0:37.50			0:25.47	0:59.92							