

Coaches' Newsletter – January 2026

Survey 2025/26

Thanks to everyone who completed the annual swimmers survey. The full results will be published once I've briefed the committee. There was a 40% response rate from members, which is the best we've ever received. This has provided good feedback to the coaching team to prepare the yearly plan.

Annual Training Plan - 2026

The draft ATP has been developed by the coaching team following analysis of the survey and covers all training down to the weekly level for the year. Once I've briefed the committee, and it's been approved, it will be published on the Club's website. For January the program will focus on Stroke technique and building fitness, increasing volume and reps in Swimmer's "A" and "B" strokes. Workload wise, it's low to moderate, recognising it is the beginning of the year and fitness needs to be regained. Weekly stroke fundamentals concentrate on: Breathing, Body Position, Arms & Legs. Getting your technique right at the beginning of the year will help you achieve your goals

Swimmer Video Analysis

Opportunities will again be offered during the year for both short and long form analysis of swimmers preferred strokes. We already have a few on our list. Please fill in your details on the form in the black folder on the Coaches' trolley and see Helen to book a date and time. These will generally be on a Sunday before training.

Volunteers

We have a few members who have volunteered to assist the coaches by being Lane Leaders. Briefing on the LL role will commence shortly and take 5-10 mins. Anyone wanting volunteer or know more about the role - please see Sue.

FAQs

"Why doesn't the coach lead the group thru dryland stretches before we get in the water?"

There is nothing stopping you doing your own stretches before and after swimming. There are a couple of handouts on the Coaches' trolley which are designed for Masters swimmers. Please allow 20-30 mins to do these properly.

The training session commences with a dynamic warm up in the water. This activity is designed to ensure that you have warmed up the specific muscle groups you will be using in the next activity, e.g. stroke drills. If you don't do the dynamic warmup as detailed, then your body (and mind) may not be ready to commence.

"Do the distances we do in training reflect distances which are swum at Masters meets"?

Yes. The ATP details all types of training necessary to prepare swimmers to compete at State and National Masters meets. This year's targeted meets are NSW long (50M pool) and short course (25M pool) Championships and the Nationals (25M pool). The Nationals program has been published and has every stroke and distance from 25M to 400M including IMs and the 800 FS. Given the HAG and Masters results achieved in 2025, everyone in the Club is more than capable of competing in at least the 25 and 50M events at the Nationals. The fun events are the 4 x 25M and 4 X 50M relays.

“What is the difference between long vs short distance swims”?

Generally, the short are 25-200M and the long 400M–1500M. Sometimes we do continuous swim of 5-10 minutes. This is typically when consolidating technique following a drill set.

“Why do we do drills rather than just swim”?

Drills focus on one element (e.g., breathing, kicking, catch) at a time, making it easier to identify and fix problems in your stroke. The ATP ensures that strokes and associated drills are practiced many times and are focused on specific movements so that the proper technique (for you) becomes automatic. By refining technique, you reduce wasted energy, making you faster and more streamlined and able to swim for longer. Additionally, drills help you understand how to better use the water to propel yourself forward and they break up the monotony of following that “black line”.

“I check the club’s website for a copy of the training session when I can’t make training but it’s not there, which is frustrating as I want to make sure, I’ve done the training. When do you upload it?”

We cannot guarantee which day the information gets uploaded to our web page. Please remember everyone tries to get their volunteer duties done in a timely manner, However, if people are away, e.g. at swim meets, it may be the following week before uploads take place. Generally, the summary level sheet (normally Sundays) which details all lane activities is sent to the webmaster prior to training. We endeavour to get one training program summary uploaded each week.

Tips on Freestyle

<https://www.youtube.com/shorts/dZIG8HVHEes>

<https://www.youtube.com/shorts/2PWQQxFdgUE>

https://www.youtube.com/shorts/mQZ0e3-9_xl

Who is on Deck in January

This month both Helen and Sue will be coaching. Some sessions will be doubled coached to allow videoing to be done. Helen is now consolidating after gaining her coach qualification. She will be concentrating on Levels 1 & 2, while I'll coach Level 3.

Reminders:

We always conduct a briefing session prior to training. This commences 10 minutes before the swim session starts and includes general Club announcements, specific swim meet information and specific session information – what to expect and why, who is coaching which elements or lanes.

If you are late to training, please ask the session coach before getting in the water. You'll be advised what to do as a warmup and when /what activity to do to fit in. This may not be in your preferred lane.

Regards

Sue