

Coaches Newsletter March 2026

Equipment and tips – Need vs Want

I often get asked about what equipment a swimmer should have. The simple answer is “bathers and a pair of goggles” is all you need to start with. We have equipment which swimmers can borrow to meet normal training. However, if you want your own equipment then there is a multitude of fancy equipment you could buy (at great expense) that may or may not be needed, nor fit with the goals you have set yourself this year. Click on the link below and watch the video. It’s longer than the ones I normally recommend but covers everything; what each piece of equipment does to help you along with pros and cons, even some comments about Masters swimmers.

<https://www.youtube.com/watch?v=3AHh9d5fdGY>

If you’re still undecided, see me and I’ll provide my opinion.

Other equipment - Prescription Goggles

For those of us who are visually challenged in the pool without our glasses on, you may want to think about investing in a pair of prescription goggles (specifically set to your vision prescription). Most dispensing opticians should be able to show you at least a catalogue with options and costs. If not, check in with Damien at Bega Vision (opposite Coles) on Carp Street. Several styles, tints and colour bands to choose from.

Masters Swimming Calendar 2026

We have swimmers entered in the National Championships in Brisbane at the end of April this year. During March and April, we will be helping them prepare. Otherwise, the most interest appears to be the NSW Short Course Championships in Canberra October 10/11.

If you’ve read the Club’s Annual Training Plan, you would have noted that we are only holding 3 full “Have A Go” weeks during the year but have included 3 “time trials” during normal training sessions to gauge swimmer preparation for major meets.

Weekly Training Theme at Training – Week commencing?

We’ve now concluded 2 rotations thru all strokes, trained using various pacing methods over both short and longer distances and polished your skills with starts, turns and finishes. The next step is to provide the opportunity to put it all together in a friendly, low-key way.

Weekly Training Theme - March – W/C

1st March – Race Practice, Starts/Turns/Finishes.

8th March – 1st “Have a Go event of the year”. Your opportunity to test how fit you are and try to set or break PBs.

15th March – FS Rotation & Leverage

22nd March – BK Rotation & Leverage

29th March – BS Leverage and Kick timing

April - Week commencing

5th April - Race Practice/Starts/Turns/Time trails

12th April – All Strokes Technique

19th April – Race Practice /starts /Turns

26th April – Form Technique

Stroke Tips

Are there relationships between strokes?

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

Butterfly - Relaxed Recovery – Believe it or not!

<https://www.youtube.com/shorts/HAxROBa1GYA>

Who is on the Pool Deck

Sundays its Sue, Tuesdays Sue and Helen, Fridays it’s mostly Helen supported by Sue.

Swimmers - Video opportunity

Sandy will shortly be commencing training on the GoPro camera. This will provide more opportunities for you to have your stroke analysed. Please register your interest by filling in the form in the Black Folder on the Coaches Trolley.

Regards Sue