

# Coaches Newsletter April 2026

## 2025 NSW Masters Coach of the Year award

I've been most appreciative over the past couple of years having received certificates for being nominated for the "Coach of the Year award".

Well, you've outdone yourselves in showing your appreciation for my efforts last year. I was stunned when I received an email from Masters NSW on Monday stating I had been jointly named as the Coach of the Year with Greg Moeller from Gosford, at the State Presentation Dinner held on Saturday night in Sydney. Thankyou for taking the time to submit a nomination. I was truly Gobsmaeked - Everyone gets a free pass from their next penalty at training!

Apparently, there is a trophy that will go via safe hands to Brisbane where the National Championships are being held at the end of the month. Ailie has kindly offered to collect the trophy for me and once I'm back from holidays we can all have a little celebration.

## Masters National Championships Brisbane 28th April/2 May April 2026

Good luck to Ailie, Gail and Pat who are entered in the Championships. They have been training well (including attending extra sessions) and displaying a competitive nature during club time trials. Travel safely, taper well, eat right, sleep well and enjoy your events. Remember what I say "If the going gets TUFF, revert to good technique to get you home"

## May Weekly Training Theme and intent

### Week commencing:

3<sup>rd</sup> May – Post Nationals recovery week with the weekly stroke theme concentrating on Freestyle efficiency

10<sup>th</sup> May – Backstroke efficiency with use of Tempo Trainers for fitness work in the main sets.

17<sup>th</sup> May – Breaststroke efficiency, streamlining off the walls and BS starts and turns

24<sup>th</sup> May – Fly/IM efficiency, focus on shorter distances and streamlining in all strokes.

31<sup>st</sup> May – Freestyle and Backstroke focus on body position, rotation and where stroke power comes from.

Level 3 Distance Lane will do the weekly stroke theme and then concentrate on Freestyle sets over 100 – 800M including various pacing options.

## Masters Tips

For Masters swimmers, most success comes from prioritizing technique over brute strength (which I refer to as "Gorilla swimming"), maintaining flexibility and ensuring you know the stroke rules. How to legally transition from one stroke to another during the Individual Medley is becoming a training focus in May. Check out the options in this video from Masters Swimming USA.

<https://www.youtube.com/watch?v=nVz9ATsEMag>

## Who is on the Pool Deck in May

Helen will be coaching most sessions while I'm away, supported by Pat. Don't think session training will slacken off, as I've provided the overarching program guidance for each week I'm away. Helen has now finished her consolidation period as a new coach and is flying solo.

## Swimmers - Video opportunity

Video opportunities will still be provided while I'm away. Sandy will do the videos, and Helen will provide some limited feedback and ensure you have a copy of your videos. I'll examine the footage once I return and provide detailed feedback as necessary. Please remember you need to fill in your details in the black folder on the Coach's trolley to book a date and time with Helen.

## Tempo Trainers

If you have your own Tempo trainer, could you please ensure its distinguishable from club and other members ones. Club ones are numbered on the rear side (1-12) and have a pink dot.

If you are missing yours, please check the red bag on the trolley. Additionally, when using club TTs, please turn them off when finished using them. Replacement batteries only come in singles and are expensive.

Quote by Aleksandr Popov "Smooth is fast, and fast is smooth"

Regards Sue