

Coaches Newsletter June 2026

2025 NSW Masters Coach of the Year Award

As I mentioned in my last Newsletter – Let's party to celebrate the award once I get back from my holiday overseas. Thanks to Ailie for picking up the trophy and certificate on my behalf.



Great celebratory lunch, catch up with everyone and then cutting the magnificent cake. Thanks, I'm still "Gobsmacked" with winning the Award.

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

Well done to Ailie, Gail and Pat. Medals & PBs were accomplished.

June /July Weekly Training Theme and intent Week commencing:

HAGs – Tuesday 30th June and Sunday 5th July.

21st June – Race preparation

28th June – Tues HAG, other sessions = Race Prep

5th July - Sunday HAG, others = FS Power & pacing

12th July – BK Power & pacing

19th July – BS Power & pacing

26th July – Fly /IM Power & pacing

Reminder HAGs are planned: therefore, everyone is expected to do some timekeeping using stopwatches. If you don't know how to or not yet confident with timekeeping duties, please see Sue for a quick demo and check out.

NO TRAINING

Sunday 21st June – Pool is booked for a carnival

Sunday 28th June- Power outages programmed to occur in the Pambula area all day.

Tip Time - Dives using Track starts

<https://www.youtube.com/watch?v=Z65Tr-nWoEs>

A short video where blocks without backplates are used for track starts.

Who is on the Pool Deck in June and July

Sue will cover Sundays and Tuesdays. Helen has Fridays until she goes on holidays. July – it's Sue for all sessions.

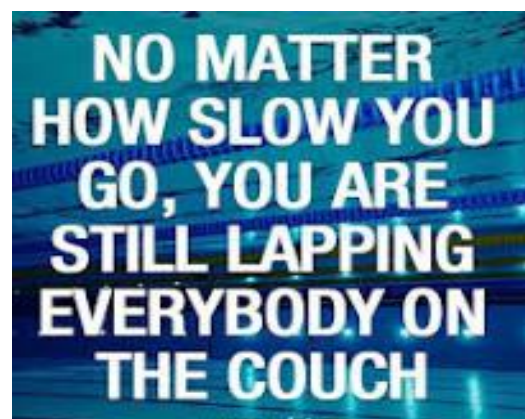
Anyone interested in coaching or taking a first step toward coaching by training as a Program Leader is invited to spend a session on the poolside with Sue.

Upcoming Meets

If you plan to swim at major meets and need entry times, see Sue. HAGs are the best time to swim events and get a recorded time. If you need an entry time for long events e.g. 800 FS, this can be accommodated at training with prior notification.

19th July – NSW Long distance Championship (SC)
12/13th September - Bateman's Bay Clinic & swim meet. Be quick to book into the clinic.
10/11th October - NSW SC Championships in Canberra – if interested put name down with Sue
12-14th November - PanPacs on the Gold Coast

It's Winter – Do you need motivating?



Regards Sue

