

Coaches Newsletter July 2026

Masters NSW State Long Course Championships (SC) Woy Woy 19th July 2026

Ailie and Gail will be trying to get PBs in their 400 and 800 Freestyle events. Tip - Don't forget to count your laps.

Have A Go

HAG number 2 for the year has been completed, and results are on the Club's website. If you intend competing at upcoming Masters meets, you'll have a good idea how much training you need to do to break your PBs. Additionally, if thinking about trying new events then you need to have lots of practice including under pressure of time trials. Disappointingly, there were disqualifications last week.

Stroke Rules

Updated Stroke rules have been published by Masters Swimming Australia. These can be found on the Club's website. I will NOT be telling everyone what they are. You check for yourself. If you're uncertain about how to apply the rule, then your coaches will help you - just ask.

July/Aug Weekly Training Theme and intent

Week commencing:

19th July – BS Power & pacing
26th July – Fly /IM Power & pacing
2nd Aug – FS/BK Rotation & Leverage
9th Aug – BS/Fly kick & stroke timing
16th Aug – All strokes incl starts & turns
23rd Aug – Mini time trials (for Oct meet), race practice, STF & relays
30th Aug – FS Efficiency

Tip Time – Freestyle Breathing and much more

At the beginning of each year, our training program concentrates on the fundamentals of each stroke. By the time we get to July we have completed 6 weeks of drills and consolidation on each stroke. Here is a YouTube video which gives a good precise of everything we've done to date for Freestyle.

<https://www.youtube.com/watch?v=Md8TCuojhO0>

Some of you may hear some familiar issues/consequences and how to fix those continuing problems you have.

Who is on the Pool Deck in July/Aug

July – Sue's coaching all sessions. Helen will be back from holidays at the end of the month. Aug – Sue and Helen will cover Sunday and Tuesdays with Fridays having a coach on alternate Fridays. Pat will be the Program Leader when a coach is not available and supervise the session, explain the training program content before the session commences & completing the attendance register.

Prospective Program Leaders and Coaches – Briefing

Anyone interested in Coaching or Program Leading is invited to a Q&A session at the next Coaches meeting on Sunday 2nd August before training. Additionally, you can spend a session on the poolside with Sue to help you decide if you want to progress your swimming knowledge. Just ask.

Upcoming Meets

12/13th September Bateman's Bay Clinic & swim meet.
10/11th October NSW SC Championships at the AIS in Canberra – if interested see Sue.
12-14th November PanPacs on the Gold Coast

Training

If you can't make it to Club sessions and swim on your own, how do you train for fitness and /or competitions? Each week we endeavour to publish the Sunday session on the Club's website. However, a recent publication – Swim for (your) Life - A handbook for Adults and Masters Swimmers and Coaches by Mark Morgan has been published on the Australian Masters website. It gives good advice you can easily follow, covers all strokes with example drills and great information. A copy of the document is being uploaded to the Club's website and there is a paper copy which you can borrow on the Coach's trolley. An easy read and a short document.

Don't forget

1. New Anti-Fog Goggles need to be activated so wet the inside lenses before you swim.
2. To count your SPL (you know the Coach is going to ask you what it was). Don't just decide you've done enough – if you lie, make the number realistic!

Regards Sue