

Coaches Newsletter September 2026

Upcoming Meets

Please ensure you have confirmed with the Team Captain or Coach if you have entered or are intending to swim at any of these meets. Relay teams are being chosen.

12/13th September Bateman's Bay Clinic & Swim meet.

10/11th October NSW SC Championships at the AIS in Canberra

12-14th November PanPacs on the Gold Coast

Sept/Oct Weekly Stroke Training Theme

Week commencing:

6th Sept – BK Efficiency

13th Sept – BS Efficiency

20th Sept – Fly /IM Efficiency

27th Sept – Race Practice and mini time trial

4th Oct – Race Practice and Relays

11th Oct – Form stroke Technique

18th Oct – A&B strokes Body Position & Breathing

25th Oct – A&B strokes - Coordination

Tip Time – Dive starts – using the new blocks

Everyone is now getting used to starting off the new blocks. Here are a couple of video links to help reiterate what has been taught, plus additional information.

The first link is to a very short video on Relay Step Over starts:

<https://www.youtube.com/shorts/-QbSiS396Y0>

This next link is to a very detailed video. This covers the basic to advanced aspects (much more than I can cover in a normal session). It also details the issues Masters swimmers have and options.

https://www.youtube.com/watch?v=q-7-YsbT_TQ

Training - Cancelled Sessions

Sunday 13th September – The pool will be closed due to power outages; therefore, training is cancelled.

Given the number of entries for the Bateman's Bay clinic and swim meet 12/13 September, other sessions may also be cancelled. An email will be sent to confirm closer to the date.

Who is on the Pool Deck in Sept/Oct

Helen is in charge in September, supported by Pat for some sessions. Sue will be back in October.

Ailie and Donna have commenced their Program Leader Theory training and may be on the poolside for short periods at times.

Equipment

The \$250 grant money the Club received has been used to purchase 2 new stop watches and two new Tempo Trainers to replace the broken ones. Both operate like our current stock.

2027 Planning – early planning

Your coaching team is now looking at major events next year. We already have a few folks interested in going to the Masters World Aquatic Championship Budapest in July (combining competition and a Summer holiday). The qualifying times haven't been released yet, but I have the times required for the 2025 Worlds, where we had three swimmers. I don't expect much difference in the qualifying times, so please check them out. Additionally, there are many months to prepare and break your PBs.

Australian Masters National Championships

Perth 14-17 April

World Aquatic Master Championships

Budapest 3-9 July

Australian Masters Games on the NSW Central Coast 13- 20th Nov.

Silly swimming quote: - "I stay fit by doing my pool-ups every day."

Regards Sue