

## **Coaches Newsletter April 2023.**

At the AGM on Sunday, I presented the annual coaches report for 2022, the summary level results of the 2023 Swimmers Survey and the draft 2023 Annual Training Plan (ATP). The February Coaches Newsletter gave a few facts and figures from the survey and extracts from the long version of the ATP: Training phases, why we do drills and swim on all the strokes (if physically capable of doing so), how many times a year each stroke will have the primary focus for drill /skills, Phase definition (stroke repartitions, volumes, and training intensity) and the first 3 months of the year in detail. A short version of the ATP is on the club's website. This newsletter has the next 3 months of what to expect at training.

### **Competing interests: - Freestylers vs the rest?**

The survey identified a 50/50 split between those who DO and DO NOT want Freestyle to be the primary focus of main sets, especially at the Friday session. There is a very simple fix to ensure everyone can swim their preferred stroke. Since I have been coaching the Friday night session, I use the simple "A or B or C or D" stroke "reference" instead of FS or BK or BS or Fly which provides you with the option. Drills are on a specific stroke. As an example, the first element of Friday 24<sup>th</sup> March session in the main set for level 3 swimmers. It commenced with 10 X 100M (6 x "A" stroke at an even pace but sprinting the last lap + 2 x 100 own choice 70% effort + 2 x 100 IMs sprinting your "A" stroke). Therefore, swimmers had the opportunity to swim 850M of their preferred stroke, (no matter what that was) at a level of intensity as per the ATP. If you have stopped coming to Fridays to avoid Freestyle, please come back. If you have stopped coming because you thought the sessions were not challenging enough, you may have misunderstood the intent of pre-season training i.e., at the being of each year we go back to the stroke fundamentals to ensure your technique is good and consequently the training volume and intensity is lower. Your coaches try their best to ensure the sessions are enjoyable and satisfy the majority.

### **Distance Lane**

Eight survey respondents stated they would attend more sessions if there was "Distance" type training (Volume/Reps) available. Discussions are already underway with the pool management to see if we can increase the number of available lanes from 3 to 4. If we can, I will provide the option for this once each week (to start with).

### **Video Analysis**

A strong interest was shown in the survey for this to occur. We have currently finished 5 of 18 swimmers. We can't provide the opportunity at every session as it takes both coaches' time to do the task. Bruce doing the camera work and Sue providing poolside feedback, followed by a detailed written analysis for the more experienced swimmers.

### **Swimmer Assessments**

One thing I've had on my "To Do" list for some time has been conducting swimmer assessments. Don't get anxious, this is a simple way of assessing how you are progressing with your swimming regarding skill, fitness levels and individual goals. Now both coaches are back on deck, I will have time to step away from coaching the whole session to conduct one or two assessment per session commencing after Easter. "What will I be assessed on?" I hear you ask. Your current ability on your preferred A and B strokes: Body position, Legs, Arms, Breathing, Stroke coordination plus starts/turn/finish. That's the same items I cover in the video analysis. Additionally, checking the distances you can comfortably swim without needing to stop for a rest e.g., 100/200M. This helps coaches refine their attention to specific areas. Additionally, for those Level 1 swimmers in lane 6, we need to check who is ready to move up to Level 2.

### **Bega Relay event and One lap dash**

Held on Saturday 25<sup>th</sup> March. We had 2 teams (8 swimmers) in the relays. Both teams did well: the "Antiques" made it thru to the Semi finals and the "Collectables" to the 3<sup>rd</sup> round. One lap dash event concluded with: Bruce 1<sup>st</sup> in the Mens over 60s, Grant B 1<sup>st</sup> in the Mens over 50s. The Women swept the board in the over 60s: Karen 1<sup>st</sup>, Donna 2<sup>nd</sup>, Pat 3<sup>rd</sup> and Viv 4<sup>th</sup>. Lastly the girls 17 and under was won by Indigo. Great swimming all. A special mention for Grant who shaved down to gain extra speed – Great haircut!

**Have a Go Event** – The second opportunity for 2023 is on Sunday 16<sup>th</sup> and Tuesday 18<sup>th</sup> April. Nomination forms will be on the coach's trolley. A maximum of 4 events can be nominated from: 25M all strokes, 50M all strokes, 100M all

strokes including IM, 200M and 400M Freestyle. It's the same on Tuesday, except no 400M Freestyle. Please endeavour to fill in the sheet or email Sue before Saturday 15<sup>th</sup> April, as there is a lot of preparation work beforehand. If you don't nominate, don't worry you will be offered any spare spots in the races. However, you might not want to be offered only Butterfly events!

### What training is programmed for the next 3 months?

<b>April Focus</b>					
General: Preparation for the 2 <sup>nd</sup> "Have A Go" opportunity of the year.					
Easter Holidays will impact on a couple of sessions.					
Focus stroke – Freestyle Leg work – kicking technique.					
Video analysis- More opportunities.					
Specific: Cycle 3 of Stroke Technique commences in the last week of April.					
Workload: Aerobic base+ Aerobic Endurance = Some higher intensity sets introduced for L2 and L3 swimmers.					
Increasing volume on swimmers' main stroke for L1 swimmers.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
2 <sup>nd</sup> April	2/ Aerobic Base	25 - 200	Starts, finishes and Race preparation	Event Practice	Starts/Turns/Basic Racing Technique
9 <sup>th</sup> April	EASTER	25 - 400	All strokes - Breathing	General	Body Streamline
16 <sup>th</sup> April	Event	25 - 400	Have A Go event opportunity #2	Swimmer goals	Fitness Test
23 <sup>rd</sup> April	3/ Aerobic Base	25 - 400	Technique	Freestyle	Leg - kicking

<b>May Focus</b>					
General: Focus stroke – Consolidating the previous week stroke. Leg work – kicking technique on Backstroke, Breaststroke and Butterfly					
Video analysis opportunity on Secondary stroke continues.					
Specific: Cycle 3 of Stroke Technique continues. Each stroke has a specific emphasis for the week.					
Workload: Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets for L2 and L3 swimmers.					
Increasing volume on swimmer main stroke(s) for L1 swimmers and introducing higher intensity sets. Introducing Threshold, which is the maintenance of the aerobic base and endurance with race specific high aerobic end sets introduced for the first time for L2 and L3 in preparation for June HAG event.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 <sup>th</sup> May	3/ Aerobic Base	25-200	Technique	Backstroke	Leg - kicking
14 <sup>th</sup> May	3/ Aerobic Base	25-200	Technique	Breaststroke	Leg - kicking
21 May	3/ Aerobic Base	25-50	Technique	Butterfly	Leg - kicking
28 <sup>th</sup> May	3/ Threshold	25-200	All strokes introduce IMs	General	Medley turns

<b>June Focus</b>					
Preparation for the 3 <sup>rd</sup> "Have A Go" opportunity of the year.					
Focus stroke – Freestyle and Backstroke technique for arms. Underwater and recovery.					
Specific: Cycle 4 of Stroke Technique commences in the this week of the month.					
Workload: Threshold - maintenance of the aerobic base and endurance with race specific high aerobic end sets introduced for the first time for L2 and L3. Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets and increasing volume and intensity on swimmer main stroke(s) for L1					
After HAG, workload will move to a "Maintenance" phase with reduced volume and mixed intensity sets.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
4 <sup>th</sup> June	3/ Threshold	25-400	Starts, finishes and Race preparation	Event Practice	Advanced Starts/ Turns and Racing Technique
11 <sup>th</sup> June	Event	25-400	Have A Go event opportunity #3	Swimmer goals	Fitness Test
18 <sup>th</sup> June	4/ Maintenance	25-400	Technique	Freestyle	Arms
25 <sup>th</sup> June	4/ Maintenance	25-200	Technique	Backstroke	Arms