

Upcoming events

Have A Go – The last opportunity occurred in November and the results are published on the club's website. Just look under the Coaches section and you'll find the latest results under the HAG 2023 heading.

If you wish to challenge yourself one last time, there is a special event swim at our Sunday 17th December session. We invite you and your family members to participate in some novelty events and relays. Nominations open on Sunday 3rd December and close on Friday 15th December. Fill in the nomination form on the coaches' desk. Form your own teams or let the coaches know you want to participate, and we will allocate you to a team.

The events include, at this stage:

1. 50M Tops and Tails (Pairs event) - top and tail must swap position after 25M and always remain in contact with each other throughout the race. One pair of flippers allowed.
2. 4 x 25M Team Relay (Age handicap) own choice of stroke.
3. Men's open age one lap handicap race
4. Women's open age one lap handicap race
5. 25M Noodle race, no walking allowed, and both hands must always remain in contact with the noodle.
6. 25M Old English Backstroke

Note: If you are over 16, you must swim in events #1 and #2 to qualify to swim in the open age handicap events. As usual, we will need folks to help with timekeeping, marshalling and recording. Please see Sue if you can assist.

2024 Masters - Calendar of Events

Here is a list of events notified to date:

NSW Long Course Championships in Sydney: 13 - 14 April

National Championship in Darwin: 3-6 May and Open water events on 7th May

Australian Masters Games in Alice Springs: 12-19 October

NSW Short Course Championships in Canberra: 12 - 13 October

PanPac Masters Games – Gold Coast: 1-10 November

Note: There are NSW Branch points score events being conducted each month starting in January. So, if you are planning to be in the Sydney area at any stage, you might be able to get a bit of competition practice.

Let Sue know if you are planning to attend any of the Master events. She can tailor training programs to assist you prepare.

Coaching team for December

Bruce will be taking a well-earned break; therefore, Sue will be covering all sessions with a little bit of assistance from Pat.

Swimmer Survey

At the beginning of each year, Sue as Head Coach, develops the Club's Annual Training Plan which outlines training for those swimmers wanting to improve their swimming - ability, stroke and fitness - and those swimmers training to participate in various competitions. To assist in developing the plan and associated weekly training programs, a member survey is undertaken. Your coaching team has finalised the survey and it will be published next week. All members are encouraged to respond as we value your feedback and suggestions. We ask that responses be returned before Christmas. This allows time to consolidate, consider

and apply (where able to) your feedback prior to starting training in January. Paper copies will be available on the coaches' desk for those unable to respond online.

What training is planned for December and January?

Planning which sessions you really want to attend? Don't shy away just because the weekly drill/skill theme is not to your liking. Alternatives can always be suggested. The real fitness work is done in the main set. The focus there is mostly on your A and B strokes.

December Focus					
General: Wind- down for December holidays.					
Specific: 17 th December - Age group Relay team handicap competition (100M) 4 x 25 = 4 members. Swimmers can form their own teams (can include family members), pairs event and one lap handicap races.					
Workload: Maintenance – low to medium volume with mixed intensity sets to maintain all energy systems					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance	General		
4 th Dec	7/Maintenance	25-200	Technique	Breaststroke	Advanced
10 th Dec	7/ Maintenance	25-100	All Strokes	Speed - where it's needed	Streamlining
17 th Dec	Special Event	25- 100	Fun Swims and Relay events	Nil	Relay competition
24 th Dec	Nil		Nil – Just have a Merry Christmas		

January 2024

The general focus will be back to basics with stroke fundamentals, low intensity sets and volumes. Just what you need after all the festivities.

Christmas/New Year Break

Our last training session will be on Tuesday 19th December. This session will have a focus on everyone's favourite stroke and distance as nominated in the last club survey. I might also add some of my favourite drills. Can you guess what they might be? We will recommence on Sunday 7th January.

I will shortly publish one last document for the year. This will provide a short summary of what was achieved in 2023 including everyone's personal best swim times from club HAGs and Masters events.

Regards

Sue

Head Coach