

February 2023 Coach newsletter

Results of the 2023 Swimmer survey

The club collects swimmers' goals annually in January via a Swimmer survey. These goals influence both the Annual Training Plan (ATP) and structure of each cycles programming. 69% of members responded to the survey. This the best response rate we have ever had. Some facts/figures from the 2023 Survey are:

Goals: 74% want stroke work, 50% want Fitness & Fun, 50% want primarily FS work, 50% do Not want to have FS as the primary stroke focus. **Competitions:** 50% Want to swim at HAGs and 44% maybe interested in swimming at Masters events. **Stroke Preferences** – “A” stroke preference is FS with BS 2nd. “B” stroke preference is BK with BS as 2nd. **Swimming with Stingrays** - 73% of members only swim with the club, this is spilt - Sun = 46%, Tues = 53%, Fri = 46%. **The ideal training session would include** the following strokes and distance repartitions: - FS 100M, BK 50M, BS 50M, Fly 50M, IMs 100M. Start /Turns and FS relays (I'll try my best to have this session programmed for the Xmas break up!). 66% of swimmers requested Video analysis. Overwhelming responses were positive with just a few issues regarding coaching consistency which will be addressed by the coaches. Suggestions and preferences have been included in the ATP where possible.

2023 Annual training Plan

The purpose of the plan is to inform members about what will occur at training for the year and provide guidelines for coaches to follow in creating and delivering the three weekly training sessions. The plan is designed to meet the needs of the average club swimmer. To a lesser extent it is designed for swimmers who are attempting to gain fitness and the technical competence to compete at the regional (ACT) Masters Swim events. Some minor interest has been shown in open water and long-distance events so this plan includes one week of specific open water skills and drills in September. In addition, the Head coach can and does design and provide individual training programs to cover competitive and special events on an “as needs basis.” All strokes are programmed, however, where swimmers cannot or do not want to swim the weekly themed stroke, they are required to discuss with the session coach who will provide other options.

Overview - There are seven cycles thru the year. This caters for stroke technique to be introduced and consolidated:

- Freestyle, Backstroke, Breaststroke will feature 7 times,
- All strokes/ FORM /Individual Medleys /Turns 7 times,
- Butterfly 6 times,
- Race preparation including dive /starts 6 times, and
- “Have A Go” events and relays 6 times,
- Open water skills and drills will feature for one week in September.

Training workload varies across the year as phases are introduced and fitness increases. Not all phases are contained in this year's ATP, however some of these listed may be used if enough swimmers decide to enter competitions.

Phase Definitions:

- **Pre-season** = Low to moderate volume. General work on all strokes including IMs, emphasis is on technique and skills development.
- **Maintenance** = Low to medium volume with mixed intensity sets to maintain all energy systems.
- **General Endurance** = Increasing volume of main stroke(s) with less stroke switching. Focus on technique.
- **Aerobic base+ Aerobic Endurance** = Some higher intensity sets introduced.
- **Specific Endurance/Threshold** = Maintain aerobic base but includes more race specific high aerobic end sets.
- **Quality** = Reduced volume but slightly increase in lactate and sprint sets/race pace.
- **Taper** = Maintain some intensity but reduce volume of all sets and overall volume.
- **Recovery** = Low intensity aerobic base and aerobic endurance. Only moderate volume with the emphasis on skills and technique.

Why does the ATP include all strokes? There are many benefits to knowing how to swim several different strokes:

- **A Better workout:** Swimming several strokes allows the use of different muscles and enables a better workout.
- **Less injuries:** The risk of a getting injured decreases as swimmers don't always do the same movements.
- **Variety:** More fun because workouts are more varied as more strokes can be used.
- **Skill transfer:** The skills that you learn in one stroke often relate to another stroke e.g. the body rotation skills of freestyle are also aligned to backstroke.
- **Versatility:** Swimming in the pool can help in other sport such as Triathlons.

A summary level of the club 12-month ATP (one pager) will be published on the Club's web site. The first 3 months of the full ATP is as follows:

January Focus - What did we do?					
General: Stroke Technique and building fitness.					
Specific: Cycle 1 = Back to basics on each stroke. Consolidation of the stroke work from the previous week, and slowly increasing swimming volume and reps.					
Workload: Low/moderate - emphasis on technical/skill development					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Set/rep distance	General		
1 st Jan		Nil Pool closed			
8 th Jan	1/ Pre- season	25-400	Building fitness	Freestyle	Basic
15 th Jan	1/ Pre- season	25-200	Building fitness	Backstroke	Basic
22 nd Jan	1/ Pre- season	25-200	Building fitness	Breaststroke	Basic
29 th Jan	1/ Pre- season	25-50	Building fitness	Butterfly	Basic

February Focus - What are we currently doing?					
General: Consolidation of stroke fundamentals – all strokes, building fitness and preparation for the first "Have A Go" opportunity of the year.					
Specific: Stroke Technique - all strokes. Freestyle focus on body rotation.					
Workload: Increasing volume on swimmers' main stroke(s).					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Set/rep distance	General		
5 th Feb	1/ Pre- season	25-400	Building fitness	All strokes	Basic turns
12 th Feb	1/ Pre- season	25-200	Starts, finishes and Race preparation	Event Practice	Starts/Turns/ Racing Technique
19 th Feb	1/ Event	25-400	Have A Go - event opportunity	Swimmer goals	Self-fitness Test
26 th Feb	2/ General End	25-200	Technique	Freestyle	Body Rotation

March Focus - What will we be doing?					
General: Focus on stroke techniques. Moving from fundamentals to specific stroke elements. Consolidating the previous week stroke. Video analysis opportunity on primary stroke.					
Specific: Cycle 2 of Stroke Technique. Each stroke has a specific emphasis for the week.					
Workload: General Endurance - Increasing volume on swimmers' main stroke(s), less stoke switching during the session. Some higher intensity sets for Level 2 and 3 swimmers = Aerobic Base					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Set/rep distance	General		
5 th March	2/ Gen End	25-100	Technique	Backstroke	Body Rotation
12 th March	2/ Gen End	25-200	Technique	Breaststroke	Body Position
19 th March	2/ Gen End	25-50	Technique	Butterfly	Body Position
26 th March	2/Aerobic Base	25-400	All strokes - Breathing	Turns	Tumble Turns

Lane etiquette - Reminder

Club training sessions are conducted in a circular swim pattern keeping to the left side of the lane. Turn in the centre of the wall at each end and move over as soon as possible. Swimmers are responsible for ensuring they are aware of their space in the lane and the orientation of others and avoid pushing off the wall just in front of a faster swimmer. For level 1 swimmers there is always an appointed "Lane Leader" who is responsible for interpreting the swim program should the coach be otherwise occupied and ensuring lane swimmers go in order of fastest first, slowest last for the given stroke. Allow a gap of 3-5 seconds before pushing off the wall behind another swimmer. Ensure full laps of the pool are being swum and avoid stopping in the middle of the lane at any time. Slower swimmers should yield (stand clear, keep to corners of the lane) at the wall to let the faster swimmer past. Where possible faster swimmers should wait until the end of the length and turn ahead of the slower swimmer while they wait on the wall, however, if there is space in the lane, overtake, if safe to do so. Lastly, please listen to what the coach is saying. It's noisy in the pool environment and an increasing number of our members have hearing issues, so look and listen.

Video Analysis – Now that both coaches are back on deck, we again, offer the opportunity for videoing and analysis of any stroke(s) you wish to swim commencing in March. You can choose to have just a quick video and review on the poolside with Sue or you can choose the more in-depth review. This involves Bruce sending the raw footage to Sue. She then does a detailed analysis and provides you with written feedback covering: Body position, Legs, Arms (underwater and recovery), Breathing, Stroke Coordination, Start/Turn/Finish and Recommendations. Bruce puts his talents to use by editing your raw video footage (to enhance your good looks) and sends you a copy. If you don't know what your swimming looks like, here is the opportunity to see what the coach sees. For those who have already been thru the process, now is the time to see what improvements there has been.

Finally, the end of a long newsletter to start the year - Enjoy your swimming and remember -

"No matter how slow you go, you are still lapping everybody on the couch". And you look better in your Speedos than they do!

Regards

Sue (Head Coach)