

Coaches Newsletter September 2022

Have you updated the Coach about your health?

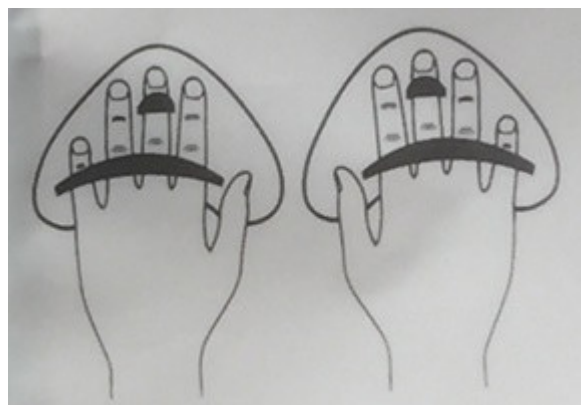
In the May edition of the Coaches newsletter, swimmers were asked to advise the coach if they are experiencing any new medical issues which could affect their ability to swim. Thank you, that's working well and everyone in collaboration with the coach have been able to swim, albeit with reduced workload or alternative stroke drills. I, of course, should have been even more explicit and emphasised your wellbeing also applies when you are actually in the pool swimming. Please DO NOT continue to swim if not well - gain the attention of the coach or another swimmer and tell them you can't continue. We are there to help you, even if it means all we can do is help you out of the pool!

Open Water Skills Sessions

The annual two weeks of Open Water skills and drills will take place in October. These will occur on the Tuesday and Sunday sessions only, with the Friday night session continuing as normal. So, commencing on Tuesday 4th October and continuing to and including Sunday 16th October, you can experience a variety of drills to help those folks who enjoy swimming in rivers, lakes and the ocean. Refresh or learn new skills in the safety of the pool before you venture in to the (freezing/cold/chilly) water outdoors. These are fun sessions, where you mostly swim Freestyle, learn how to: sight effectively (swim more or less straight), breath (even in choppy condition), swim in close proximity to others, draft (others swim hard while you draft in their wake) but to name a few. We don't have time cover everything in one session, therefore, expect a build up across the four sessions. Still not sure if its your thing? Come on Tuesday the 4th October and see. There will still be a lap lane for those just want to swim on the black line and follow a normal program. However, please note - the coach be focussed on the OW swimmers.

Equipment - Finger Paddles

You may have noticed the club has more training aids available to use. It was a pleasant surprise to come back from holidays to find the funding we were waiting funding for had finally come thru to allow the club to purchase our own equipment including Finger Paddles (FP). As the name suggest you should only have the fingers and thumb inside the paddle.



You will increasingly see drills requiring the use of FP in the programs. Why? That's because FP can be used for all strokes and if used properly, increases arm and shoulder stability. Paddles can put extra stress on your joints. However, FPs are small enough that they're unlikely to lead to injury. Small FP allow you to maintain better technique than a larger (hand) paddles. FP don't take away the feeling of the pressure of the water against your palms.

Your grip and hold on the water (during the catch phase) is critical, not just in fast swimming but all types of swimming. It should make you feel like its effortless to pull thru your stroke. As FP work with every stroke, if you slap your knuckles on backstroke or overreach on Freestyle rather than enter cleanly, these paddles will let you know. If you sweep out on breaststroke with your fingertips in the wrong place, these paddles will let you. If you've never used FP it can take a few minutes to get used to them and can make you feel a bit unbalanced or wobble around in your fingers. Please do NOT tighten them they are meant to be a bit loose. The coaches will instruct you how and when to use them.

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. You will be able to quickly review your technique on the tablet screen and have some immediate feedback on the pool. Afterwards Bruce will send the raw footage to Sue. She then does a detailed analysis and provides written feedback so an action plan can be developed. Meanwhile, Bruce puts his talent to use and edits the 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. Please see either of the coaches and book in.

Which sessions have what stroke emphasis?

Month	Day	Skill/drill Emphasis	Stoke consolidation
September	Friday 23 rd	No swimming	
	Sunday 25 th	No Swimming	
	Tuesday 27 th	Breaststroke	Freestyle/Backstroke
	Friday 30 th	Breaststroke	Freestyle/Backstroke
October	Sunday 2 nd	Fly and turns	Freestyle/Back/Breast
	Tuesday 4 th	Open Water	Lap lane available
	Friday 7 th	All strokes	All strokes
	Sunday 9 th	Open Water	
	Tuesday 11 th	Open Water	
	Friday 14 th	All Strokes	All strokes
	Sunday 16 th	Open Water	
	Tuesday 18 th	IMs and turns	All strokes
	Friday 21 st	IMs and turns	All strokes
	Sunday 23 rd	Dive/Starts/Turns/Relays	All strokes
	Tuesday 25 th	Dive/Starts/Turns/Relays	All strokes
	Friday 28 th	All strokes - Dives	All strokes
	Sunday 30 th	Have a Go Sunday. Your chance to swim your distance and stroke. Nominate up to maximum 4 events.	