

Upcoming events

If you are interested in attending any of the following let Donna (Club Captain) or the coaches know. We can ensure you get the appropriate level of support to enter your events and complete the specific training for your events.

September

10th Sunday Club HAG – entries open – fill in form at the coaches' desk.

16th Saturday at Tuggeranong Vikings, ACT. Starting at 1030.

19th Tuesday Club HAG - entries open from 10th September. Fill in form at the coaches' desk.

24th NSW Long Distance Championships at Knox Grammar School, Wahroonga.

October

7 - 14th - Aussie Masters Games in Adelaide – Swim events are on 7th and 8th.

14 – 15th NSW Short course championships in Woy Woy.

2024 – National Championships in Darwin: 3-6 May in the Parap Pool and Open water events in the Darwin Waterfront Lagoon on 7th May. Time to start planning your holiday (road/fly) trip.

Club “Have a Go” September.

The next Sunday event has moved forward a week to Sunday 10th September. This is to help those swimmers entered in the Tuggeranong event on the Saturday 16th September gain extra training and race practice. The Tuesday HAG on September 19th will go ahead as per normal. Don't forget we are still looking for volunteers to help us with time keeping, marshalling and recording at our HAG events. Thanks to Charles (Pat's husband) who helped with time keeping at the July Family HAG event.

July HAG - Family Relay event and age group Handicap races

The feedback I've received following the event was very positive. The “swim to a time” relays went down well. The age group handicaps need a little tweaking. I was especially kind to one normally slow swimmer who did a PB by 5 seconds. I won't be kind in future. Big shoutout to the parents swimming with their children/grandchildren, it was great to see. I've been asked if this event can be scheduled again? I put it on my “To Do” list.

Open Water Season

Attention all our open water swimmers (and everyone) – We will be conducting two open water refresher sessions on Sunday 24th and Tuesday 26th September. This is done within the safe environment of the Pambula pool as part of our normal sessions. Newbies – there is nothing to fear, it's fun and you get to enjoy lots of freestyle swimming. Technique work includes - sighting, drafting, swimming in close proximity, different breathing patterns, swimming in choppy conditions, to name a few. Not sure? Look at the video on the club's website of last year's fun time.

Coaching team for October

It's all Bruce with a little help from Pat. Sue is heading home to England and will be back in November.

Video Analysis

Bruce is back from his short break and has the camera at the ready to do more filming. If you have your name on the list expect us to call you over to Lane 6 on either Sundays or Tuesdays. No need to do your hair, makeup or suck in your tummy, the camera doesn't lie. All Sue needs is for you to swim as you would do normally while filming takes place. Sue will do an analysis of the raw footage and provide verbal feedback and, if you requested, detailed written feedback with recommendations to enable you to get the most from your training. What's in it for you – Well, you get to see your swimming from the coaches' point of view and get your own copy of the footage to study in the privacy of your own home, over and over again.

What training is planned for September and October?

Planning what 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.

September Focus

General: Preparation for Tuggeranong Masters, club HAG #5 and special event - Open Water skills week. Specific: OW skills focus: swimming in close proximity, sighting, turning around buoys and drafting Workload: Quality- Reduced volume but slight increase in lactate and sprint sets/race pace. Use of Tempo trainers for Critical Swim Speed and stroke rating.

Threshold = Maintenance of the aerobic base and endurance with race specific high aerobic end sets for all levels,

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
3 rd Sept	5/ Quality	25-200	All strokes including IMs. Starts, Turns, Finishes, Racing, and Relays	General	Starts/Turns/ Relay HO/TO
10 th Sept	5/Threshold	25-400	HAG #5 & Race Prep	Event Practice Swimmer goals	Fitness Test. Tuggeranong event 16 th Sept
17 th Sept	5/Event	25-400	Have A Go event opportunity #5 on Tues)		
24 th Sept	Special	100-800	Open Water Distance/Conditions	Freestyle	Proximity/sighting

October Focus

General: Pace and effort. L2/3 use Tempo trainers at SR or CSS. NSW Masters SC championships and to prepare you to break PBs at the final HAG for the year in November.

Specific: Focus on primary and secondary strokes. Consolidate technique from previous 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. Quality- Reduced volume but slight increase in lactate and sprint sets/race pace. Use of Tempo trainers for CSS/SR

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
1 st Oct	6/Aerobic base	25-400	Technique	Freestyle	Pace/Effort
8 th Oct	6/ Aerobic base	25-200	Technique	Backstroke	Pace/Effort
15 th Oct	6/ Aerobic base	25-200	Technique	Breaststroke	Pace/Effort
22 nd Oct	6/ Aerobic base	25-50M	Technique	Butterfly	Pace/Effort
29 th Oct	6/ Quality	25-200	All strokes including IMs	Speed/power	Medley turns

Regards

Sue

Head Coach