

Swimming Calendar year 2022 in review

The Facts of 2022

The first swim of the year commenced on the 4th of January with the last swim taking place on the 23rd of December.

There was a total of 145 swim sessions available: 50 sessions were on Tuesday, 48 on a Friday and 47 on Sunday. Bruce and Sue shared the coaching duties with Bruce covering 45 sessions for a total of 48.5 hours and Sue 99 sessions for a total of 119 hours. For those with can count there was one session neither of the coaches were available poolside, however, a program was still provided for swimmers to follow.

Session attendance: Everyone has commitments which impact on getting to the pool at all or getting to the session on time. Never speed or stress if running a few minutes late. Just see the coach on arrival and you will be guided which lane to use and were to start the program.

In recognition for their attendance efforts here is the top 10 for 2022:

Place	Name	Number of sessions swum
1	Pat	90
2	Helen	78
3	Viv	65
4	Jenny	64
5	Adrienne	57
6	Karen	56
7	Ken	53
8	Bruce	51
9	Ann	50
10	Ana	49

Coach for each of the sessions:

Bruce: Friday = 30, Tuesday = 8 and Sunday = 7

Sue: Friday = 18, Tuesday = 41 and Sunday = 40

Just in case you were wondering, Sue sets the weekly program and normally coaches on Sundays and Tuesdays with Bruce adapting the program and coaching on Fridays.

Christmas Presents

The club has some equipment available to use (thanks to Bruce for obtaining the grants to fund the purchase): Fins, Kick board, Pull buoys, Finger Paddles, Leg bands and Tempo trainers.

If you don't have any of these just add to your Santa letter and see what comes down the chimney. One piece of equipment which is very useful is a centre snorkel. I encourage you to get one. Yep, the coaches use all the tools available to enhance and further develop your existing stroke for greater efficiency and effectiveness.

Video Analysis

Do you see what I see? As coaches we see many variations of each of the 4 strokes. Some because a swimmer is just learning the technique for the stroke, sometimes due to or recovery from injury/operations. If you've never seen what you look like when swimming it well worth 5 minutes of your time. The club has a GO Pro camera, and we encourage swimmers to have a video taken swimming both your "A" and "B" strokes. Just ask and we can program it in a session. You will get immediate feedback on the pool side and if you wish a detailed written stroke analysis with recommendations. If you had one conducted in 2022 then book in for one in 2023, see the good and elements which need more work.

Annual Training Plan

Each year's plan is developed based on swimmer feedback by way of the annual survey. You can expect to see the 2023 survey published in early January. Typically, the annual plan is split between those swimmers wanting to improve their swimming ability, strokes and fitness and those training for competition. This year had 7 rounds of skill and drills on each of the strokes, Freestyle, Backstroke, Breaststroke and Butterfly with Individual Medleys, Dive/start and turns and 7 opportunities to test your progress via "Have A Go" (HAG) Sunday and Tuesdays. Additionally, there was 2 weeks of Open water drills and skills for those crazy folks who enjoy swimming in COLD water.

Participation in HAG events are not compulsory, however, not only does it allow you to see what progress you make thru the year but also allows the coaches to gauge what may need additional or changed emphasis in training sessions.

In celebration of your efforts listed below are the individual best times swum in 2022 for those who participated in HAG/Masters events. Some interesting reading and pleasing to see some many folks giving butterfly a go. I think it must be due to my description of the stroke as "double arm freestyle."

The most curious timed swim I did last month was a swimmer who goes faster swimming "Singapore freestyle" (one arm does dog paddle while the other does freestyle) then swimming normal freestyle. Some members have special abilities!

A special shout-out to our younger swimmers – won't be long before you're all grown up! Once you turn 18 you can officially swim with and represent the club. In the meantime, just keep turning up and we'll keep including you in our swims, yes that includes extra laps while we catch our breath.

I wish all swimmers a relaxed holiday and see you in 2023.

Reminder our next session is on Sunday 8th January, commence at 1000.

Regards

Sue

2022 Best Swim Event Times

Name	25 FS	50 FS	100FS	200FS	400FS	25BK	50BK	100BK	25BS	50BS	100BS	25Fly	50Fly	100IM	100Fly
Adrienne	20.29	45.17	1.40.33			22.05	53.10		24.90	57.66					
Ana		43.07	1.37.62	3.35.13			55.07		26.34	60.37		23.55		1.52.10	
Sue A		50.88	1.54.91	4.11.05			62.01		29.51	67.23					
Kerry		37.85	1.26.25			21.81			22.99	52.04		19.13			
Michele				3.34.58								21.81			
Grant B	14.31	32.10	1.21.48	3.29.92					23.96	55.59		16.66			
Wendy B	30.39					41.39			40.08	1.38.69					
Ken	19.10	44.19	2.01.44			27.40									
Megan		51.83		4.02.13					30.44		2.35.93		1.17.90		
Caroline				3.15.57			54.15			50.41			47.67		
Helen	22.73	52.04	2.04.32	4.32.37		25.83	58.38	2.07.83							
Kerryn		42.38	1.36.81	3.27.88			58.46			60.43		24.69			
Karen	20.88	46.07	1.45.97						29.41	67.93					
Pat	23.28	48.00				26.16	60.85		28.07	57.21		25.67		2.14.67	
Rachel		60.72		5.16.37					42.17						
Viv		50.53	1.58.91	4.37.32		31.81	69.95					33.04			
Gerard										1.15.80					
Gemma	21.64	50.45				22.98	57.55	2.12.89	57.02	1.57.52					
Grant P			1.21.36	2.58.84	6.17.71										
John			1.23.61	3.01.87	6.26.54										
Michael			1.32.48	3.23.75	6.45.34		51.83								
Ann		44.53	1.40.15	3.36.28		25.64	55.57					22.11			
Jenny	23.71	56.35		4.30.16	9.32.11				28.87	65.67		30.16		2.25.64	
Jess		42.81		3.30.13	6.55.30	21.57	49.75			53.47		21.57	50.41	1.42.84	
Wendy T	19.39	44.72							32.27						
Patrick		34.57	1.13.95	2.36.12	5.31.23										
Donna	23.22	53.25				31.09						34.74			
Bruce	14.51	31.46	1.19.11			39.51			20.20	42.81					
Emma	14.90	30.54	1.12.18	2.41.08	5.33.69		39.75					17.50	38.48	1.26.13	1.29.99
Charlotte	17.03	35.64	1.26.71				53.15		22.53	50.85	1.55.51	21.76			