

## Coach's newsletter July 2023

### **NWS State Relay Championship – Great Result**

Well done our team of Pat, Donna, Lisa and Ailie. They entered 4 events in the 200-239 (combined) age group. The team beat their best practices time in all 4 events. Top placing was a very creditable 3<sup>rd</sup> in the 4 x 50 Medley Relay.

### **Batemans Bay Stroke workshop and Mini Meet**

Two swimmers, Ailie and Pat attended. Both enjoyed the intensive stroke(s) workshop on the Saturday and the opportunity to compete against swimmers from other clubs in a mini meet on the Sunday.

### **2023 Mid-year review**

Are you getting value for money from your membership? Have you reached the goals you set for yourself at the beginning of the year? Need help? See the coach. Don't worry if you haven't been for a while, the coach can easily adjust the program to get you going at an appropriate pace to suit your fitness level.

I know some swimmers have set themselves a target of attending 100 sessions for the year. So, I got out my abacus and counted who attended the most sessions for the first six months of the year. Of the 62 sessions available the top five attendees were:

1<sup>st</sup> Donna U - 57, 2nd Ailie - 50, 3rd Helen - 49, 4th Liz - 40, 5th = Pat and Viv - 35.

Moving on from attendance, I thought swimmers would like a summary of their best swim times for the year to date also. See the last page of this newsletter. If you'd like to try to beat those times or try new events, then enter the next "Have A Go" (HAG) swim.

**Special HAG** - Sunday 30<sup>th</sup> July our primary focus is a Relay team competition. Nominations are open. Teams of four, swimming one lap each. You can form your own teams (including friends/ family members) or tell the coach you would like to have some fun and you will be allocated to a team. The rules are simple - the team which swims the closest to their initial time set in round one wins. Knockouts begin at the conclusion of round two. There are no stroke rules, swim however you like, use flippers (not for diving), even wear fancy dress! However, normal swimming rules apply to starts/ takeovers / finishes. Fill in the entry form on the coach's desk. Also nominate for some fun by swimming in one lap dash handicap events.

**HAG** Tuesday 1<sup>st</sup> August will be a normal HAG event. Nominations are open. Fill in the entry form on the coach's desk or if you're not at training email your entry to Sue. As usual, you can turn up on the day and take the chance of a vacant slot in the events you want to enter. We always try our best to ensure you get a swim.

### **Helping out at the HAGs**

Are you able to assist at our HAGs? If you don't want to swim at the HAG but can help that would be appreciated. At this stage those swimmers who aren't in the current race must be a timekeeper. Bruce is the Starter and turn judge at one end, while Sue does the marshalling, is the main stroke and turn judge, the chief timekeeper and recorder. So, help is appreciated in any capacity, especially timekeeping. We can train you to use a stopwatch in a couple of minutes. Not sure - come and have a chat with us.

### **Upcoming events**

If you are interested in attending any of the following let Sue or Donna know. We can ensure you get the appropriate level of support and training for your events.

## September 16<sup>th</sup> Saturday at Tuggeranong Vikings, ACT.

Starting at 1030. Long course 50M pool. 14 events plus relays. See the flyer at coaches' desk.

### October -

7 - 14<sup>th</sup> Aussie Masters Games in Adelaide – Swim events are on 7<sup>th</sup> and 8<sup>th</sup> Oct.

14 – 15<sup>th</sup> – NSW Short course championships in Woy Woy.

**2024** – Plan ahead for a road trip: 3-7 May - National Championships in Darwin.

### Pat is on the on the pool side!

Well done to Pat, she has passed her course and is now a qualified Program Leader. What's that you ask? Masters Swimming Australia and its insurers require all club pool deck officials to be properly qualified. The club has two qualified coaches (Sue and Bruce); however, we can't always guarantee to be available for every session during the year. When this issue was discussed at the AGM, Pat offered to step up into this newly created role and train to be a Program Leader. This role allows qualified people to lead the session from the pool deck using a program written by a qualified coach. Pat will assist the coach in running the training sessions or taking a session when the coach is not available. Pat's focus will be on: Ensuring swimmers in each lane are organised, are following the program properly, explaining, if necessary, what the drills/set requirements etc., helping to maintain lane etiquette, helping new swimmers understand the program, notifying the coach of any issues during the session. As this role is new to Masters Swimming and the club, hopefully, it will be a seamless transition. When in the water, Pat will continue to be a Lane Leader.

### What is the focus of the training sessions for August and September?

<b>August Focus</b>					
General: Coordination of all elements of the stroke. Consolidation of previous weeks stroke.					
Specific: Stoke power base and coordination to maintain the power while increasing speed.					
Workload: Quality = Reduced volume but slight increase in lactate and sprint sets/race pace.					
Use of Tempo trainers for L2 and L3 in mode 3 for Stroke rating.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills and Skills
		Distance Reps	General		
6 <sup>th</sup> Aug	5/ Quality	25-400	Technique	Freestyle	Coord/Leverage
13 <sup>th</sup> Aug	5/ Quality	25-200	Technique	Backstroke	Coord/Leverage
20 <sup>th</sup> Aug	5/ Quality	25-200	Technique	Breaststroke	Coord/Leverage
27 <sup>th</sup> Aug	5/ Quality	25-50M	Technique	Butterfly	Coord/Leverage

<b>September Focus</b>					
General: Preparation for 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 CSS.					
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 and Skills
		Distance Reps	General		
3 <sup>rd</sup> Sept	5/ Quality	25-200	FORM including IMs	General	Medley turns
10 <sup>th</sup> Sept	5/Threshold	25-400	Starts, Finishes, Racing, and Relays.	Event Practice	Starts/Turns/ Relay HO/TO
17 <sup>th</sup> Sept	5/Event	25-400	Have A Go event opportunity #5	Swimmer goals	Fitness Test
24 <sup>th</sup> Sept	Special	100-800	Open Water /Distance/Conditions	Freestyle	Proximity/sighting