

## Coaches Newsletter May 2023

### Moving up and down lanes

How do you know when it's time to move up a lane? The coach will move you up once you have attained a suitable level of skill across two strokes and deemed able to cope with the new lane program. Session programs often have a rest interval shown as RI 20 - 30. This means you can take between 20 to 30 secs rest. The less fit /recovering from medical issues or new swimmers in the lane should take the longer rest (or more if needed). Additionally, the coach or Lane Leader will assist you settle into the lane, e.g., providing swim set options -instead of swimming 5 x 100 "A" stroke – you may need to swim alternate 100s followed by just 50M not 100M. Sometimes a coach will move swimmers down a level. This may be to learn a new stroke or modified technique or for health reasons. The most important thing is to enjoy your swimming no matter which lane you are in.

**Lane Leader Volunteers** – We need several swimmers in each lane to cover all sessions. See the email sent out on 19<sup>th</sup> May. If you are interested or need clarification, please see Sue or Bruce.

### Have A Go

The next HAGs are Sunday June 11<sup>th</sup> and Tuesday June 13<sup>th</sup>. Events: - 25M, 50M and 100M in all strokes, 100M IM, 200FS and 400M FS (Sunday only). Nomination sheets on the Coaches trolley. Maximum of 4 events. There will also be both FS and Medley relays. Nominate a team or the coach will assign you to one.

Get Ready - Our Sunday 30<sup>th</sup> July HAG focus has a relay team competition.

4 x 25M = 4 members. Swimmers can form their own teams (including having family members). The team which swims the closest to its initial swim time, set in Round One, wins. Knockouts begin at the conclusion of Round Two. Normal swimming rules apply to starts/takeovers/finishes.

### Upcoming events

If you are interested in swimming in any of the following meeting - please see Donna Uren or Sue:

#### June

##### Batemans Bay Mini Meet

June 24/25 – Stroke Workshop (24<sup>th</sup>) and Mini (HAG) 25<sup>th</sup> June – See flyer

#### July

##### NWS Relay Meet 9<sup>th</sup> July in Sydney

Specific preparation starts on Sunday 4<sup>th</sup> June for those who have nominated. See Donna Uren ASAP to nominate or get information. Note: You MUST wear bathers that comply with Masters Swimming rules.

#### October

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

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

Let Donna (Club Captain) and Sue (Head Coach) know if you are interested. Sue provides a specialised 12-week program in preparation, which is only designed for those attending!

### Swimming Rules

A new update was released to the rules set in April 2023. There is a change to the Backstroke Rule SW 6.3M - Some part of the swimmer must break the surface of the water throughout the race, **except that, once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged.** It is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By that point the head must have broken the surface.

## Dive starts from the block or poolside or push off in the water.

Do you find it increasingly difficult to get up onto the block and be steady? If the answer is yes, then I suggest you start off the poolside. You can also start in the water; however, you must have both feet on the wall and hand holding the edge/block rail. Masters NSW is advising that any swimmer who needs a helping hand up onto the block should start from the poolside. Expect a formal policy on this one shortly.

## Medical updates to the coach.

The cold /flu season is with us. Please ensure you advise the session coach if you are recovering from ailments, which have or may still be affecting your ability to keep properly oxygenated when you swim. It can take many weeks to overcome a chest infection. Coaches can easily modify the session so you can start regaining your fitness but don't expect to have to put in anything over 70% effort initially. If we haven't seen you at training for a while, expect to be quizzed.

## Did you know?

In my December 2022 newsletter, I provided a table of everyone's Personal Best swim times for the year. I've now analysed the 2022 NSW top 10 times for Women by age group (what else would I do on my holidays when it was pouring with rain). We have one swimmer in the club who would have been in the top 10 for every one of the eight events she swims had she not been hampered by medical issues and unable to attend sanctioned meetings. No, it's not someone in the top lanes, or the fittest, or the fastest female swimmer in the club. It's Pat from Lane 6/Level 1. Top class swimmers can be in any lane and any level. Hopefully, now Pat has recovered, she will be able to enter some Masters events this year and get her name officially on the board.

## Annual Training Plan – June Focus

June Focus Preparation for the 3rd "Have A Go" opportunity of the year. Focus stroke – Freestyle and Backstroke technique for arms - underwater and recovery position. Specifics: Cycle 4 of Stroke technique commences in the 3 <sup>rd</sup> week of the month. Workload: Threshold - maintenance of the aerobic base and endurance with race specific high aerobic end sets introduced for the first time for L2 and L3. Aerobic base + Aerobic Endurance = Increased volume and higher intensity sets and increasing volume and intensity on swimmer main stroke(s) for L1 After HAG, workload will move to a "Maintenance" phase with reduced volume and mixed intensity sets.					
Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Weekly Drills/Skills Theme
		Distance Reps	General		
4 <sup>th</sup> June	3/ Threshold	25-400	Starts, finishes and Race preparation	Event Practice	Advanced Starts/ Turns and Racing Technique
11 <sup>th</sup> June	Event	25-400	Have A Go event opportunity #3	Swimmer goals	Fitness Test
18 <sup>th</sup> June	4/ Maintenance	25-400	Technique	Freestyle	Arms
25 <sup>th</sup> June	4/ Maintenance	25-200	Technique	Backstroke	Arms