



## DEVELOPING, EDUCATING AND EMPOWERING SWIMMERS

### COACHES REPORT SEPTEMBER 2011

Currently all squads are working well in the pool and the focus is on skills and mixes of middle distance and distance sets. Stroke technique and turns skills development have continued this month on Saturday's with parents watching turns on pool deck and experiencing, I guess differences in each individual swimmers levels of abilities as they try and improve these important skills. All three lanes have been full at the late sessions, however Wednesdays have been very quiet at the first session. Swimmers need to be attending training regularly not spasmodically to grasp the vital time in preparing to be the best athlete they possibly can. Time is precious and before you know it events and competitions creep up on you and lack of time in the water and preparation show in times when competing. GIVE IT SOME THOUGHT.....

This month, we completed the Short Course season and swimmers will start to compete in Adelaide and at open carnivals in long course pools. We head into September with 8 weeks until our first EDASA Interclub meet. If we have swimmers interested in long course training sessions for Oct please let me know so a pool can be arranged and lane space. This session will only be available to swimmers going to compete in the State Championships or Country Championships and attending all Army pool sessions.

In coming weeks I hope to see more swimmers competing, it is a requirement of the club that members are active and participating in competition. We are and need to be performance driven and goal focused and this only happens truly in competition and with regular training attendance. Please re-visit your motivation and attitude towards goals and aim and this will tell you if your swimming and training are for the right reasons. Being driven should come from within because it's hard to do something when your heart's not in it. Give it some thought.

Fundraising really starts to become important over the next three months and if all families help and participate, then distension doesn't arise between members who feel they are working hard and contributing for the benefit of all swimmers not just their own. This is when we need to be united and working in an environment which is conjunctive to harmony for positive outcomes. Please help and contribute where possible.

During the last month I have been looking at ways to google and find information from the website on swimming clubs as we wait for our new site to be open for members to view. I can tell you if googling successful swimming clubs in South Australia, we the Onkaparinga Swimming Club pops up the 6<sup>th</sup> listed club in the search engine. That's impressive. Hopefully our new site will be visited and viewed by new prospective swimmers and parents wanting information about our club. Hopefully this month our new site can be launched as we go live to the public with this site. Emma Wright has worked hard to see this happens. Congratulations to others who have worked on the new site.

On the new website we will be having an easy access calendar for training and competition listing and it is not a PDF document which has caused families distress when not being able to access information at hand when needed. If you have info you would like entering on the calendar see Jo or Emma to see if it can be included, that includes captains activities and events as we approach our very busy competition time of the year.

Cohesive team spirit and being valued as a team member will be areas of focus over the coming months as many new swimmers enter their very first racing events outside club time trials. Please help each other in and out of the pool and in administration areas. Don't be shy..... ask and there are many people around who will want to help you.

Hope to see you at the pool, and not in the street.

Pat Wheeler Head Coach