

## Coaches Report April/May 2017

Congratulations to swimmers attending meets and gaining times to know where you are at with your training. Development of the swimmer comes first in the home programme, building good skills which should be practised session by session, week by week and month by month. Working on skills is ongoing, no matter how good you think you are. Improvements can be gained weekly if really focusing on the smaller things.

I encourage families to look at the whole team focus and see the vision and planning for the whole team. Team comes first before the I - Individual. If each lane is working and supporting each other then all swimmers stay happy in lanes and great friendships can be made.

Solutions, solving, working together, strong communicating, strong connections to team, caring, inspiring attitude, strong motivation, attendance, effort..... the list can go on and on. I believe and have continued to believe our club has many very special reasons why you should be part of this wonderful swimming environment at Woodside.

Selfish, non-willing, easy come easy go, non-participation, non-cohesive, these words are negative and personally I don't see a lot of these behaviours in our club, however they can raise from time to time. Parents and swimmers should be experiencing and witnessing these same behaviours and examples as all coaches on the pool deck and visitors to the spectators gallery. If this is not the case, please make a time with the President to discuss options and solutions for success.

Coaches are willing to discuss what we do in the pool with all club swimmers and parents. We currently have Georgia Weir Austswim and ASCTA trained and Amber Barrow & Joanne Weir who have completed modules and online training for their Austswim Certificate. In the next 3 weeks they will be examined on managing swimmers in the junior ranks. I ask you to be supportive of the introduction of the new coaches and help make their coaching experiences positive.

Jack and Noah are the next two to complete Austswim training and it is hoped we will have 6 qualified person sharing coaching times leading into the next season. When we are all working together, we can change little things to deliver and support each other for a better swimming programme outcome.

Currently we have a lease agreement with the Army for 3 lanes for 3 years. On some nights, we spread into 4 and on some occasions into 6. We are only allowed to train in our designated nights which are Mon, Wed, Thursday. Saturday afternoon is always well attended and we ask all swimmers to be mindful are caring when all lanes are full. We need to make the most of this great facility and gain from all time in the pool. Currently we have 3 dryland times where development is a focus for core strength and flexibility.

Our next 8 week block is quality speed in freestyle, skills, turns and dives. This last 8 weeks has seen lots of swimmers out of the program due to illness, holidays, colds and flues and some families overseas due to some schools having a 3 week holiday break.

Real focus on attendance and planning for the start of the season needs to be evident for some swimmers. If swimmers are not attending due to the cold and breaking for the winter period to play netball, football or basketball, then on return those swimmers will be building swimming fitness.

At training in July August some swimmers may be moved around lanes to accommodate the swimmers who are further along in their race preparation. Please try hard to get to the pool and start to prepare for the October which is the new season.

In closing can families have a look at the carnivals on offer around the state, these can be found on the swimming SA website and in our club Team App under events.

Pat Wheeler - Onkaparinga Head Coach