



GRACE SWIMMING

NEWSLETTER

ISSUE #1: JUNE 2021

WELCOME to our first edition of the Grace Swimming Squad Newsletter.

Through this regularly published newsletter for our squad swimmers and parents we will be aiming to keep you informed and up to date on everything happening within our squads and how to make the best of every opportunity in training and competition.

Updates on what the squads are focusing on during their training cycle, the drills, skills

and everything in between. How training for improvement in skills and performance work, when and how much should a swimmer train, nutrition, recovery and competition.

There will be regular input from our coaches, swimmers, club committee, support physiotherapist and nutritionist to make this newsletter a worthy read.

Chris

WHY ARE FLIPPERS/FINS USED IN SWIMMING TRAINING?

Many people think fins are used to make swimming easier, but this is not completely true. Our coaches implement the use of fins in training to meet very specific outcomes during sessions.

- Fins help by increasing the 'Plantar flex' (Pointed Toe Extension) of a swimmer's ankle which is very important in developing their propulsion potential. Generally, most people, especially land-based athletes have a reduced plantar flex in their ankles and lack the flexibility required for fast swim kicking and in some cases any kick at all. Regular use of fins helps to safely increase this flexibility required to develop a strong, fast kick.
- Fins help in acquiring new drills. Often learning new drills can be difficult when trying to set up new motor patterns both gross and fine whilst maintaining momentum and not sinking. Fins are perfect for this.
- Fins help by providing the opportunity to increase speed in sprint sets. This is typically called "Over Speed" training. The benefits of this type of training is to teach a swimmer to hold water at race speed or faster consistently and helps to increase the performance of neural pathways.
- Fins are good for recovery swims.

TRAINER OF THE MONTH

Introducing our Trainer of the Month award. Each month the coaches will select one Squad swimmer for this award and they are rewarded a certificate and a prize from the kiosk. The award goes to those who show excellent attendance, attitude, coachability, and consistency in their training.

Congratulations to our recipients so far:
March: **Henry Smith** - Junior Squad
April: **Katelyn Woodward** - Mini Squad

CONGRATULATIONS BROCK MILLER TRAINER OF THE MONTH MAY 2021, JUNIOR SQUAD

Brock has received this award for putting in hard work, and showing improvements in each and every session. You always lead by example and demonstrate well.
Congratulations!

REMINDERS

Being on time to training is imperative for success. While it's not always in our swimmers control when they get to the facility, it is up to them to get ready quickly, have their equipment ready, and be waiting for their coaches instructions as soon as possible. To maximise productivity and time in the water, swimmers should aim to be ready and at the blocks five minutes before training starts. This allows coaches to briefly overview the session and get them in the water on time.

If you are ever in doubt about training times or equipment, all

current information can be found at graceswim.org.au/squads



MEETS

Congratulations to our 28 swimmers who competed at the Genesis Meet over the weekend. We saw a lot of great swims, as well as excellent teamwork and sportsmanship. Well done to all of our swimmers for their fantastic efforts.

We also have our Grace Short Course Prep Meet coming up on Saturday 3rd July. Nominations are now closed, but you can find information on the website. We look forward to seeing you there!

