



GRACE SWIMMING

# UPDATE

AUGUST 10, 2021

Attention Grace Swimming customers,

To comply with restrictions for Queensland Schools, Grace Swimming will be closed until Monday 23 August, 2021.

We really appreciate your support in understanding and complying with the Queensland Government Department of Health directions to ensure the safety of our community.

All swimming lessons and squad training

attendances will be credited to your family account.

There are some things you can do to improve your swimming and keep active during this time. Check out the **RESOURCES** page on the website (PW: swimmer), and keep an eye on your emails for more updates and activities to try.

*Regards,  
Grace Swimming*



GRACE SWIMMING

## NEWSLETTER

### ISSUE #2: JULY 2021

You may have seen some new faces on pool deck over the past year, and some of you may have not seen us on pool deck due to restrictions and limited parents on pool deck.

So, we wanted to touch base with you all and introduce ourselves. We currently have a team of 5 coaches for our Squad Programs. You can see our profiles at [graceswim.org.au/meet-the-team](https://graceswim.org.au/meet-the-team)

In case you don't know all of us, here we are!

Head Coach: Chris  
Senior Coach: Josh  
Assistant Coaches: Jaime, Alanah & Brett

If you have any questions for us, keep reading. In this newsletter you will find the opportunity to ask your coaches questions.

*Regards,*

*Chris, Josh, Jaime, Alanah & Brett*

## THE IMPORTANCE OF STREAMLINES

A streamline is the closest position a swimmer can achieve that's similar to a fish, dolphin, or whale.

This position has the LEAST amount of drag associated with it, and also clocks in some of the swimmer's HIGHEST speeds.

The ability to streamline properly is incredibly important. It is the number 1 skill that is used for EVERY stroke - no matter the stroke, distance, the swimmers ability or age.

A streamline is one of swimming's fundamental movement patterns that needs to be EXECUTED to perfection.

It requires a lot of concentration to perform the skill day in and day out.

# CONGRATULATIONS MATTHEW BROWN

TRAINER OF THE MONTH  
JUNE 2021, MINI SQUAD

For having a fantastic attitude, always taking on feedback from the coaches, and for setting a good example for everyone. Your hard work and dedication is really paying off! Well done!

## REMINDERS

### What equipment should I bring to training?

Each Squad has different requirements, with the more advanced Squads needing to bring more equipment to their training sessions.

You can find the equipment list for your Squad level on the [website](#).

### So, what is all this equipment for?

The equipment will help each swimmer get the most out of their training. Below are the four items that are a requirement for every Squad level.

*Net bag:* To hold your equipment and allow easy transport and storage of your equipment. It also ensures all of your gear is always together.

*Kick board:* Used during kick sets to improve core strength, and sometimes used for pull drills and learning tumble turns.

*Fins:* Used when learning new skills, for some drills, during "Over Speed" training, and for recovery swims.

*Water Bottle:* It is important to combat dehydration and keep fluids up during training, not just after. Especially in a heated pool. All of our Squad Swimmers should get into the habit of drinking water during sessions, as it becomes increasingly important as their training sessions become harder and longer.

If you are ever in doubt about training times or equipment, all current information can be found at

[graceswim.org.au/squads](https://graceswim.org.au/squads)

## ASK YOUR COACH...

What would you like to know about our Squad Program? What questions would you like answered? Training, progress, biomechanics - you name it! Head over to the link below and ask us your questions. We will answer any frequently asked questions in future issues of the newsletter, or get back to your inquiry personally.

[graceswim.org.au/askyourcoach](https://graceswim.org.au/askyourcoach)



## NOMINATING FOR MEETS

Congratulations to everyone who competed at the Grace Swimming Club Prep Meet. As you know, it was postponed by a day due to the lockdown but it was a great success!

When it comes to nominating for meets, try to get into the habit of asking your coach for advice on what events to enter. They will be able to suggest distances and strokes that will allow swimmers to put in to action the skills they have been focusing on in training.

If there's a particularly challenging event - perhaps a longer distance than you would normally attempt - that you would like to give a try, excellent! Club Nights are a fantastic place to do this and challenge your limits. When nominating for meets, it's a good idea to ask your coach rather than nominating for every event.

And for those meets where you have a coach there, be sure to check in with them before and after each event for feedback. That's what they are there for!