

# Monthly not much News

Adults swimming for fitness, friendship and fun.

What a difference a month makes!

## Coaching Corner

In these challenging times the most important thing is to stay well, both physically and mentally.

For those who are old enough to remember, it is back to the time of seasonal swimming. If you lived outside a Metro area swimming stopped around Easter (after State School Champs) and restarted up in freezing cold outdoor pools in October days. So, what did we do? We did other sports over Winter and kept fit. These days it would be called cross training – back then it was Winter Sport! Although younger, swimming fitness came back quickly.

*We have to be positive and know we can still do this as long as we keep moving.*

## **Make a plan and follow it!**

- Get organised and work out an exercise program.
- Write it down and timetable it into your day.
- Work out what time is best for you to exercise – is it first thing in the morning or at night, as you negotiate around your working arrangements and children (involve them in your workouts!)
- Tell someone what you are doing to make you accountable. Plan your program with a friend and let each other know when you have completed a session.
- Try to control your food and drink – don't go off the rails!!!

## **Workout Ideas:**

- Use this time to explore other activities you may not have as much time for – walk the dog, go for a run, bike ride.
- Get on an exercise bike at home or other gym equipment
- If you can, go for a swim in the sea or lake - may need to invest in a wetsuit! Or if you have a pool at home, do some kick sets, work on your technique, swim without pushing off the wall.
- Use stretch bands to work on catch and pull technique and to develop core strength and flexibility <https://www.youtube.com/watch?v=XGKmX7yrrLA>
- Work on flexibility and mobility with online Yoga sessions. There is a wide range available on the internet. This is one site <http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>
- If you have an injury, view this time as a chance to recover from your injury. Do your exercises set by your physio to strengthen and rebuild your body.

### Online Resources:

There are excellent resources online with ideas to help over this time when we are unable to swim.

Use this as an opportunity to study technique. Is there part of your stroke you want to improve or change?

- Effortless Swimming has an excellent resource [10 things to do while your pool is closed](#)
- If you subscribe to [swimsmooth](#) there are tips and webinars available to use.
- [GoSwim](#) is offering free sign up to their account allowing access to videos and daily emails giving everyone the opportunity to expand their swimming knowledge.
- There is a wealth of information and resources from US Masters Swimming [COVID19 Information | U.S. Masters Swimming](#)

The main things are to keep well, exercise and establish and maintain a routine. Try not to go off the rails.

*Anne Smyth*

Masters Swimming NSW Coaching Team

### 2021 FINA World Masters Championships

<https://www.fina-fukuoka2021.org/en/news/20200401.html>

1<sup>st</sup> April 2020– Following the finalisation of the new dates of Tokyo 2020, the Organising Committee of the 19th FINA World Championships 2021 Fukuoka has found it difficult to maintain the initial schedule of the Championships (the World Championships scheduled from 16 July to 1 August 2021, and the World Masters Championships from 3 August to 12 August 2021) and has come to the conclusion that it **must consider rescheduling the event** in consultation with the International Swimming Federation (FINA).



**Fina**  
WORLD  
CHAMPIONSHIPS



The **World Masters Games** are still planning to go ahead from 14<sup>th</sup> May 2021, being hosted in Kansai, Japan. <https://wmg2021.jp/en/>

It has been decided yesterday that the Olympic and Paralympic Games Tokyo 2020 to be held on July 23, 2021.

On the assumption that the COVID-19 virus outbreak to be concluded, the World Masters Games 2021 Kansai Organising Committee would like to hold the 10th World Masters Games 2021 Kansai from May 14, 2021, as originally planned.

