

Are you swimming again & needing a training program?

Thank you to Greg Gourley, MSA Coach of the Year, for these invaluable tips on our return to swimming.





The Framework

- The recommended framework involves varying the following factors:
 - Deciding on a starting point. That is, selecting a back to swimming starting distance based on your fitness, age and how long you have been out of the water etc, for example you may decide to restart at 60 % of your pre-COVID-19 training distance;
 - In some cases, reducing your training frequency (less times per week);
 - Swim weekly training cycles;
 - Reducing your swim duration (less time training per session); and
 - Reducing your overall swim load (being both distance and intensity in each session). Then over the following weeks;
 - Increase your swim frequency as recommended; and
 - Increase your swim load by no more than 10-15 % each week.
- These factors inter-relate and as you change one factor it impacts another, thus implementing the framework is a little challenging – some sample sets have also been provided. Remember you have had enough, you can always move onto the cooldown or a reduce sets repeats and or distances.



Sample Training Set – Return Weeks 3 / 4



COVID Return to Swimming	Weeks 3 / 4		Freestyle and Form Conditioning	
Activity / % of session time	Group 1	Group 2	Group 3	
Coaches talk - 5 %				
Warmup - 10 % 	200 CH	300 CH	400 CH	
Drills - 10 % 	200 CH focusing on pull 200 Paddles – focus on pull 200 Form CH drills	200 CH focusing on pull 200 Paddles – focus on pull 200 Form CH drills	200 CH focusing on pull phase 200 Paddles – focus on pull 200 Form CH drills	
Pre-Set - 10 % 	200 FR as 25 easy, 25 moderate	200 FR as 25 easy, 25 moderate	200 FR as 25 easy, 25 Moderate 200 FR Mod, with 6 sprint strokes off each wall	
Main sets - 55 % 	<u>FR Descending Ladder</u> 200 RI: 15 secs 2 x 100 RI: 30 secs 4 x 50 RI: 60 secs <u>Form Pyramid</u> 2 x 50 RI: 15 secs 2 x 100 RI: 30 secs 2 x 50 RI: 15 secs	<u>FR Descending Ladder</u> 200 RI: 15 secs 2 x 100 RI: 30 secs 4 x 50 RI: 60 secs <u>Form Pyramid</u> 2 x 50 RI: 15 secs 2 x 100 RI: 30 secs 2 x 50 RI: 15 secs	<u>FR Descending Ladder</u> 200 RI: 15 secs 2 x 100 RI: 30 secs 4 x 50 RI: 60 secs <u>Form Pyramid</u> 2 x 50 RI: 15 secs 2 x 100 RI: 30 secs 2 x 50 RI: 15 secs	
Cool down - 10 %	200 easy CH	300 easy CH	300 easy CH	
	Distance 2200 metres	2400 metres	2700 metres	

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2022 Event calendar

January	15	Branch event
January	29	Campbelltown BPS
February	12	Myall BPS
March	05	Blacktown BPS 1pm
March	12	Wett Ones BPS
March	19	Cessnock BPS
April	20-24	MSA National Championships
May	28	Ettalong BPS
July	Sunday 03	Branch Relay Meet

2021 swim events

This is what we now know:

Cabarita	November 6	—6.30pm-8.30pm
Glenbrook	November 13	—2pm-4pm
Auburn	December 5	— Times TBC
Hornsby	December 11	—6pm-8pm

Betty Grant award



Congratulations to John Collis, Molonglo Waterdragons on being awarded the Betty Grant award.

During the darkest days of the COVID-19 Pandemic in 2020, John was (as ever) a beacon of optimism and a rallying point for MWD club members. John played a leading role in keeping the club members connected during the lockdown, and helping them to adapt to new processes to ensure COVID-safe swimming when pools reopened.

John has brought friendship, encouragement and good humour to many in the Canberra and Queanbeyan swimming community over many years. Particularly during the Pandemic, John's leadership and example has been crucial to many in maintaining their swimming ability and morale.

Postal swims 2021

Please support Masters Swim clubs around the country by entering Postal swims:

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

Baddaginnie Animal, do it for the sheer fun of it. **5 events in one day**
200m Fly 200m Back 200m Breast 400m IM and 800m Free

... closing date extended...



<https://mastersswimming.org.au/event/baddaginnie-animal-postal-swim/>

Our very own Tuggeranong is open til 31 December:

<https://mastersswimming.org.au/event/tuggeranong-trifecta-postal-swim-2021/>



TUGGERANONG TRIFECTA

Postal Swim

~~July-August 2021~~

*Extended to
December!*



Sanctioned by Masters Swimming Australia
Sanction No: PS 06/2021

Three swims, each in a different stroke: 400m, 800m, 1500m

Entry fee: \$25 per swimmer

	<p>Welcome to Tuggeranong Masters Swimming ACT's postal swim!</p>
	<p>This one will warm you up. Just the thing for those wintry days! Double dip - a postal swim for you, and some Endurance 1000 points for your club.</p>
	<p>Did you get the fabulous gold and red silicone 'Rampage of Vikings' swim cap for 2020?</p>
	<p>If not, shame.... but you can still get the silver version for 2021! ...and if you did, then the silver version makes the perfect pair!!</p>
	<p>All 2021 participants will receive this fabulous silver 'Rampage of Vikings' swim cap as well as a certificate.</p>

Manly Masters Postal swim, this is new and not sanctioned through MSA. Manly Masters are sharing this club activity to the wider membership of MSNSW if you're looking for an interesting and involving program to get you back into the swim of things. Details will be on our website under Postal Swims.

Ocean 2 Pool
Postal Swim
Entry: \$10 per swimmer



This is a fun postal event combining ocean swimming and pool swimming as a part of relaunching our activities post COVID lockdowns.

Given that we have just finished an Olympic year, in which Australian swimmers performed wonderfully well, we are offering three levels, Gold, Silver and Bronze, tailored to the number of distances covered. We have also added a Platinum level for the adventurous. Participation is more important than speed here, but you are welcome to set your own targets.

There are a number of ocean swims conducted by SLS Clubs over the swim window and these do qualify and are recommended as one of the best safe ways to get in your swims. Successful swimmers will be sent Commemorative swimming caps to recognise their achievements.



Masters Swimming NSW is proud to receive continued sponsorship from Dooleys Lidcombe <https://www.dooleys.com/lidcombe>



We are looking forward to hosting the **2022 National Championships at SOPAC, 20-24 April**
Our 2022 National Championships pages are activated on our website, with the landing page at:

<https://mastersswimmingnsw.org.au/2022-national-championships/>

There is a lot of work necessary to get an event of this size up and running, ideas, brain storming, paperwork, documents, contracts, rosters, booking and ordering etc so **we're NOW searching for volunteers** to help in any of these areas. Do you have skills in event management, social activities, artwork design, technical expertise?



Timekeepers, medals table staff, mousehole entry, Registration and Welcome Desks, runners, warm-up supervisors and our trusty Technical Officials are but a few of the many roles required. Many hands make light work so please contact the Branch office with your availability.

Call for nominations MSA National membership committee

MSA is seeking nominations from interested persons to form a National Membership Committee to support volunteer masters swimming members and clubs across Australia. Closing date 29 October.

The nomination form is available from the Branch office admin@mastersswimmingnsw.org.au

Open Water swim coming soon

Narrabeen Surf Lifesaving Club oceanswim is going ahead on Sunday 7th November.

This is the first open water event we know of on the summer calendar SO FAR so those of you that can, start training! Details are still coming in but if they're anything like past years it might look like this:

Swim – Narrabeen Challenge **Distances** – 1.8km, 800m, or both

Courses: Both swims start in front of Narrabeen Beach SLSC clubhouse. The main event follows a flat, "Marie Antoinette" champagne glass, whilst the shorter swim follows the southern part of that course. Courses may be altered depending upon conditions on race day.



NARRABEEN BEACH
SURF LIFE SAVING CLUB

MSNSW is grateful to Narrabeen SLSC volunteers for offering to assist as safety crew for our Open Water event at the National Championships on Sunday 24th April at Lake Parramatta next year.

VALE DAWN GLEDHILL



With a heavy heart we share the news of losing Dawn Gledhill to cancer. Dawn was a favourite swimmer, friend, Manly member & Technical Official on pool deck and most MSNSW members will know her. Earlier this year Greg Jewson & the Club Committee nominated Dawn for Life membership of Manly Masters, here is an excerpt from the nomination: *"She is everywhere, but I think it is important to understand the background to this citation. I will talk about her contribution in the pool and then out of the pool. Dawn has been nothing other than an amazing contributor to our efforts in the pool since joining Manly Masters in 2002 and attending her first Carnival, the state cup in March 2003. She has competed in Championships (both L/C and S/C) State, Nationals, Pan Pacs, Australia Masters Games and Time Trials. To give you some idea:*

8 x World Masters Events

Edmonton, Canada	2005
Stanford University, USA	2006
Perth	2008
Sweden	2010
Riccione, Italy	2012
Montreal	2014
Russia	2015
Budapest, Hungary	2017

With these Worlds she has always been an enthusiastic team member and social companion out of the water. There are many stories only hinted at, but apparently what happens on tour stays on tour!

Relay

Fina World Masters

Masters World Record 4 x 100m Free Women L/C 240-279 Time 7.02.43, 16/1/2010

Team – Dawn Gledhill, Jennie Morgan, Patricia Novikoff, Katherine Ahern.

Personal records

World Record

National Record

State Record

Fina World Top 10

National Top 10

Out of the pool Dawn has also been a major contributor to our club over 15 years. Her first Committee position was appropriately as Social Secretary in 2005. She switched to Captain in 2013 and has been there ever since. So, she has continuously been on committee since 2005.

Her contribution to our club has not precluded her contributing to Masters Swimming NSW and she is regularly on pool deck as an official at Masters events.

This of course is not the whole story. Dawn has always been on the lookout for new ways to improve the swimming experience and membership involvement of all our swimmers. The way she has taken up coaching is her latest and perhaps most talented exercise. Hard to compete with her enthusiasm to get groups of swimmers off travelling, now aided by Sonja.

Her heart, enthusiasm and resilience are hard to match!"

Dawn asked that we consider supporting fundraising for Ovarian cancer. Her daughter Sharon has started the link for fund raising for Ovarian Cancer as Dawn expressly requested no flowers.

<https://www.ovariancancer.net.au/my-fundraising/1260/sharon-morris>

As many of you would like to celebrate Dawn Gledhill the details of the funeral are provided below. Please note that due to COVID restrictions there will be limits on the number of people allowed inside the Freshwater Surf Club. To cater for this, arrangements have been made to stream the service and these details are below.

There will be a number of people who would be content to be outside the Surf Club where we can still celebrate Dawn's character and enthusiasm. So long as we can all work with these limitations gracefully it will be a wonderful event.

Details: Live

Wednesday 27th October, 2.00 p.m. Freshwater surf club.

There will be a civil celebrant.

Dawn expressly requested no flowers and that we all wear something colourful.

The web address is <http://www.funeralcast.com.au/funerals/view/dawn-gledhill.com.au>

It should be steaming just prior to 2 pm Wednesday 27 October 2021 and open to anyone who would like to log on.

