

# MINGARA AQUATICS

## Newsletter



June 2018



Hi Parents and Swimmers

After all the buzz and hype of the Commonwealth Games it was nice to get back to a bit of reality and normality. Personally I was able to take a couple of weeks holidays to recharge the batteries and get ready for the upcoming Short Course Season and working more on stroke development with our younger swimmers. The Squad timetable which is available at the Reception desk details all of our Squad options with staffing details to allow everyone to know who is taking what squad on which day.

Winter is a great time to be swimming when its cold outside you know it will always be warm inside the pool hall and our staff do a fantastic job of maintaining the pool temperature to make it perfect for swimming, but everyone needs to be super aware of getting dry and staying warm when leaving the pool. The other night I saw a number of swimmers leaving the pool with only a towel wrapped around them and nothing on their feet and heads. This is definitely a recipe to get sick!! Please ensure all swimmers are dry, dressed with shoes or Ugh boots and beanies, that way you will get through the winter without any major issues.

**Stephen Critoph** - Head Coach

### Some Thoughts on Technique

By Mark Morgan Former 100 Freestyle Commonwealth Games Champion

Technique, as defined by the movements a swimmer executes while performing any of the four strokes (including starts and turns), is obviously crucial to swimming speed. All swimmers should be rigorously taught the basic movement patterns that are generally accepted as constituting good technique; using drills, technique-based sets, and regular individual correction. These movement patterns will generally need to be reinforced for the duration of a swimmer's career.

There are only two underlying factors that determine swimming speed, namely propulsion and resistance. Hence every aspect of technique should relate to either increasing propulsion or decreasing resistance.

When you read or hear of a technique tip, it is useful then to ask yourself how does this aspect of technique, either help increase propulsion or decrease resistance? If it does neither, then you can justifiably question its value and whether it is purely cosmetic.

### Visit us at your club, Mingara

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### Coaching News

Michael has now settled into his Part Time role with us being on deck Tuesday – Friday mornings as well as Mon, Wed and Fri afternoons in addition to his new role with Swimming NSW. Tyler and Robyn have stepped up to take those Silver and Gold classes previously taken by Michael, both coaches are super keen to work with this new group of swimmers and we hope you will give them your support.

### Up Coming Meets

This month will see our swimmers competing at Coast and Valley Championships an area that extends from Woy Woy to Raymond Terrace and west through the Hunter Valley. Our swimmers will be competing against the best from Newcastle and the Central Coast with many aiming for qualification for NSW Country Championships and we wish them all the best.

Got a question regarding coaching? Your child's enjoyment and progress is extremely important to us so please don't hesitate to contact us  
Email Stephen:  
[scritoph@mingara.com.au](mailto:scritoph@mingara.com.au)



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In any case, what constitutes the best technique for any swimmer in any stroke is an extremely complex question involving many variables. Perhaps the most significant variable is flexibility or range of motion in the shoulder and surrounding area, the spine and, for breaststrokers in particular, the hips and ankles. Other variables include limb length, strength and neuromuscular coordination.

Support for the idea that there is no single ideal technique in any stroke can be found in the fact that while they will usually have important basic principles in common, mature elite swimmers demonstrate considerable variance in technique. While all swimmers can certainly learn from the technique of mature elite swimmers, swimmers should take great care in blindly copying all aspects of champions' technique

There is more scope for divergence from 'ideal' technique in aspects that relate to increasing propulsion (e.g. pull pattern), than those that relate to reducing resistance (e.g. body position).

It may therefore be counter-productive to modify a swimmer's technique to conform to a perceived ideal, especially if the swimmer finds a particular movement pattern difficult to perform. For example, a swimmer with relatively poor shoulder flexibility may be able to exert more backward pressure (i.e. generate more propulsion) with a straighter arm pull in freestyle than attempting, with difficulty, to get wrist/elbow up early and into a position where they can apply little force.

Some interesting thoughts Mark has continued to swim and now at the age of 60 still holds many Masters Australian and World records.

### Filming of Junior Squads

We have encountered a problem with our plans to film our younger swimmers in that our Video Camera seems to have grown legs and gone a Holiday. We have now put new plans in place and filming will start from Mon 11 June. Children will be filmed on the day and be able to view their swimming on one of the TV screens (Parents are welcome to come and watch this) and it is planned for the children to have an opportunity after they have been filmed to practice what they may have learned. **At the end of each session all video will be deleted.** If you have any concerns re this practice please speak to the Head Coach.

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