

BSC Newsletter

July 2019



ATTENTION ALL SQUADS 2019 PB CHALLENGE DATES:

**Friday 2nd Aug
Friday 13th Sept (with
a special
appearance from
Josh Hofer SWA
Ambassador!)**

Coaching Contacts

**For all coaching enquiries please
contact:**

Head Coach
Andrew Sexton
[headcoach-
andrew@busseltonswim
mingclub.com.au](mailto:headcoach-andrew@busseltonswimmingclub.com.au)

Useful Links

Swimming WA:
www.wa.swimming.org.au

**BSC PB Meet
entries:**
[glenayrfarms@
bigpond.com](mailto:glenayrfarms@bigpond.com)

Committee Message

Welcome back to Term 3, we hope you all enjoyed your break over the school holidays. A special welcome to new members Annabel Wilson (J4), George Thompson and Riley Stolp (Intermediates).

The committee has been working hard recently on fundraising as well as tightening up some of our policies and procedures. At the last committee meeting, we sanctioned a new Code of Conduct as well as a Complaints Procedure. We expect everyone to read the Code which can be found on Team App in the Policies tab.

These new codes will be adhered to by the coaching team, who expect appropriate behaviour at all times from our squad swimmers. We require BSC swim caps to be worn at training and BSC uniform at competition meets. Please ask your coach if you are unsure of how to obtain uniform.

We are all looking forward to another successful term of training. It might be cold, but it is still a great opportunity to prepare for summer events.

You may have seen what Coach Amber and Jessica got up to over the break using their swimming skills to jump off a boat and swim with Whale Sharks! Please let us know if you have had any swimming related adventures that we can share.

‘Just keep swimming’

BSC committee

TEAM APP

For all the new swimmers to the club, we use Team App as a means of contacting you with last-minute changes such as pool closures and cancellations. Please take the time to download Team App onto your phone or smart device, search for Busselton Swimming Club and request to join.

Coach's Corner

This month we have prepared some information on the structure and guidelines for training.

The Training Process

All coaches will design a year-long program which targets three or four main meets, often culminating in a National or State level competition where the best results are expected.

It is very important to break this annual cycle into shorter cycles; 2-3 monthly and weekly so that all swimmers have enough time to adapt to harder training for fitness and strength, but to recover and allow the body to adapt to the increased training load.

Training is very age dependent and there is a significant risk of over-training and injury in children that have not gone through puberty, or are in their primary growth stage, both as a result of an inability to process lactic acid and as a result of muscles, ligaments and bones growing at different rates. As training increase markedly around ages 14-15 there is still a risk of over-training but with a properly structured training schedule, correct nutrition, stretching, dry-land training and proper attention to warm-ups and cool downs, the risk of this can be reduced.

How often should my child train?

A common calculation on how many sessions your child should do, is to divide their age by 2. So, a 9-year-old should not do more than 4 sessions a week whereas a Performance squad athlete should be training up to 9 sessions of swimming + dryland/strength training per week. Resistance training (ie. not weight lifting) training is beneficial to all swimmers but actual weight training should only begin after the pubescent growth phase is mostly complete, and where form can be supervised by trained instructors.

At Busselton Swimming Club, we are endeavoring to extend our sessions, especially at the Intermediate level, as currently our squad does not train as often as any other junior competitive swimmers in the state. Our coaches are aware that a competitive pathway to long-term success begins around age 10, and the Club intends to ensure that progress through the Intermediate Squad to the Performance squad should be smooth and provide adequate protection for those moving up.

How to measure successful training effort – Heart Rate, Lactate and Physical pain

The simplest and effective way to measure performance is the human heart rate. All sports use the heart-rate method to measure training exertion, and also to measure fatigue and potential signs of illness. Relative performance is essential to measure during the training cycles so that results can be identified and changes made where illness, injury, etc affect the training cycle.

This is not age dependent, and good results are being made within our Intermediate squad where times and heart rates are monitored, and times are dropping markedly. More importantly though, this builds confidence in the swimmer as they are not just arriving at training and not seeing the results of their hard work, which then translates to confidence on the starting block at major meets. One of the common misconceptions is that pain is a bad sign and that you should avoid that. Unfortunately, progress in both fitness and strength requires the breaking down and rebuilding of muscular tissue and the only way to do this is to push the body until it is uncomfortable. The “burn” associated with lactate build-up should be embraced, knowing that the body is adapting to a higher level of performance and resilience.

Enjoy the hard work!!!

Andrew, Amber, Trish and Ella

The BSC coaches would like to welcome **Angus Johnston-Walker** to the world of coaching. Angus and Maddy completed their SATCS course in May. Angus is now working towards his practical hours you may see him shadowing Amber and Andrew. BSC is proud to see some of our senior swimmers coming through the ranks as coaches.

Country Pennants 2020



The BSC committee is currently convening a sub-committee to plan for the 2020 Country Pennants to be held in Geraldton 7th-8th March 2020.

For those who have not been exposed to Pennants, this is a unique swim meet. Swimmers compete for points towards their club total as clubs go head to head. It is a wonderful opportunity to stay as a team and spend some time getting to know your fellow club mates. Ages range from 9yrs - Open division, which means you often get to see your coach race!!

Coach Amber is co-ordinating the subcommittee and is asking for interested parents to please email her at info@busseltonswimmingclub.com.au

Be aware:

The Busselton Swimming Club annual family membership due in October 2019 will be increasing to \$80 per year.

Remember:

To avoid missing races please register for PB challenges at glenayrfarms@bigpond.com

FINA WORLD SWIMMING CHAMPIONSHIPS:

What about Ariarne Tittmus! Did you see that 400m swim?

Relay golds:

Women's 4 x 100m freestyle
Women's 4 x 200m freestyle
Mixed 4 x 100m Medley
Men's 4 x 200m freestyle

Go our WA girl Brianna Throssal!

Which swimmer is your favourite?

Meets Corner

LOOKING GOOD GUYS!

Here are 3 of our members modelling the club uniform at a meet. Please remember we expect those competing to have a club shirt and black shorts for medal presentations.



Ruby McLellan, Jaz Currie and Maddi Stolp

Congratulations again to **Maddy Johnston-Walker** and **Ethan Buckland** who are currently representing WA at the School Sports Championships in Melbourne. Maddy has been selected as a co-captain, a wonderful accolade.

Swimming WA Short Course Qualifying Meet 2

Congratulations to **Eden McDonald** who had an outstanding meet last weekend with 5 PBs. **Sophie Atkins** also saw great improvement with a 10sec PB in the 400m freestyle.

Ruby Eastaugh had a straight run of PBs with a 7sec PB in the 100m breaststroke seeing her currently the fastest swimmer in her age group. **Nicole Acquino** also had a 4sec PB with her promotion to Intermediates paying off.
Well done girls!

TARGET MEETS:

- 17th August – Area Swim Club SC Meet (no coach attending)
 - 18th August – Peel SC Winter Challenge
- 6th-8th September: Swimming WA State Age and Open Short Course Championships.
- 21st-22nd September: Swimming WA Junior Short Course Championships.

Busselton Swimming Club would like to thank the following sponsors and supporters:



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