



# Head Coach Report

Date : 29<sup>th</sup> August 2020

*So that's our first month of sessions under our belt and there's been so many good things to come out of it. It's great to see swimmers back in the pool, enjoying their swimming and being back together again, although it might still take some time to get back to the way things were.*

*Can I say a huge thank you to all swimmers for their patience in adhering to the guidelines we've set out for their safety. You've all been great at following our instructions and you haven't complained when we've reminded you – that's made our job as coaches so much easier! And thank you to all the brilliant parents and committee members who have given up their time to help on the door – this club could not have managed without you.*

*Swimmers have already shown some gains with their fitness, but to get into good habits and turn this fitness into fast swimming, we really need to focus on strokes and technique, especially in Group 1 and National Plan. You'll find that we're spending quite a lot of time on this in the pool and as a result we won't be quite swimming as many metres as we could, but please bear with us. I want us to practise good technique rather than faults because as we know, practice makes permanent.*

*Last week was breaststroke week. This week we'll be looking at backstroke and the week after will be butterfly week (something to look forward to there!!).*

*It's going to be a while before we have any proper competitions to enter as a club, so I'd like to organise some kind of internal event that gives the swimmers an idea of how they're doing – it'll give us a good baseline to judge our future progress on and give the swimmers a chance to burn off some steam in the water! But more on this hopefully in the next update. In the meantime enjoy your swimming everyone!!*

*David*

Head Coach