

HS HAILSHAM SWIMMING CLUB

COACHING AND TEACHING UPDATE – SEPTEMBER 2020



Phil Osborn, Performance Head Coach

What a year! With an enforced stop to all swimming due to COVID 19 for 4 and a half months, I've got to say how fantastic it feels to be back on the poolside. The committee has been outstanding, working tirelessly to keep the club in a position to return to the water for all groups at the first opportunity, and succeeded. Bravo! A big thank you from all the Coaching Staff.

Myself, and all the coaching staff agree the swimmers have returned to the water with a strong focus to training and working hard to regaining their fitness. It's coming up to 2 months and we are pleased with the progress of the performance squads.

Performance Gold (Phil Osborn)

The Performance Gold squad have embraced and understood the difficulties of limited numbers attending training as well as the travelling to and from different locations from Bedes to get water time. A big shout out goes to all the parent chauffeurs! 👍 Maintaining focus in the absence of competition is difficult for any swimmer.

I am planning to set some limited internal competition within gold squad in the coming months and with fingers crossed more so when we return to our home pool at Bedes. I am pursuing to install a healthy culture of quality training with more tailored programmes to individual swimmers and to be ready and on the ball as and when domestic, county, regional and national competitions return.



Performance Silver (Debs Barden)

Performance silver have returned to swimming in a positive way. They have worked hard on regaining their levels of fitness and focused on key skills over the last two months. Now is the time for them to increase their effort and start working on pushing themselves to increase their speed so they can start seeing some really rewarding times for their efforts. Whilst it is hard not having competitions as a focus for their training, it is important that they start looking forward to when they can compete again so that they can be "race ready" and start really challenging themselves!



Performance Bronze (Tabby Reed)

It is great to have performance bronze back in the pool. Considering we have been away from our home pool and had to get use to a different atmosphere in the new training facilities, all swimmers have adapted well to the new 'normal'. We have been working on threshold training and their underwater phase, and by increasing the intensity over the last couple of weeks I can see their fitness is nearly up to the standard of when we stopped back in March. If PB carry on with their commitment to training and hard work, I am excited to see what they can achieve next year.



Youth and Masters (Miriam Cottingham)

It's so good to be back pool side with youth and masters. We have been working on getting their stamina back to full fitness, as well as breath control in the pool. Since we have come back I have seen new skills performed and the swimmers continually pushing through sets that might have seemed daunting. I have seen improvement in all areas that we have been working on so far and I am looking forward to seeing all swimmers progress over the next couple of months and can't wait to see all of their hard work show at the masters gala next year!





Debs Barden , Hornets Squad Leader & Learn To Swim Lead

It has been great to see so many of the Stamina and Stroke group return to training and enjoying swimming again. Overall the behaviour and attitude of the swimmers has been excellent and it has been fantastic to see increased concentration on skills and effort in the training sessions after a month back in the pool. Keep up the good work.

Stamina (Tabby Reed)

It's good to see the young ones back in the pool, with great enthusiasm to get back to training. They have adapted very well to the current situation and have managed to keep this up in the pool. Over the past couple of months we have been working on building up their stamina as well as improving turns and underwater phase. I have seen improvement in their stamina since we have been back and they have stepped up the pace to improve this. I am looking forward to seeing them excel further and seeing how much they can improve over the next few months.



Stroke (Abbie Shorthouse)

In Stroke 1 we have been focusing on underwater phase and regaining some stroke focus, especially front crawl and backstroke. It is important for all swimmers to feel comfortable returning to swimming and to regain confidence – all whilst enjoying themselves. Encouraging relevant yet entertaining sets has been really important; lockdown has been hard for swimmer motivation and it is really pleasing to see our swimmers come back with such enthusiasm! Over the next couple of sessions I plan to move on to breaststroke and turns, whilst still encouraging the underwater phase. Very well done to all Stroke swimmers, I look forward to working with you over the coming months!



Learn to Swim (Debs Barden)

It has been wonderful to be able to teach a limited number of the groups from Hailsham's Learn to Swim Programme again. We have been teaching at a small local teaching pool and have concentrated on making lessons fun and interesting whilst building on water confidence in the younger stages. In the higher stages we have recapped on the basic skills and are spending time focusing on technique development whilst maintaining a fun environment. It has been a long time to be out of the water for the very little ones and all the swimmers have adapted brilliantly to the new protocol and new pool. We are so looking forward to being able to welcome all our stages back in the near future.



TEAM HAILSHAM

