

MASTERS SWIMMING TASMANIA COACHING ANNUAL REPORT 2020

Overview

2020 was the year of adaptation. The Branch just managed to hold the Summer Championships in March before COVID-19 led to pool closures and event cancellations. From a coaching perspective our attention turned to creating alternative training options, which included dry land training and open water swimming. The surge in participation in open water swimming was remarkable, particularly given the challenging conditions in Tasmania during winter.

Once the prospect of returning to pools approached, attention turned to supervising clubs to develop their COVID-19 plans, and our coaches took an active role in assisting with this process.

With some pools open under limited access arrangements in July, coaching focused on getting swimmers back into a training routine and helping them find their level of fitness again, albeit initially in small numbers under distancing limitations. Coaches played a key role in assisting swimmers to adapt and implement pool restrictions (such as limited numbers in lanes and limited time in the water), whilst getting the most out of their opportunities to be in the water.

The Branch took the brave decision to hold the Winter Championships and long course meets in the latter part of the year. From a coaching perspective, this meant swimmers needed to be encouraged to compete at a lower level of fitness than they would normally carry into these meets. The high level of participation in the Winter championships demonstrated the keenness of swimmers to participate despite their lack of preparation.

By the end of 2020 training had returned to its former levels in most cases, albeit with changed pool access in some cases, but coaches and swimmers have shown flexibility adapting to their new circumstances. Interestingly many swimmers who took up open water swimming out of necessity have continued to add those swims to their training routine.

The outlook for 2021 is positive for Masters swimming in Tasmania, and coaches will continue to play a key role in motivating swimmers to stay active and be prepared to adapt as circumstances change. Perhaps what was most noticeable in 2020 was the renewed enthusiasm for getting into the water regardless of the challenges presented.

Qualified Coaches

1. The following coaches held Masters Club Coach qualifications in 2020:

- Philip Tyrell (to 2 June 2022, Coaching ID 0542) (Hobart Aquatic)
- Adam Fergusson (to 2 June 2022, Coaching ID 0537) (Launceston Lemmings)
- John Pugh (to June 2022, Coaching ID AMCH 0069) (Launceston Lemmings)
- Sharon Smith (to 2 June 2022, Coaching ID 0541) (Huon Valley)

- Steve Richards (to 2 June 2022, Coaching ID 0540) (Hobart Dolphins)
 - Maciej Slugocki (to January 2023, Coaching ID 0574) (Hobart Aquatic)
 - Peter Tonkin (to 11 November 2021 Coaching ID 0558) (non-aligned)
 - Ricky Homan ASCTA Bronze Level & Teacher of Competitive Swimming (to 1 Feb 2024 Coaching ID 0604) (Devonport Devils)
2. The clubs without currently qualified Masters Club Coaches are Burnie, Talays and Tomatoes.
 3. It was not feasible to run a Club Coach Course (CCC) in Tasmania in 2020 due to COVID-19. Noting that the CC is now available as an online course, it can be offered to any individual seeking to gain the qualification or renew the qualification, without needing to host a course in Tasmania.

Coaching and Training Resources

4. The Branch has continued to develop the Coaching and Training Resources web page, with notes on all strokes and key skills including starts, turns, racing and training. All coaches have been encouraged to take advantage of these resources and contribute to the web page.

National Coaching Committee

5. The Branch Director of Coaching continued to be a member of the National Coaching Committee in 2020. This committee met via Zoom regularly during the year, and one of the benefits was the sharing of experiences dealing with COVID-19 amongst coaches. The early focus for the NCC in 2020 was developing club COVID-19 plans, and then the NCC turned to developing the online CCC.

Philip Tyrell

Masters Swimming Tasmania Director of Coaching

9 March 2021