

# MASTERS COACHES PROFESSIONAL DEVELOPMENT WORKSHOPS

## SATURDAY 18 / SUNDAY 19 NOVEMBER



The workshops will be presented by Anne Smyth, MSNSW Branch Coaching Director, MSA Coach of the Year 2014, and Greg Gourley, MSA Coach of the Year 2019/2020.

### SATURDAY 18 NOVEMBER, FRIENDS HEALTH AND FITNESS

2.45PM – 5.45PM

*Increasing Freestyle Efficiency.*

The three-hour workshop will include Freestyle Drill Progression, with instruction on Stroke Filming and analysis.

### SUNDAY 19 NOVEMBER, FRIENDS HEALTH AND FITNESS

9.00AM – 11.00AM

*Fabulous Formstrokes.*

This session will mainly focus on excellent ideas and drills to advance Breaststroke. Shorter sessions will cover Backstroke and Butterfly. This provides a wonderful opportunity for coaches to assist their swimmers in improving technique in all formstrokes.

Coaches can earn 2 PD points per session for reaccreditation.

#### Cost:

Session 1: \$30

Session 2: \$20

Numbers are limited and ALL participants will be current members of MST.

- Priority 1: Currently accredited Club Coaches, and Assistant Coaches.
- Priority 2: Trainee coaches currently undertaking MSA Coach training.
- Priority 3: Club coaches with lapsed qualifications who wish to reaccredit.
- Priority 4: MST members intending to undertake masters coach training programs in the future.
- Priority 4: Any unallocated spaces will be made available to swimmers on a first-in-first-served basis.

Please indicate whether you intend to be in the water or on deck. Payment on registration through our website at [Merchandise \(clubassistant.com\)](http://Merchandise.clubassistant.com)

*Bring your swim equipment - fins, paddles, snorkel, tempo trainer (if you have them)*

# GUEST COACHES

## Anne Smyth

### **Masters Swimming NSW Coaching Director**

Anne is MSNSW Branch Coaching Director, a member of the Masters Swimming Australia Coaching Committee, Head Coach of Tuggeranong Masters and was NSW and National Coach of the Year in 2014.

Anne has been involved in Masters Swimming for over 15 years and is a keen competitor in pool and open water competitions.

Anne has been a swimming instructor for over 40 years with AUSTSWIM and as a Primary PE teacher. Anne is passionate about developing coaches' knowledge and improving swimmers' stroke efficiency.



## Greg Gourley

### **Masters Swimming NSW Coach and Tuggeranong Club Coach**

Greg has been and qualified and active coach at Tuggeranong Masters Swimming Club since 2013 and was National Coach of the year in 2019 and 2020. Over recent years Greg has delivered coaching clinics for clubs and or coaches on behalf of Masters Swimming NSW.

Greg coaching focus is on improving each individual swimmers' style and increasing their swimming fitness and performance whilst still having fun. Greg's toolkit includes the underwater camera, through which Greg believes one can achieve the quickest swimmer stroke improvements.

