

Creston College Pool  
Oslo Beach



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# BLUE OCEAN AQUATICS SWIM CLUB

## August 2024 Newsletter

Dear BOA parents & swimmers,

The 3<sup>rd</sup> term is well on its way & there is lots of athletics & soccer going on and the usual swimming training. Please remember to keep warm after training as we have had some cold days so far for August.

### Important dates to diarise.

9 <sup>th</sup> August	Morning training at 08h00 – 09h30
10-11 <sup>th</sup> August	Kloof Champs gala (entries close on 2 <sup>nd</sup> August)
17 <sup>th</sup> August	Ugu Age Group 2 gala at Southcity
20 <sup>th</sup> August	Club night (100m back/ 50m fly/ 100m IM)
23-25 <sup>th</sup> August	Beavers gala

### 3<sup>rd</sup> term training schedule – 9 July to 20 September

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Mini Squad		15h30-16h00		15h30-16h00	
Mid Squad	16h00-17h00	16h00-17h00	16h00-17h00	16h00-17h00	15h00-16h00
Senior Squad	16h00-17h30	16h00-17h30	16h00-17h30	16h00-17h30	15h00-16h30

For those that have been watching the Olympic swimming take note of the small things that make all the difference. I am talking about the starts, underwaters, into & out of the turns and the finishes.

Every swimmer can work on improving the above finer details of there swims & races & it will make a huge difference. Just asking the coaches to look at a turn or start or underwater will help make improvements. The 5<sup>th</sup> stroke – under water streamline/ butterfly kick is vitally important. Push off the wall as tight as possible, making yourself as tall & streamlined in the water, tucking the chin to chest & engaging the core to start the fly kick from the sternum & end in a whip action off the toes. Spend a few minutes after training working on

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the speed of this underwater kick & reaching further at speed. The coaches are there to be your eyes & give you feedback on these points so ask & listen when we speak.

Here's to a great month of August & some meet events taking place so good luck to all the swimmers participating in these up & coming events.

Yours In Swimming

Coach Mandy & Coach Chantelle

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