

Coach: Mandy Koegelenberg Cell: 083 562 3711 PO Box 434 Umtentweni 4235

## **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

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

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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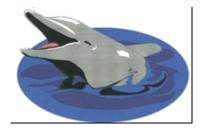












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the speed of this underwater kick & reaching further at speed. The coaches are there to be your eyes & give you feedback on these points so ask & listen when we speak.

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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