



## **June 2026 Newsletter**

It's great to be back on pool deck coaching & seeing the swimmers enjoy training, getting fit & improving their strokes. Winter is upon us which means, come to the pool prepared for cooler weather when getting out after training. Bring socks & shoes, beanies & jackets to keep warm after training. There are a few club beanies left for sale, speak to Lise or Mandy to buy one.

I hope the exams have gone well for those that have finished & for those that are not, keep going & study hard, holidays are just around the corner. Keep the body active & the mind fresh by coming to training & letting off the exam tension.

Take note of the public holiday times & then we will start the holiday training schedule on Monday 29<sup>th</sup> June with longer sessions so we can get some land work in, such as strength training, mobility & power training.

### **Important dates**

1 <sup>st</sup> June	Annual club registrations open
1 <sup>st</sup> June	SSA & KZNA Competitive Swimmer registrations open
15 & 16 <sup>th</sup> June	School holiday & public holiday – Training will be at 08h00 – 09h30 Mini squad at 08h00 – 08h45 on Tuesday 16 <sup>th</sup> June
29 <sup>th</sup> June	Holiday program starts
20-21 <sup>st</sup> June	Kloof Winter Championships – not a target gala
7-11 <sup>th</sup> July	Prestige gala – target gala (entries to Mandy by 26 <sup>th</sup> June)
28 <sup>th</sup> July	Club night – 50m free / 50m fly with fins / 100m IM



**Holiday Training times (Starts Monday 29<sup>th</sup> June – 20<sup>th</sup> July)**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Mini Squad		15:30 - 16:15		15:30 - 16:15	
Mid Squad	08h00-09h30	15h30-17h30	08h00-09h30	15h30-17h30	08h00-09h30
Senior Squad	08h00-10h00	15h30 -17h30	08h00-10h00	15h30 -17h30	08h00-10h00

**Consistency is key to success**

**Consistent** – (adj.) describes something that remains steady or acts in a predictable manner

**Consistency** is the quality of achieving a uniform standard of quality, effort & behaviour over time

No matter how many sessions you can attend, let it be 1 per week, 3 per week or all sessions, make sure you are consistent in your swimming attendance to be able to reap the rewards of your hard work. Every training session counts & during the season those training sessions add up to total gains. Be consistent in coming to training & when at training decide to put in the effort & train well.

Select 1 thing you want to focus on per training session & be consistent in doing that 1 thing for the session,

1. Push off the wall every length
2. Do all your breaststroke break outs when swimming breast
3. Breath every 3 strokes in freestyle
4. Do the double kick in fly
5. Do 3 underwater fly kicks off every wall in backstroke

These are just a few examples to follow, think of your own targets for the session & let your coaches know so they can help you stay accountable for your goal.

Keep warm & Just keep Swimming

Coach Mandy & Chantelle