



# Schoenmaker is selected Tuks Sportswoman of the Year



After her brilliant performances in the pool this year, Tatjana Schoenmaker was named Tuks Sportswoman of the Year for 2018. Photos: Reg Caldecott.

Upping the tally of her international medal collection will not be a priority next year for the Commonwealth breaststroke champion, Tatjana Schoenmaker.

Her focus will be more on being at her best for the 2020 Olympic Games in Tokyo.

However, it does not mean that Schoenmaker, who on Friday received the award as Tuks Sportswoman of the Year, will just be making up the numbers when competing internationally. If there is one thing she relishes, it is a good duel in the pool.

Her coach, Rocco Meiring, who is known for not "going hunting with a shotgun" approach when it comes to helping his swimmers set personal goals, views 2019 as being crucial in ensuring that Schoenmaker will be at her best for the Games in Tokyo.

"Tatjana and I still have to finalise what our plans for next year are going to be. If I had my way, the main focus will be on volume training. With volume training, it does not mean I am

going to increase her workload in the pool," explained Meiring, who was also honoured this week for his distinctions as coach.

However, this did not mean that Schoenmaker would not chase medals and fast times when competing on the international stage, he said.

"Do not get me wrong.

Every time Tatjana will be competing internationally, her goal will be to swim faster times than the qualification standards set by FINA.

"At the moment, it means that in the 100m breaststroke she will have to swim faster than 1:07.7 and in the 200m breaststroke faster than 2:25.22. If she is not able to do so, it means the training we are doing is wrong, and I will have to make some adjustments.

"The reality is if Tatjana is able to swim these times, anything is possible.

She might medal wherever she is competing internationally. However, if she does not, it will not be the end of the world."

When listening to Schoenmaker talk about swimming, it becomes clear that success begets success.

"Whenever I look at the photos taken during the Commonwealth

Games of me winning the 100m and 200m breaststroke events, I get motivated all over again. I really want to win at least one more major medal."

Schoenmaker said one lesson she took to heart from her Games was that it did not matter who lined up in the lane next to her because past reputations counted for nothing.

"During the Games, I had no idea of what the other swimmers have achieved. It was only afterwards that I found out that some had competed in Olympic finals."



Tatjana Schoenmaker in action.

