



**NEWSLETTER No2
SEPTEMBER 22nd 2003**

Coaches Chat!

Congratulations!!

Oliver Froud & Jamie Broom have been selected to swim on the British Swimming World Class Programmes!!

Oliver received his letter of selection for World Class medley, last Tuesday, which by coincidence was his birthday!

Jamie discovered his selection for World Class Start on Thursday.

So well done to Oliver & Jamie, lets see who's going to be next from the squad to make a GB programme!

Swimmer Information

Please could I have a copy of the swimmer details sheet from your induction packs, as soon as possible.

I tried to telephone swimmers on Sunday with information for the Monday am session, but found that a lot of No's were missing from the info I've been given.

Water time

Remember that the Ripley sessions will now be starting this Friday, 26th September.

There is a slight change to the time on Sunday.

After feedback from parents, we tried to get training at a slightly later time. However the latest we can train is 6.00 – 8.00am.

Those of you that have experience of working on committees will know that pool time is like gold dust!

Sunday morning is a very profitable time for pools & there will be no way that any pool would give up a slot that for example runs 9 – 10am.

By training at this time, there are also many other bonuses.

Firstly, swimmers are training at approx the same time every day. This will help to settle their body clock.

Secondly, skill work tends to be done better when fresh, early in the morning.

Thirdly, this session being early means that Sunday can be a family day with time to relax.

If we were to get time in the middle of the day, then the whole day would be practically used up.

The Friday morning, will remain the same, 5.30am – 7.30am.

100% RIGHT IS RIGHT, 99% RIGHT IS ALL WRONG!

DERVENTIO eXCEL SWIM SQUAD



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This first Sunday, will not have land training afterwards.
As I've previously stated, I would like swimmers to step up in training volume gradually.
I am hoping to start land work on Sunday the 5th October.
I will confirm the venue ASAP.

For the next few weeks, Monday at Etwall will be from 5.45 – 7.30.
This is because of a few staffing difficulties & we are working on getting our time back to 5.30 ASAP!

More on Competitions

If you are entering/swimming your club champs & any other meets this season, please try & look at the longer events. This will give you a great opportunity to work on your skills & make sure you are swimming the 200IM!

Also,

When you let me have your 'performance recording log', at the end of each month, with details of all your swims, please indicate whether you have hit your skill targets in the race, e.g. 4 fly kicks underwater.

Volume recording sheet

As you all know, this is the sheet I want everyone to hand in at the end of each month.

I don't think I explained well enough how to fill it in, so here goes!

Each session, make a note of the total distance you have swum.

Each week, add up all this distance to give you your weekly volume.

E.g. Mon am – 4,200m/Tue am – 5,000m/Wed pm – 6,400m/Thu am – 5,100m/Thu pm – 6,500m/Fri am – 5,000m/Fri pm – 7,400m/Sun am – 5,700m.

This would give you a total of – 45,300m or 45.3K (kilometres)

So you would put down 45.3 in the column labelled weekly volume.

The column labelled running totals is all the weeks totals added together, so if you then did 50.2k in week 2, you would have running total of – 95.5k.

To get your average weekly volume, you take your running total & divide it by the number of weeks you have, so 95.5 K divided by 2 weeks gives you an average of 47.75k.

Individual Planning/Goal Setting Meetings

We have nearly completed all the first round of meetings.

It has taken me a little longer than I anticipated to get around to seeing you all.

Hopefully these will be completed by the end of this week & you will all be clear about what I expect & what you need to do this coming season.

Mark

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