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## X News 15 – July 2004

**From Today, the 12<sup>th</sup> July it will be 17 Days Until Nationals Start & Just 5 Days Until Northampton!**

Time is short & the number of workouts between now & your race is getting fewer!

There is no time to waste & every single length, start, turn, finish in training should be done with the best technique possible!

We WILL be better prepared & we WILL be more positive going in to our races because we have made sure that all details are worked correctly & that our basics are THE BEST!

Compromise = failure, so we will not compromise!

National camp swimmers need to be getting organised now.

If you haven't already paid, please pass on your cheque to me as soon as you can please.

Items that you need....

Own pillow – (helps you sleep in a strange bed!)

All training equipment – wet & land training.

Drinks/Snacks – Water is definitely & fruit tends to be available.

No Chocolate, Crisps & No caffienated drinks! keep sweets to minimum.

Enough clothing for the camp, but please only 2 bags (& no suitcases!) as we have limited space on the mini bus.

Also I will now be collecting swimmers from MOORWAYS at 8am on the Fri morning. We will return to Moorways Mon night at approx 6pm where the swimmers will do a short swim down to make sure they do not remain stiff from the journey.

If anyone has any questions regarding the camp please do not hesitate to ask.

I will be leaving my mobile on throughout the camp, including throughout the night for any emergencies that may arise. Please do not call or text me after 9pm if it is not a genuine emergency, as I need to rest too!

# DERVENTIO EXCEL SWIM SQUAD



## Step Test

The next test will take place on Monday & Tuesday, **19<sup>TH</sup>/20<sup>TH</sup> July**.

This is 7 x 200, faster each time.

The perfect result would be starting from around 24 sec's outside of Pb for females & 30 sec's outside Pb for males. Each step should be faster each time by 4 sec for females & 5 sec for males. Target finish time is Pb on the last one, with all the correct steps between.

We are going to run this in 3 sessions. You will only swim at the time stated!

Please arrive at least 15mins early to do your blood flow work.

**PLEASE NOTE A PARENT OR OTHER HELPER NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!**

Please feel free to exchange days & times with other swimmers, just let me know please.

## Monday Night May 24th

- **5 – 6:30pm** (*Swimming 2 per lane 15 sec apart*)

Katie Amatt, Kate Lord, Robert Guest, Hannah Topliss, Ryan Lovatt.

Ann Morris, Jamie Bell, Anna Butler, Christian Barcz, Darren Hodgett.

Sarah Gibson, Kane Haggett, Glen Picknell, Callum Broom, Karina Sharma.

Eleanor Barlow, James Shand, Olivia Sefton, Emily Pratt, Grace Morris.

- **6:30 – 8pm**

Jamie Broom, Larna Picknell, Mariesa Picknell, Anna Selby, Joe Keane, Richard

Sellers, Adam Lockwood, Michael Dakin, Danielle Hemmings, Ashley Hurdman.

## Tuesday Night May 25th

- **5:30 – 6:30pm**

James Lovatt, Hannah Dinan, Krissie Easter, Oliver Froud, Rebecca Harrison, Hannah

Mayall, Katy Lockey, Emma Smithurst, Jo Reeks, Natalie Mester.

**IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!**

**Mark**