

DERVENTIO EXCEL SWIM SQUAD



Newsletter – April/May 2005

It's been a while since the last newsletter so there's lots to get through in this one!

Remember our focus – Be the best prepared age group & youth team in Great Britain!

How are we going to achieve this?

We are going to achieve this by working on every single aspect of factors limiting performance!

- Make sure that every day you finish a training session knowing that you have done the best job you can on all skills.
- Keep your training volume high & consistent.
- Do your best to attend early & do the pre pool work.
- Make sure that enough land training sessions are done, consistently.
- Stay flexible! Do all the stretching after training to the best of your ability. Add more at home, especially the older swimmers.
- Stay hydrated & eat a good balanced diet. Be realistic & enjoy your treats, but ensure that you have taken enough good food on board every day. Remember that your food is your fuel & we are trying to turn you in to a Ferrari! Not a Lada!
- Be positive! If you spend all day talking about 'can't' you never will, make sure you are ready to try to do everything in training to the best of your ability. Instead of 'can't', find a way to do!
- Keep your log sheets up to date.

Ask yourself every day...

'Am I training with the correct skills & pace needed to move up to the next level of performance?'
You will only beat those people who are currently faster than you if you REGULARLY out train them in EVERY way!

A refresher –

We work mainly on three zones!

- Aerobic – Longer sets at a moderate pace with very high levels of concentration for skills.
- Heart Rate – Very Tough race paced work with an emphasis on holding skills no matter how fatigued you become.
- Race Speed – Very short speed work – 15m, 20m, 25m. Lots of rest, needs absolute 100% commitment! 99% is simply not good enough on these sets! As they only last for 140m – 200m...

Your job is to make sure that whenever any of the team of coaches asks you to work, that you do so in the correct way. That way you will maximise your improvements.

Etwall Pool – Extra Sessions!

Great news! From Wednesday the 4th May we have the pool at Etwall on a Wednesday morning from 5.30am – 7.30am. This is on a permanent basis. So no excuses for not getting your volume in now!

We have available to us – 22.5 hours in the water, 5.5 hours of land work + an hour in total of pre pool work on Monday, Wednesday & Friday!

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Cancelled Sessions

- We are not running any training sessions on the bank holiday Monday, 2nd May.
- Land Training on Thursday the 5th May at Moorways is cancelled.
- The Etwall sessions on Monday 6th June & Wednesday the 8th June are cancelled for maintenance.

Midland District Youth Champs

These are running this weekend & we have high hopes of some great swims!

All swimmers are ready to swim fast & the relay teams have been working hard as a team to ensure that they put themselves in contention for national spots.

If you are there, make sure that you arrive in plenty of time to warm up correctly & make sure that you do everything on the day to prepare as best as you can, warm up, swim down, fluids etc.

Remember that you are very close now & that you need to address every detail, it is easy to make mistakes such as eating & drinking badly, not swimming down effectively, not getting enough rest.

Make sure you are prepared to perform!

GCSE exams

These are taking place from the back end of May through June.

We have a number of swimmers taking part in these examinations.

If you are one of them & you wish to speak to me about working through them then please do, I will be only too willing to help.

Remember that you can train through exams, you just need to plan properly.

Keep up your AM sessions & if any sessions do have to be dropped, go for a PM session. That way your body clock/sleeping pattern will remain the same.

Keep to the usual patterns don't implement changes. Any changes will lead to fatigue.

Loughborough Performance Centre

As you are probably all aware, Joe & Jamie are already taking part in training sessions at the performance centre.

We have an opportunity, on a trial basis to gain access to a limited amount of space at Loughborough throughout the month of May.

This will be for a small number of Youth swimmers on a week to week basis & will take place either/or Friday PM & Saturday AM. I have spoken to all Youth swimmers about this & will identify those selected each week.

ALL SWIMMERS MUST GO FULLY PREPARED WITH ALL KIT, INCLUDING RECORDING BOARDS & LAMINATED STEP TEST GRAPHS! NO KIT = NO SWIM!

We are looking at land training as well there so that we do not miss out on any of our planned programme.

Glory Board – National Qualifiers

As there have been a number of National Qualifying swims over the last few weeks, please feel free to add yourself & events to the list on the notice board at Moorways.