



## X News No 6 - December 11<sup>th</sup> 2003

### ***Coaches Chat***

#### **Xmas Timetable**

Is now confirmed as the following,

Right up until Tuesday the 23<sup>rd</sup> is as normal.

Wednesday 24<sup>th</sup> – Off

Thursday 25<sup>th</sup> – Off

Friday 26<sup>th</sup> – Off

Sunday 28<sup>th</sup> Ripley 7.30 – 9.30am

Monday 29<sup>th</sup> – As Normal

Tuesday 30<sup>th</sup> – As Normal

Wednesday 31<sup>st</sup> – Moorways – 9.00 – 11.00am

Thursday 1<sup>st</sup> Jan – Off

Friday 2<sup>nd</sup> – 5.30 – Ripley 7.30am & Moorways 2.00 – 4.00pm

Sunday 4<sup>th</sup> onwards is as normal.

I've had to do some hard bargaining with the pools to make sure that we can train throughout the holiday period.

You should, whilst you're off school/college/university, be making every available session!

If your parents need to leave am sessions early for their work, you should be taking the bus home so that you can stay in for the whole session!

You can rest all you like during the day & still have free time.

Make sure that you make the effort because the work you are doing now will pay off during next spring & summer!

#### **Height & Weight**

Just a few notes about why I measure & weigh you.

Now lets be clear... I do not want to see any of you losing weight!

Any weight changes should be small & upwards, this will be because of additional loading of the muscles with glycogen (carbohydrates).

If you height increases, you should try & increase your training.

People grow in spurts. They do not grow steadily. You may stay the same height for months before a growth spurt starts. When this does start, you will grow quickly & suddenly. This period of growth is called *peak height velocity*.

This time is a golden window of opportunity for all sportsmen & women.

During this time you can supercharge your training! Any improvements in aerobic capacity/fitness made whilst going through peak height velocity will be made much faster & much more effectively.

So if you grow, swim more!



## BLOOD FLOW (WARM UP) EXERCISES

### Upper Body

- Rotate arms forward
- Rotate arms backwards
- Double arms forwards
- Double arms backwards
- Arms over the tops
- Front to back claps
- Single arm 8's
- Double arm 8's
- Opposite direction arm rotations
- Shoulder shrugs
- Simulated swimming
- Extended arms – rotations, increasing in size
- Press ups (on knees)
- Sit ups
- Pikes
- Trunk twists
- Simulated weight exercises – bicep curls, tricep curls, up right rowing

### Lower Body

- Leg swings forwards & back
- Leg swings side to side
- Hip rotations
- Ankle rotations
- Lunges
- Squats
- Jogging on the spot
- Jogging with knees high
- Jogging kicking feet back
- Jogging & boxing

### Whole Body

- Tuck Jumps
- Star Jumps
- Burpees
- Knee raise to opposite elbow
- Squat thrusts
- Squat thrusts – alternate legs
- Spotty dogs

***Swimmers – Can You Think Of More???***