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X News 23 – February 2005

Our focus over the next few weeks will be –
HIGHEST LEVEL OF SKILLS ON THE SOFT (AEROBIC) SETS

British Swimming Programmes

Congratulations go out to Emma Smithurst & Sarah Gibson on their selection for the British Swimming Smart Track Programme!

Joe Keane has been included on this programme as part of his selection to the Mens Beijing Select Group.

Jamie Broom was also selected to this Beijing group as well as being part of the National Age Group Team

So FOUR swimmers from Derventio on British Swimming Programmes! Well done!

The County Championships are here!

Although this is a major event for some of you, we are going to try to keep up your volume over the coming three weekends.

We are only going to cut training on a Saturday morning. To this end the following sessions have been cancelled,

26th Feb, 5th & 12th March.

We will be doing the full three hour sessions on each of the Friday nights. However it will be at a reduced intensity. Drills, relays etc will be the main focus for some of you in the last hour of this session.

I do expect to see all of you keeping up your volume over this few weeks.

Monday mornings should be done as normal along with your land session on that day.

If any of you feel that you need to take off Friday night, then you have every opportunity to do all the other sessions that week to get your volume up before even considering taking that session off.

DO NOT compromise your long term development in the pursuit of one race in a county championships!

Go & enjoy your racing, swim fast & know that you are doing all you can to make sure you can reach your potential at the same time.

Skills & The Fulfilment Of Your Potential...

What is the difference between winning & nearly winning?

We have talked about lots of things that need to be done to make the top level in swimming many times.

These include your training patterns & volume, amount of land work, self management & discipline, We have touched on the skill levels needed at national & international level.

Last week whilst on a British Swimming camp, Tim Jones, the new head coach for the national age & youth teams spoke at length about this with an interesting slant.



He talked about the 'window of opportunity'.

This means that once a swimmer is fully grown, there is very little chance of changing skill levels to any great extent. All skill levels should be set before a swimmer has finished growing.

If you look at any group of international swimmers, the main thing that splits them as far as performances are concerned, is skills.

If you have managed to make international or even top level national standards, you will have had to be organised, done the land work, & had a good level of volume over a number of years. It will not have happened overnight.

This means that everyone at this level of competition will be pretty much as fit as each other.

So what will split them?

The answer is skill levels.

There is no secret, the best swimmers in the world are the most skilled.

The exciting thing is that the best skills in the world are available to ALL swimmers!

The problem is that unless you get these skills in place before you finish growing, you will find it almost impossible to gain the skill levels needed to compete at the top level.

So you have to make sure that you use the window of opportunity as far as skills are concerned.

For some of you, the window is already starting to close & you need to take control now to make sure you maximise your potential while you can!

This is why we are going to focus more & more on skill levels at all swimming speeds, especially soft sets.

These are the long sets where you have time to make sure that you can nail all the basics.

Once you can do it time & time & time again at low intensity, you then have the ability to hold it better at higher speeds.

Make sure your window of opportunity is used & you do not let it close without doing everything you can to be as skilful as possible!

Don't forget to get your Step Test Graph Laminated & on poolside.

It's only a pound from Paul Haggitt if you do not have access to a laminater.

You can use the reverse of these as a recording board...

We will continue to run a spot check for recording boards approx every week.

Some of you now have outstanding records, if you need to look at a great example then look no further than Katy Lockey & Emma Smithurst. They both have exceptionally good log sheets with lots of time info recorded on the back. If you need a look at theirs then I'm sure they will be only too pleased to show you what they do!

Using the recording boards will help you swimmers to keep up to date with your log sheets!

The next test will take place on Monday & Tuesday, **4th & 5th April.**

DERVENTIO EXCEL SWIM SQUAD



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!

Monday Night April 4th

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

Kate Lord, Hannah Topliss, Anna Butler, Ann Morris.
Eve Keane, Kelly Towle, Sasha Wisdich, Ellie Taylor.

Sam Wheelhouse, Kane Haggett, Chris Steeples, Scott Tovell-Coleman, Sam Smith.
James Shand, Jamie Bell, Gareth Carter, Robert Guest, Ryan Lovatt.

- **6:30 – 8pm**

Jamie Broom, Joe Keane, Richard Sellers, James Lovatt, Krissie Easter,
Natalie Mester, Rebecca Harrison, Emily Pratt, Katy Lockey, Jo Reeks,

Tuesday Night April 5th

- **5:30 – 6:30pm – Breaststroke & Fly (5x200)**

John Davey, Olivia Sefton, Emma Smithurst, Grace Morris, Sarah Gibson, Ashley Hurdman,
Danielle Hemmings, Eleanor Barlow, Darren Hodgett.

IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!

Mark