



X News No 8 - January 15th 2004

Coaches Chat

Step Test

This Monday & Tuesday, 19th & 20th January, we are going to run the step test. This is 7 x 200, faster each time.

The perfect result would be starting from around 14 secs outside of Pb, getting faster each time by 2 sec & hitting pb on the last one.

We are going to run this in 3 sessions. You will only swim at the time stated! Please try to arrive at least 15mins early to do your blood flow work.

PLEASE NOTE, A PARENT NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!

& please get hold of a stopwatch!

Monday Night December 1st

- **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, Dayne Holliday.

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, Mariessa Picknell, Anna Selby, Joe Keane, Richard

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

Tuesday Night December 2nd

- **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!



TRAINING VOLUME

One or two of you are missing out on sessions every now & again.
This must stop! Be sure that I will not hesitate to drop anyone from the programme that is not committed to the training!
If you have a problem, see me if not then get to work & get on the road to high performance!

Competitions

Our first meet as a squad will be the Rotherham Open meet at Ponds Forge on the 24th & 25th April.

We will be swimming under the Derventio name!

Also,
Youth & open swimmers, if you wish to enter the Radford Open meet, then do so under the proviso that, if you make a national time before, you are not to swim in this event!

Age groupers are not to attend as they will be training through this meet ready for District Championships.

Any 12 & Under swimmers looking for this years district qualifying times, can swim in the Trident open. If you have them, don't swim it!

If you do wish to swim, inform me & make sure that you keep up ALL your sessions throughout.

Focus meets this year are,

- Counties for age group swimmers. Youth swimmers are to train straight through this & keep their volume as high as possible!
- District Champs for Youth swimmers in May
- District Champs for age groupers in June.
- National Champs.

Any taper for any competition will be controlled by me!

DO NOT miss any sessions for any competition! I will adjust the workload accordingly & inform any swimmer who needs a session off.

I was disappointed to see the attendance around the CoD meet last week & the number of swimmers that missed sessions on Friday & Monday.

You are compromising your long term potential by doing this!

**Finally & very importantly, a big CONGRATULATIONS to Krissie & Dannielle who have qualified for this years Olympic Trials!
Well Done you two!**

Mark