



## X News 14 – July 2004

One or two things to get through this time, however the most important one is that you stay focussed over the next few weeks!

Time is drawing to a close on this season & I want you to perform even better to finish things off in style!

Remember –

***Little things done right every day have more impact than spectacular things done occasionally!***

That includes, diet, sleep, consistency in training, stretching, blood flow & land work. Don't leave anything to chance! Be the best prepared that you can be!

### Lincoln Vulcans Open Meet

Entry forms are now in circulation, ignore the qualification cut off times, we have a deal with the club which means that all our entries will be accepted, providing they are in within the next week or so.

With this in mind I would urge you to return your completed forms & entry fees to Sue Keane by the end of the week.

Please enter as many events as possible. We are using this as an off peak race practice meet. This means that I want swimmers to do lots of events & try to hit a consistently good time on all swims. You should be doing at least 6 events, 2 per session minimum & preferably more! Your targets there will be to do a number of swims with great skills at a good solid pace. 1 great swim time wise & 5 poor times with poor skills will not be a job well done!

### Poolside Help

As you will have seen, there are one or two parents helping out at sessions now & this is proving very valuable. The swimmers appreciate an additional watch helping them to monitor their own performances during a set. I am extremely grateful for this & would encourage all parents to come down & help. Even if there are already people on poolside at the session, I can always use another timekeeper/stroke counter on a lane to help monitor things. Don't worry about having never doing it before, its straight forward & I'll help you through the painless process!

### Volume sheets

To assist with swimmer record keeping, I have produced a weekly volume sheet for swimmers to record their volume, sets & any other timed/stroke count data they collect during a session.

# DERVENTIO EXCEL SWIM SQUAD



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This has been based upon the British Swimming log sheet that has been used successfully over the last two years with all members of World Class Programmes. They have to submit one of these per week to Loughborough to stay on the team.

I will circulate these sheets this week ready for swimmers to try out & get used to completing over the coming summer weeks.

Swimmers will receive a few copies of the sheet blank, along with a copy of an example of a sheet filled in with the minimum amount of information required (main set & total volume done).

From September, completion & submission to me of these sheets will be compulsory!

One of the points raised by British Swimming when they inspected our programme was the fact that our swimmers as a group had very poor record keeping. Wet boards were not used & log books also were not completed enough.

This sheet will combat that. You will need your wet board to record your sets, times & very importantly your volume!

Please bear in mind as well that from September we will be running the programme along the lines of minimum volume needed & not as at present minimum hours needed.

If you do not hand in your volume sheet, you will be marked at zero!

Also you must put down the volume that you have actually done! If you leave the water at 7am on a Tuesday & have completed 3600m during that session, that is what you put down, do not record the remaining volume that others will have done.

This process will take no more than 1-2 minutes per day!

***A swimmer with no organisation, is a swimmer with no future...***

Summer timetable

Over the national weeks & then the following weeks we will be running a modified programme to maintain fitness & also recover ready for the coming season.

In addition to the timetable below we will not be training on Friday/Saturday 23<sup>rd</sup>/24<sup>th</sup> July at Ripley.

**Lets finish this season in style!**

**Fast times at Northampton & fast swims at Nationals!**

**You've made swimmers all over Britain sit up & take notice now lets keep the pressure up & show who works smarter & harder!**

Mark

# DERVENTIO EXCEL SWIM SQUAD



<i>July 26th - 31st</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	No Training	5.30 - 7.30		5.30 - 7.30	No Training	No Training
Pool		QLC		QLC		
Landwork		No Training		No Training		
PM	5.00 - 7.00	No Training	5.00 - 7.00	No Training	5.00 - 7.00	
Pool	Moorways		Moorways		Moorways	
<i>Aug 2nd - 7th</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	No Training	5.30 - 7.30		5.30 - 7.30	No Training	No Training
Pool		QLC		QLC		
Landwork		No Training		No Training		
PM	5.00 - 7.00	No Training	5.00 - 7.00	No Training	5.00 - 7.00	
Pool	Moorways		Moorways		Moorways	
<i>Aug 9th - 14th</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	No Training	5.30 - 7.30		5.30 - 7.30	No Training	No Training
Pool		QLC		QLC		
Landwork		No Training		No Training		
PM	5.00 - 7.00	No Training	5.00 - 7.00	No Training	5.00 - 7.00	
Pool	Moorways		Moorways		Moorways	
<i>Aug 16th- 4th Sep</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	No Training	No Training		No Training	No Training	No Training
Pool						
Landwork		No Training		No Training		
PM	No Training	No Training	No Training	No Training	No Training	
Pool						
<i>Sep 6th - 12th</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	No Training	5.30 - 7.30		5.30 - 7.30	5.30 - 7.30	5.30 - 7.30
Pool		QLC		QLC	Ripley	Ripley
Landwork		4.30 - 5.15		4.30 - 5.15		
PM	5.00 - 8.00	5.30 - 6.30	5.00 - 7.00	5.30 - 7.30	5.00 - 8.00	
Pool	Moorways	Moorways	Moorways	Moorways	Moorways	