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## X News 09 – March 23<sup>rd</sup> 2004

### **The admin type stuff first...**

#### **Ripley AM sessions**

Just to confirm that from the 3<sup>rd</sup> April we will be training on a Saturday from 6 – 8am instead of Sunday. I am sure that this will mean that even more of you will be attending that session. This Sunday, the 28<sup>th</sup> March is as normal. Easter weekend, Saturday 10<sup>th</sup> training will be from 6.45 – 8.45am

#### **Easter Training**

We will not be training on Good Friday or Easter Monday, only the Saturday session at Ripley will be on as stated above.

#### **Parents & swimmers meeting**

We are going to have a parents & swimmers meeting in the café area on Friday 2<sup>nd</sup> April, straight after the swim session.

A questionnaire has been prepared for you all to fill in, anonymously if you wish to provide feedback to help me & the committee to make sure that we are pushing forward just as hard as the swimmers are!

Please do fill this in honestly as it does provide valuable feedback that will help me to coach more effectively.

You will also have been given by then an evaluation & feedback sheet on swimming/training performance up to now.

This could mean that you have a few more questions!

### **& Now the proper stuff - Swimming!**

#### **Training Camp – October Half Term**

The info is on the board so that you can give me feedback on your preferences.

I really don't mind which you select, all I want is a week of intensive long course work to get us all one step further up the ladder.

Whether it's at Malta or Crystal Palace is irrelevant, the important thing will be the quality & quantity of work that we do!



## County Champs

Great results all round, well done!

There has to be specific praise given to the National Qualifiers so far!

Mike Dakin, Jamie Broom, Oliver Froud, James Shand, Sarah Gibson, Joanne Reeks, Emma Smithurst, Danielle Hemmings, Mariesa Picknell & not forgetting Krissie Easter who qualified for Olympic Trials along with Danielle!

Although each & every one of you swam very well, it was very noticeable that the swimmers who have been doing the volume & skill sets well have been the ones who have made the biggest gains.

There are still a number of you who aren't being professional enough about the way that you train, & the way that you organise yourselves to make sure that you can train enough hours to be competitive.

I have said this many times, if you have to miss a session for whatever reason, you should be doing your best to make that session up elsewhere in the week to make sure you are doing the volume required.

Some of you will have exams etc coming up in the summer. We can sit down well in advance & plan through that time to give you effective revision time & still retain your fitness.

Remember my golden rule – keep the mornings & drop the evenings!

That way your body clock will stay the same & you will not become over tired.

I will not be pulling any punches with some of the feedback forms, make sure you take the information in & try to act upon it, remember that you are not mediocre in talent & you are not in this for mediocre results.

I believe in each & every one of you as a swimmer & I would not be putting in the work if I didn't.

Any criticisms on the feedback form are there for one person & one person only...YOU!

They will be there to help you improve!

*So – Train Exceptionally Hard, Be Exceptionally Professional with your Skills & then you will Race Exceptionally Fast!*

**Mark**