



X News 12 – May 2004

Land Training

From next week, land training will take place in the National room at the dry centre of Moorways sports centre.

This will be at a considerable increase in cost & therefore I want to see you making use of it better with better attendance!

Fred's Visit

After Fred came & worked with us for a few days, we sat down & looked at the strengths & weaknesses within the programme & prioritised a number of areas in which we need to improve as a squad.

The following are a number of points that we all as swimmers, coach & parents need to address.

- **Too many toilet visits are disrupting the sets.**
From NOW ON, we will not be going to the toilet during any set! Go before the session starts & then if you really have to, go between sets. Anyone going in the middle of a set will not be allowed back in the water!
- **Swimmers are wearing race type swimwear to train in.**
Wear 2 old costumes together or a drag suit. You can order a DX drag suit through me.
- **Not enough use of recording boards.**
No excuse here, you all have them, & if you have lost them, you all have access to Paul Haggett who will make you one with your name printed on for only £2!
- **Not enough use of heart rate monitors.**
I know that approx 50% of swimmers in our programme have a monitor but don't use it! Some of you say you can't use it but that's because you don't read the instructions & don't persevere with it!
- **A number of swimmers are not attending enough.**
*I will make a full review of the squad after the District age group champs in June. If your attendance is not up to the required level, your place will be given to someone who is prepared to do the work!
From September, the squad place will not be dependant upon hours, it will be on volume. So If you have to get out early every morning, you will have to do more sessions to get the volume in.
I will be monitoring the level of work done by using the method shown below.*



- **Swimmers not keeping log books**

During the next few weeks, I will be preparing a weekly volume sheet that is along the lines of that used by the GB programme.

This will be easy to fill in & will take approx 2-5 minutes each week only.

This will be a compulsory part of the programme & will now form the main part of checking that a swimmer is doing enough work in the water.

This will need to have the following information on, session volume, weekly volume & any main set time results or possibly stroke count results. This information should already be part of your log book!

You will have a few weeks in the summer to get used to using them & then all swimmers from September will have to hand this in every week. The only exceptions will be anyone making the World Class Start or Potential Programme as they will have to do a more detailed one as part of their funding.

- **Swimmers are not doing land work at home.**

I am sure I will see more of you at land training from next week!

I will also stay around on poolside, on Tuesday nights for anyone who cannot make the land times, this will allow them to go through the core exercises once per week with me.

- **Too many swimmers getting out too early at morning training.**

Difficult one this, as many of you have busy lifestyles, however, we have come up with a few strategies...

- 1. Swimmers can take a breakfast to training & eat it at the pool before leaving for school. They should also have any uniform needed so as to enable swimmers to go straight to school. (I actually did this for about 5 years as a swimmer along with going to early morning training & school on a bus!)*
- 2. Shared lifts so that any parent who does not have to be at work early can drop the swimmers off at schools. The parents who do have to be at work early can take the swimmers to the pool for the early start of the session.*
- 3. Parents to communicate with schools if needs be to ask for swimmers to be able to arrive a few minutes late during registration period. Schools will allow this if they are fully informed of the level at which a swimmer is competing/training. This is part of the talented & gifted programme for education & all schools will be aware of it.*



Step Test

The next test will take place on Monday & Tuesday, 24th & 25th May.

This is 7 x 200, faster each time.

The perfect result would be starting from around 24 secs outside of Pb for females & 30 secs 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 NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!
& please do try to get hold of a stopwatch!

Monday Night May 24th

- **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, Darren Hodgett.

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 May 25th

- **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!

Mark