



X News 19 – November 2004

Remember Swimmers our target is to be –

The Best Prepared, Age Group/Youth Team In Britain!

Land Training

Some significant progress has been made here!

We now have FOUR land sessions that you can attend.

We already have the two sessions available from 4.30 – 5.15pm on a Tuesday & Thursday at Moorways.

In addition to this, we now also have the following,

Monday Mornings from 5.00 – 5.45am at Etwall pool.

This will take place in the squash courts around to the side of the pool. We will have keys to this centre & will do core stability work prior to the swim session.

This will help in two ways. Firstly, we will be increasing our core stability workload & secondly will help us to address a concern of mine as well as a very minor concern raised by British Swimming. That being that we train three mornings from only 5.45am, most high performance centres all around the world train from 5.00am.

This Etwall session will start within two weeks, I will notify you immediately when I get the full go ahead from the pool.

The second new session will take place at Ripley on a Saturday morning straight after the pool session.

This will run until 9.00am & will take place in the meeting room across from the entrance to the changing rooms.

This session will also focus on core stability.

This session will start from the 13th November – this Saturday!

I am now going to insist that all swimmers aim for at least three of these sessions per week.

Some swimmers do alternative land work with Mike Brockett our land training consultant on a Sunday night, this can be considered towards your total. You must discuss this with me & include on your log sheet.

As with all our volume & work targets, you should aim to surpass them!



Sunday The 14th – AGM

As you are all aware, we are having our AGM on Sunday.

I would like to use this opportunity to have a team meeting/education session straight after the meeting.

This will be on the way forward for us as a team

We will be talking about the ways in which you can help to make your training more specific for you as a swimmer & the heart rate sets for this winter.

We will also be looking at the reasons why we do lots of soft aerobic swimming, why it's important & when it comes to the tough heart rate sets, how your step test can help you achieve better results in your day to day training sessions.

This workshop will take no longer than 30min's to 1 hour.

I am looking at a number of open meets in the spring for a 'stay meet'.

This will be a weekend long open meet of a high standard where we are to attend as a team & stay overnight.

This will help us in our preparation for nationals & hopefully, internationals.

We will go as a squad & only team managers', coaches will be staying with the swimmers.

I will be looking for swimmers working independently in unfamiliar surroundings & supporting each other as a team.

We will eat together, walk to the pool together, dry land warm up together & leave the pool together. Everyone will be subject to the same rules & night time curfew.

The favourite at this time looks to be the Coventry Open Meet (level 1) on the 7th/8th May.

If this is correct we will be staying next door to the pool at the Britannia Hotel.

Train with better skill than your competitors, with less compromise & you will always come out beating them in the end, remember...

Hard Work Beats Talent When Talent Doesn't Work Hard!

Keep doing a great job everyone & we'll leave no stone unturned in our efforts to take on & beat the best!

Mark