



## NEWSLETTER No3

OCTOBER 14<sup>th</sup> 2003

### Coaches Chat!

#### Turn Up the Volume!

Make sure you are trying to increase your volume.

Remember you do have to hit the amounts by the end of December. They are a minimum. If you feel that you can step things up a little more quickly, then do so.

Also, galas are not a valid excuse for missing training.

If you do not hit your volume that week because you missed a 2 hour session because you were competing, then that is not acceptable!

Training is the priority.

Well done to Anna Selby, she has become the first swimmer to hit 20 hours in the water!

#### Swimmer Information

I still have not received a copy of everyone's information sheet from the induction pack.

Please ensure that I have your correct & up to date details ASAP!

#### This Sunday at Ripley

This Sunday (19<sup>th</sup>) will have to be cancelled due to problems with staffing cover.

I do apologise, but a number of club coaches in the area are already involved in various duties that weekend & are unable to help.

I am on an ASA course that begins at 6.30am in Nottingham. I do not have the option of attending late.

#### Competitions

Please do not enter any events after the New Year without consulting me.

I would like you to attend the City of Derby designated meet in January.

All swimmers aged 16 & under are expected to swim the 200m IM as well as their chosen events.

Do not bother with the 50's unless they are additional events to the main 100/200 events you have entered. I would also say that you should only be swimming one or two 50's at the very most.

In the very near future, I will be printing the annual plan & putting it up on our notice board.

This will list the competitions we are to enter. (Club league galas will not be listed).

#### Volume recording sheet

I still have not got a number of swimmers volume sheets or PB lists!

They should be in at the end of each month! The next lot is due in 2 weeks time!

#### Individual Planning/Goal Setting Meetings

If you have not already had your planning meeting, we need to arrange it. It is your responsibility to come & make an appointment with me so do it!

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# DERVENTIO EXCEL SWIM SQUAD



## **Land Training**

I am still trying to sort out land work, at the moment it is the only thing we cannot get a decent discount on. I will keep you informed

## **E-mail**

Please e-mail me with a hello on my email address so that I can distribute the volume sheets/pb lists etc electronically.

*Mark*

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