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## X News 17 – October 2004

Remember Swimmers our target is to be –  
**The Best Prepared, Age Group/Youth Team In Britain!**

We are now in to October & I will be looking closely at swimmers who are not making their volume targets.

Your position in the squad will be under threat if it is apparent that you aren't doing everything you can to ensure that your targets are met.

There are no excuses, if you are not prepared to do the work, then you will never make it to the top level!

Keep on top of your weekly timetable. Do homework as soon as you can, make sure any coursework is completed in plenty of time. You all have at least one midweek evening off & a full weekend so there are no excuses for missing training due to homework.

Make sure that you do everything you can to be on the poolside at least 15 minutes before we get wet.

That way you can make sure that you are doing enough bloodflow work & getting in the core stability set. If you cannot make the core stability work, make sure that you are doing it after the session at home if necessary. Do not under any circumstances compromise your development.

Whilst I was in France with British Swimming, I gave a talk to the swimmers.

I listed two swimmers.

Swimmer No1 was Johnny, he arrived on deck 20 mins before the session. He knew all his pb's & his 15m targets. He knew his heart rate because he got in to the habit of checking it just about every rep.

He did the land work sessions & filled in his logbook after every session. He always knew where in the set he was & knew what times he was hitting within the set. When he stretched after the session, he was always paying attention & even though he had a little chat with his friends, he made sure he was doing the stretch exactly right.

Johnny's volume was always above the minimum set & if his weekly timetable had to change due to a school trip or parents evening, he made sure that the week before & after that his volume was a little bit higher.

Johnny also got rid of his homework as soon as possible, this was because he wanted to have some free time to spend with his mates.

His equipment was always to hand & he never had to compromise on a set because he had forgotten something.



Swimmer No2 was Steve. Steve was always walking on poolside about the time the pool session started. Sometimes he was a minute late, sometimes a minute early. Steve often had to ask where we were in the middle of a set because he had no idea how many reps had been done. Steve wasn't exactly sure what his heart rate was but had an idea & only really checked it when the coach asked him to. He also wasn't 100% about all his pb's, he knew his main events but couldn't remember the others & wasn't sure at all about his 15m target time. Steve had a bit of a problem with his technique & found streamlining hard because his shoulders weren't that flexible, he didn't like stretching after the session either & couldn't really be bothered to listen to the person leading stretching. He also didn't really see the point with land training & all the core stability exercises & couldn't be bothered to do it when he was home because he was relaxed now & had got in to watching his favourite TV show. Steve's volume was there roughly but every now & again he dropped below because he had to miss one of his normal sessions. Steve also had a bit of trouble with his kit. His fins were too small & hurt him & his paddles kept coming undone, but he just did the set without the kit & felt that it didn't really matter anyway. He also couldn't be bothered to write down the session & often just left his recording board at home.

Now swimmers ask yourself the question, who would you like to coach? Would it be Steve or Johnny?

Who do you think will be the fastest swimmer long term & who do you think will be the one on a British Swimming Programme? Even if both make the Programme, who will be the one who will get the most out of their camp?

Are you a swimmer who will find a way to succeed?

Or are you a swimmer who will find an excuse?

I know who is going to be the winner when it really counts & I know who will be the one who is invited back to the British Swimming Camps.

Every swimmer in France wanted to be a Johnny & did everything they could to make sure during the camp that that was the case.

It remains to be seen whether it lasts for one week or for a whole career...

## Long Course Training

I have cancelled our LC session at Loughborough on the 5<sup>th</sup> December because we will all be at the Sheffield Distance meet.

## Wet Recorders & Heart Rate Monitors

There are more wet write boards are being used but I still don't see enough monitors...



## Step Test

The next test will take place on Monday & Tuesday, **11<sup>th</sup>/12<sup>th</sup> October**.

This is 7 x 200, faster each time.

The perfect result would be starting from around 24 sec's outside of Pb for females & 30 sec's 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 OR OTHER HELPER NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!**

Please feel free to exchange days & times with other swimmers, just let me know please.

## Monday Night October 11th

- **5 – 6:30pm** (*Swimming 2 per lane 15 sec apart*)

Kate Lord, Scott Tovell-Coleman, Hannah Topliss, Ryan Lovatt.

Ann Morris, Sam Smith, Anna Butler, Kelly Towle, Katy Amatt.

Sam Wheelhouse, Kane Haggett, Callum Broom, Karina Sharma.

Emily Pratt, Jo Reeks, James Shand, Jamie Bell Christian Barcz Robert Guest.

- **6:30 – 8pm**

Jamie Broom, Joe Keane, Richard Sellers, Michael Dakin, James Lovatt.

Krissie Easter, Natalie Mester, Rebecca Harrison, Larna Picknell, Katy Lockey.

## Tuesday Night October 12th

- **5:30 – 6:30pm – Breaststroke & Fly (5x200)**

Mariesa Picknell, Olivia Sefton, Emma Smithurst, Grace Morris, Sarah Gibson, Ashley Hurdman

Danielle Hemmings, Glen Picknell, Eleanor Barlow, Darren Hodgett.

**IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!**

Mark