



---

## X News 16 – September 2004

Welcome to the 2004/5 season every one!  
Over these first few sessions, remember that...

***Little things done right every day have more impact than spectacular things done occasionally!***

With this in mind we need to aim to be,  
**The Best Prepared, Age Group/Youth Team In Britain!**

After our great first year we have to become more consistent now in training.  
Make sure that you pay attention to the details & do the best job you can every day.

We will be starting blood flow 15mins before every pm session & will be incorporating some core strength exercises as part of this work now.

You will need to be more disciplined & concentrate during this work so as to get the most from this additional land work.

A strong core is essential to good technique & the ability to generate power in the water.

We will also be spending just 5mins at the end of every pm session stretching.

I know that a number of you never stretch. This will limit your swimming ability & needs to be sorted ASAP!

If for any reason you are unable to make the land work prior to every PM session, I will leave the exercises performed on the board so that you can write it down & complete it afterwards on poolside or at home.

### Volume sheets

These are now in circulation & are now an essential part of our programme.

One of the few weaknesses in the squad has been poor record keeping.

Only a handful of swimmers have kept a comprehensive logbook over the last year & this will help overcome that.

You can always get additional copies of blank sheets or alternatively use the emailed copy that I've sent around.

You will need your wet board to record your sets, times & very importantly your volume!

If you do not have a wet board, please see Paul Haggett with £2 for a personalised copy.



Also bear in mind as well that from September we are running the programme along the lines of minimum volume needed & not as at present minimum hours needed.

If you do not hand in your volume sheet, you will be marked at zero!

Also you must put down the volume that you have actually done! If you leave the water at 7am on a Tuesday & have completed 3600m during that session, that is what you put down, do not record the remaining volume that others will have done.

This process will take no more than 1-2 minutes per day!

A word of caution!

You need to be honest. Only put down the work on the log sheet that you have actually completed. Under no circumstances include any volume or land work that you haven't.

This will severely affect my planning & preparation for you as I evaluate how you're training & competitions.

If you were to put misleading information on your sheet, it would lead to me being unrealistic in my expectations that I will have for you in training & competition.

This will only lead to a lack of performance when racing.

## Equipment

I spoke at last weeks team meeting about equipment being ready before training but so far it seems that only one or two of you have taken it on board.

You need to make sure that everything you will need is ready before you need it!

Bring two bottles to training, you will need at least one during the session & one for whilst you are getting changed.

Have a spare pair of goggles in your kit bag.

Make sure all paddles are properly adjusted & tightened.

If you have a heart rate monitor, learn how it works & use it!

Always use your recording board!

## Poolside Help

A quick thank you to all who have come on to poolside & a plea to get more of you down!

The swimmers appreciate your helping them to monitor their own performances during a set.

I am also extremely grateful for this & would encourage all parents to come down & help.

Even if there are already people on poolside at the session, I can always use another timekeeper/stroke counter on a lane to help monitor things. Don't worry about having never doing it before, its straight forward & I'll help you through the painless process!