

Harwich Dovercourt & Parkeston SC

At recent coaches meeting we discussed promoting good training habits, motivation of swimmers and supporting our swimmers in achieving their full potential.

To this end we are introducing the following guidelines for all swimmers ;

- All swimmers should be on poolside ready (with hats and goggles on) to start the session on time.
- Swimmers should make every effort to own their own training equipment eg kickboard, pull-buoy and fins at a minimum, extras can include hand paddles, drag shorts etc.
- All swimmers should bring a water bottle on poolside to keep them hydrated through out the session thus enabling them to perform well. We ask that swimmers do not eat a large, heavy meal within 1½ hours of their training session.
- Swimmers in A/B squad (except the very young or when they are new to the squad) should stay for the full 1½ hour session. Swimmers who continually leave the training session early are losing vital training practices that are not used during the beginning of sessions.
- Swimmers should not continually stand up, stop or walk in the shallow end during training sessions, this defeats the object of continuous swims to build stamina and promote good discipline.
- Swimmers should not stop or get out during sets, this defeats the object of the training set.
- If swimmers need to stop, they should get out of the pool at the nearest end go directly to their coach and explain what the problem is. If there is a justified reason the coach will assist them or give them 'time out'.
- If swimmers stop to adjust goggles, then should climb out and walk to the other end of the pool adjusting their goggles on the way to enable them to enter the water at the other end. This will ensure other swimmers are not obstructed or distracted. **Goggles do not need to be adjusted every session.**
- If swimmers arrive to training sessions late and the warm up has begun they will complete a land warm up on mats placed on poolside. They will be given exercises to complete this warm up. This will ensure everyone completes a full warm up to prepare them for the main training programme.
- In future if a swimmer continually stands up or does not abide by the above they will be given a reminder and if necessary told to leave the session.
- A request to spectators; please you do not talk to swimmers during sessions, if you want to get a message to them, please ask the coach on poolside.

Our swimming club is good, we want to make it better and the coaches feel that the way forward is to promote better training sessions. Remember Karen Pickering said

“If you can get out of every training session and race knowing you couldn't have done any better then you should feel proud of yourself”

I agree to the abide for the above in all training sessions

Signed Name

Date