



ALL SQUADS NEWSLETTER MARCH 2010

Dear Swimmers (and parents)

As Coaches and poolside helpers, we are all here to help you become a better *competitive* swimmer. We are confident that over the next few weeks and coming months you will see a significant improvement in your technique which will help you to swim faster.

The following is a reminder. **What do we expect from you?** **'DON'T ARRIVE ON TIME-ARRIVE EARLY!'** quoted by Bill Sweetenham former GB Swimming Performance director

You are expected to arrive at least 15 minutes before the start of your session. This is to allow you plenty of time to get changed, have your equipment ready and for you to prepare for the session ahead. You are reminded that the session time is for the training session to **start**, not the time to arrive at the pool to get changed. Late arrivals cause disruption.

You should ALL to go to the toilet **before** coming on to poolside. Toilet breaks for squads that practice for 1 hour or less WILL NOT be allowed (unless you are desperate of course). It is important that you are rested and that you eat a meal at least 2 hours before you practice. (see website for information regarding 'nutrition' and preparation, timekeeping....)

You will be required to bring:

Goggles / swim hats / towel / t-shirt / kickboard / pullbuoy / fins, but most importantly your ***DRINK*** which should be in a plastic bottle. This bottle is for you alone and is not for sharing with another swimmer. (minimum of 500mls per every hour you swim is recommended) IT IS YOUR RESPONSIBILITY TO PACK YOUR BAGS AND BRING THE CORRECT EQUIPMENT. Please have all your equipment clearly marked. ALSO PLEASE REMEMBER TO TAKE YOUR EQUIPMENT HOME

During training, you will be required to focus on the following points:

- You MUST listen and follow the instructions given by your Teacher / Coach / lane helper. This is for your safety and that of your fellow swimmers.
- You will be expected to try your best at ALL TIMES.

Get into the habit:

- You WILL push off from the wall or from a dive and maintain the streamlined body position at the start, kicking with feet past the flags. (except breaststroke)
- You WILL finish the strokes correctly and complete the distances, AT THE WALL, not stop at the flags.
- You WILL practice as you are competing. You must get in to the habit. BAD PRACTICE WILL LEAD TO A POOR PERFORMANCE

Swimmers and parents are reminded that the Club has Codes of Conduct and Safety notices for Swimmers and Parents listed on the Website that everyone should be aware of and adhere to. Coaches and Club staff have a Code of Ethics to follow.

This quote has been borrowed: ***'Winners never quit and quitters never win'*** Mark Perry former Northampton Swimming Club Director of Swimming and current GB Open Water Performance Manager who in turn was quoting Vince Lombardi, an eminent American NFL coach.

EVENTS and COMMUNICATION:

There will be a full programme of events coming up over the next few months. Please read the notices on the Club notice-board, website: www.davenportdolphins.co.uk and please check for emails as this is the most cost efficient way for the Club to communicate.

