



Affiliated to ASA South East Region and Hampshire County ASA

## Training

I have just joined the club, how many sessions should I attend?

You should try to attend as many of your sessions as possible, once you have settled into the club. Morning training is also available for some squads, you should seek guidance from the Squad Coach re attending.

My squad has a morning and evening training session on the same day, should I attend both of these sessions?

Yes you should try to attend both of these sessions. The training programme is designed to get maximum benefit for all swimmers. As swimmers improve, gain strength etc they need to do 'double' sessions. They need to be able to train 'tired.' This will be beneficial in the longer term, so the earlier the swimmer adjusts to this the sooner and greater the improvement will be.

I have just joined the club what training equipment do I need?

Details of the equipment required depends upon which squad you are in, further details can be found on the club website.

At what age should a swimmer start early morning training?

There is no real answer apart from as soon as possible/as soon as they can cope with the early mornings, a day at school and evening training. Swimmers should have their own alarm clock and get themselves up!

Why is morning training so important?

Swimming is a training intensive sport, without attendance at morning training swimmers that wish to compete at a high level would not achieve sufficient training hours. It is also important to prepare for competing at Open Meets and Championships, many of which start early in the day.

I am competing in a gala or open meet should I miss training?

Swimmers should only miss training due to illness or injury and on the advice of the Coach. Missing training prior to an event could have an adverse effect on the results achieved. The training programme is designed to include 'rest' by reducing the amount and intensity of the sessions.

What do I have to do to be moved to a higher squad?

This question cannot be easily answered in this section; it can only give outline guidance. The following are taken into account when reviewing squads/swimmers: Age, Physical/Emotional Maturation, Attendance at Training, Availability for Selection, 'Coachability' to name but a few items that are considered. For a more detailed answer please see the Head Coach

When do I need to buy paddles, fins, and drag shorts?

Details of the equipment required depends upon which squad you are in, further details can be found on the club website.

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