

## Elite Squad Expectations 2016-17:

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| <p><b>Equipment:</b><br/>To be brought to every session</p> | <p>Drag shorts – to be worn for every warm-up<br/>Fins<br/>Snorkel<br/>Hand paddles (about 1-2 inches bigger than size of hand)<br/>Pull band<br/>Sponge &amp; belt<br/>Crib/target sheets – up dated within a week of a meet at the latest.<br/>Wet board &amp; pencil.<br/>Spare goggles – to be kept in mesh bag, adjusted so can be used straight away<br/>Spare cap – to be kept in mesh bag (please can swimmers wear Swim Gwynedd caps)<br/>Massage ball – tennis ball will do<br/>Stretch band - if suggested by physio.<br/><b>Other:</b><br/>Drink<br/>Snack for straight after pool session – small protein &amp; carbs</p>   |
| <p><b>Commitment:</b></p>                                   | <p>Min 12 to 14 hours pool time (age dependent) – at least 4 morning sessions.<br/>Min 2 hours land training<br/>100% attendance each term – parents must let the coach know of any reason for absence, ideally before the session</p>   |
| <p><b>Other:</b></p>  | <p>Swimmers are expected to arrive in time for pre pool session and to stretch down after their pool session.<br/>Swim sessions should take priority over other school sports/activities – i.e. not missing sessions for school sports days, cross country, etc<br/>During exam season swimmers will discuss with the coach minimum training hours on an individual basis. Please note: if swimmers have just a morning exam they are expected to attend the morning session.</p>  |
| <p><b>Training expectations:</b></p>                        | <p>All to do proper starts/turns and finishes on all strokes at all times.<br/>Feet past flags on all starts &amp; turns at all times.<br/>No ‘goggle’ breaks i.e. If goggles fill with water /come off swimmers are expected to finish the distance they are doing and adjust at the end of that distance. Ditto caps. This will help if something goes wrong in a race situation.<br/>Overtaking to be done at an end of the pool. Swimmers who feel another swimmer touching their toes must finish the length and then let that swimmer past. Swimmers wanting to overtake must slow down until the end of the pool.<br/>NO standing up or leaving the pool at any point during a set.<br/>If doing kick for more than 25m tumble turns are expected even if using a kickboard/snorkel.<br/>Fill in wet board with times &amp; HR’s when required and email to head coach by the following Sunday at the latest.</p> |
| <p><b>Target Meets:</b></p>                                 | <p>Swimmers are expected to attend all targeted meets as outlined &amp; any other that the head coach advises. Please discuss with the head coach any home club meet prior to entering. Family holidays during the swimming season should be discussed with the head coach prior to booking.</p>   |
| <p><b>Target events:</b></p>                                | <p>For swimmers aged 12-13: 200 Free/Back/Breast/Fly/IM &amp; 400 Free/IM<br/>14 &amp; over: Specialist events to be decided between coach &amp; swimmers + 200IM &amp; 400Free</p>  |