

## Red Squad Expectations 2016-17:

<p><b>Equipment:</b> To be brought to every session</p>	<p>Drag shorts – to be worn for every warm-up Fins Snorkel Hand paddles (about 1-2 inches bigger than size of hand) – for over 12’s only Pull band Sponge &amp; belt Crib/target sheets - up dated within a week of a meet at the latest Wet boards &amp; pencil Spare goggles – to be kept in mesh bag, adjusted so they can be used straight away. Spare cap – to be kept in mesh bag (please can swimmers wear Swim Gwynedd caps) Massage ball – tennis ball will do Stretch band – if suggested by physio <b>Other:</b> Drink Snack for straight after pool session – small protein &amp; carbs</p>
<p><b>Commitment:</b></p>	<p>Min 10 to 12 hours pool time (age dependent) – must attend at least 3 morning sessions. Min 1 hour land training 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. Swim sessions take priority over school sports – i.e. not missing sessions for sports days, cross country etc 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. Feet past flags on all starts &amp; turns 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. 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. NO standing up/leaving the pool at any point during a set. If doing kick for more than 25m tumble turns are expected even if using a kickboard/snorkel. Fill in wet boards 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. It is suggested that family holidays during the swimming season are discussed with the head coach prior to booking.</p>
<p><b>Target events:</b></p>	<p>For swimmers aged 11to 13: 200 Free/Back/Breast/Fly/IM &amp; 400 Free/IM 14 &amp; over: Specialist events to be decided between coach &amp; swimmers + 200IM &amp; 400Free</p>