

White Squad Expectations 2016-17:

<p>Equipment: To be brought to every session</p>	<p>Drag shorts – to be worn for every warm-up Fins Snorkel Crib/target sheets – to be updated within a week of a meet at the latest 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 Other: Drink Snack for straight after pool session – small protein & carbs</p>
<p>Commitment:</p>	<p>Max 8 hours – to include outside school activities(age dependent) 1 hour land training – if available. 100% attendance each term – parents must let the coach know of any reason for absence, ideally before the session.</p>
<p>Other:</p>	<p>Swimmers are asked to arrive in time for pre pool session – if at all possible - and to stretch down after their pool session. School tests: Swimmers are expected to still do their normal morning sessions if school tests are in the morning.</p>
<p>Training expectations:</p>	<p>All to do proper starts/turns and finishes on all strokes. Attempt to get feet past flags on all starts & turns No ‘goggle’ breaks i.e. If goggles fill with water /come off swimmers are expected to try & 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.</p>
<p>Target Meets:</p>	<p>Swimmers are expected to attend all target meets as outlined & any other that the head coach advises.</p>
<p>Target events:</p>	<p>For swimmers aged 9 to 12: 200 Free/Back/Breast/Fly/IM & 400 Free/IM</p>