



Basildon & Phoenix Swimming Club

Affiliated to ASA East Region



Chairman: Dave Warriner

Secretary: Dawn Nicholls

Head Coach: Doug Campbell

IMPROVEMENTS TO TRAINING PROGRAMME

Since Doug Campbell arrived at the club he has been reviewing the club structure and training programme. He has recommended a few simple changes to be introduced over the next couple of weeks, which will benefit the swimmers. Imminent changes are as follows:

CHANGES TO MONDAY EVENING & TUESDAY MORNING SESSIONS :

- With immediate effect **National/Youth Performance squad** will now **not** need to swim on Tuesday morning if they attend all other available squad sessions. Doug has reviewed the sessions this squad attends and has some concerns over wellbeing, physical and mental development of swimmers. Doug has advised that these swimmers should cut back on morning sessions and will find that within their other sessions attended there will be an increase in intensity. The overall effect should be an improvement in performance with this rest day built into the middle of the programme.

Swimmers are expected to attend all other sessions but if they cannot attend all other sessions for a valid reason they may choose to attend Tuesday morning and train alongside Claire's squad although the Tuesday mornings rest will prove more beneficial in the long term.

- Selected swimmers from **Club Age Squad** will shortly be invited to attend the Tuesday morning session to assist their development.

To accommodate this, those swimmers from the club age squad who train on Tuesday morning will change their Monday evening session from 8-9pm to 7-8pm, as the current session will be too late for these younger swimmers.

Those Club Age swimmers who do not train on Tuesday mornings will continue to train at 8-9pm on Monday evenings.

- **Club Youth Squad** swimmers who currently swim from 7-8pm on Monday evening will change to 8-9pm.

- **all revised times will start from 18th February**

LAND TRAINING:

Land training on Friday evenings will stop with immediate effect and will be replaced by poolside warm up stretches and exercises, so swimmers should be poolside 10 minutes early and expect to be off poolside 10 minutes after swim session.

This revised approach will be tailored more towards exercises that will complement the training programme and benefit swimmers requirements. This also reduces the need for swimmers to have 3 training sessions on Fridays often close to galas i.e. morning swim, evening swim and land training.

Monday and Tuesday land training sessions will stop from 18th February and will also be replaced by the 10 minutes pre & post training sessions on poolside which will benefit swimmers development and swimming progression, so swimmers should be poolside 10 minutes early and expect to be off poolside 10 minutes after swim session.

Please remember to cancel your £12.50 standing order payments for land training.

(Contd...)

Address: C/o Club Secretary, 8 Victoria Avenue Wickford SS12 0DH

www.phoenixbasildonsc.org



WEDNESDAY MORNING MASTERS SESSION:

Due to low levels of attendance and the need for lanes due to increased attendances in other squads, the Wednesday morning Masters session, originally introduced as a trial will stop from 1st February.

PARENTS MEETINGS:

Doug is undertaking an ongoing review of the club but there will be no further changes introduced until after this year's County Championships so as not to disrupt any swimmers' training. Parents meeting(s) will be held within the next month to give Doug a chance to speak to all parents, to update on any further proposals and for parents to ask questions.

QUESTIONS:

Please channel any enquiries through the appropriate squad liaison officers.

<http://www.phoenixbasildonsc.org/contactus%20phoenix%20basildon.html>

January 2013

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