** TRAINING SESSION TIMES AND** **EQUIPMENT LIST FOR – ‘COUNTY DEVELOPMENT SQUAD’**

ALL BELOW TRAINING TIMES INCLUDE THE PRE AND POST TIMES THAT SWIMMERS ARE REQUIRED TO PARTICIPATE IN.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LEAD COACH – Nigel Oldham** |  |  |  |  |  |  |
| **COUNTY DEVELOPMENT** |  | **AM** | **PM** | **TOTAL POOL HRS** | **TOTAL GYM** | **TOTAL SESSIONS** |
| **Monday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Wednesday** | Pool |  | NK - 5.50-7.40 | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Thursday** | Pool |  | NK - 6.20 - 8.10 | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Saturday** | Pool | CITY - 8.20 - 10.10 |  | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Sunday** | Pool |  | YARB -4.50 - 6.55 | 1hr 45min |  | 1 |
|  |  |  |  |  |  |  |
|  |  |  | **TOTAL** | **6hr 15min** |  | **4** |

Swimmers will progress from Competitive Development Squad into COUNTY DEVELOPMENT on the recommendation of their teacher/coach and once they can easily swim all four strokes, have completed their Competitive Start Award (dive test) and can compete at an open meet or competition.

There are a total of **FOUR** swimming sessions totalling SIX hours and fifteen minutes, available to all County Development Squad with ten minutes pre and post pool land sessions at every session.

Swimmers must attend all sessions per week. (Unless otherwise agreed with the Head / Squad coach)

All swimmers will be expected once given instruction, to carry out a pre-pool land warm up and a ten-minute post pool land stretch off using their foam rollers, before and after each training session. ALL swimmers MUST arrive a minimum of five minutes before the land warm up and be pool ready at the start of their session to maximise the available pool time they have.

Performing the above pre and post pool land warm up and stretch offs will reduce the risk of injury once they are in the pool and prevent muscle soreness post pool swimming.

Swimmers with short training costumes must wear drag shorts/shorts on top of the training suits for all dry land sessions on the poolside.

NO CROCS / SLIDERS / INAPPROPIATE FOOTWEAR, WILL BE ALLOWED

It is advised for swimmers to shower before entering the pool.

**Anyone arriving late for pre-pool and pool swimming sessions need to speak to the session coach before starting the session. Swimmers may be refused entry depending upon arrival time and reason for lateness to establish discipline and show respect to other squad members.**

Squad movements will take place three times per year, (roughly October/November, February, and June).

If we feel a swimmer needs to be moved before this time, your Squad & Head Coach will discuss this an advise accordingly.

From County Development Squad swimmers will move to County Squad.

Swimmers must attend competitions regularly, to progress to the next squad.

If we feel a swimmer is not attending or struggling with any session, we will ask that swimmer for a meeting to discuss their progress. The result of the meeting will either see an adapted training plan or a move to another more appropriate squad.

**POOL EQUIPMENT LIST FOR – ‘COUNTY DEVELOPMENT SQUAD’**

• Wet bag.

• Small kickboard.

• Pull buoy.

• Hand paddles (slightly larger than swimmers hand, I would. recommend Finis agility strapless hand paddles).

• TheraBand/stretch band

• Short Training Fins.

• Snorkel & nose clip.

• 1 litre drinks bottle for every training hour.

• Spare hat & goggles (to be kept in wet bag).

• Large Foam Roller.

• Snack for post pool training/gym training.

All swimmers are to attend each session on **TIME** and **MUST** bring all above equipment and be ready to commence training.

Pauline Gourley

Head Coach Lincoln Vulcans SC

