** TRAINING SESSION TIMES AND** **EQUIPMENT LIST FOR – ‘JUNIOR / SENIOR DEVELOPMENT SQUAD’**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LEAD COACH – Jason Cole** |  |  |  |  |  |  |
| **JUNIOR / SENIOR DEVELOPMENT SQUAD** |  | **AM** | **PM**  | **TOTAL POOL** | **TOTAL GYM** | **TOTAL SESSIONS** |
| **Monday** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Tuesday** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Wednesday** | Pool |   | **CITY - 7.50-9.10** | 1hr |   | 1 |
|  |   |   |   |   |   |   |
| **Thursday** | Pool |   | **NK - 7.50-9.10** | 1hr |   | 1 |
|  |   |   |   |   |   |   |
| **Friday** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Saturday** |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
| **Sunday** | Pool |   | **YARB – 6.35-8.10** |  1hr 15mins |   |  1 |
|  |   |   |   |   |   |   |
|  |  |  | **TOTAL** | **3hr 15 mins**  |   | **3** |

Swimmers in ‘JUNIOR / SENIOR DEVELOPMENT SQUAD’ is for swimmers that are secondary school age.

Swimmers that have joined the swimming club a little later than others.

Swimmers who want to improve their fitness.

Swimmers who want to be part of the club, but do not want to swim competitively. Swimmers will have the opportunity to compete at appropriate events if they wish to do so, but this will not be a prerequisite for this squad.

There are THREE swimming sessions totalling three hours fifteen minutes available to all Junior / Senior Development Squad swimmers with pre and post pool land sessions.

All swimmers will be expected once given instruction, to carry out a pre-pool land warm up at sessions where there is no gym session beforehand.

All swimmers will carry out a ten-minute post pool land stretch off using their foam rollers, after each training session.

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.

ALL swimmers MUST arrive a minimum of five minutes before every session and be ready to commence the land 10 minutes pre-pool exercises and stay for the 10 minutes post pool stretch off where available.

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

NO CROCS / SLIDERS / INAPPROPIATE FOOTWEAR, WILL BE ALLOWED

It is advised for swimmers to shower before entering the pool on the days when the swim session takes place directly after the gym sessions.

**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 Junior / Senior Development Squad, swimmers will be able to join one of the appropriate competitive squads if they wish to do so. This will be after consultation with their Squad Coach and Head Coach

**POOL EQUIPMENT LIST FOR – ‘JUNIOR / SENIOR DEVELOPMENT SQUAD’**

* Wet bag.
* Small kickboard.
* Pull buoy.
* Hand paddles (slightly larger than swimmer’s hand, (I would. recommend Finis agility strapless hand paddles or similar).
* 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.

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

