



MOTIVATION & RESPONSIBILITY

All squad swimmers should take **PRIDE** in their performance:

Personal Responsibility In Developing Excellence

Training:

- Attend training regularly and be punctual
- Listen to your teacher/coach - Perfect practice makes perfect
- Remember basic skills and perform them regularly e.g. Streamlined push & glide
- Have personal training goals e.g. Improve turns, Promotion to the next lane
- Check your times on the pace clock

Competition entry:

- Enter competition appropriate to your current standard
- If you achieve County, London Swimming or National qualification times, ensure that you enter, and attend the events

Competition:

- Have short, medium and long term goals – Improve your time, ranking/seeding.
- Record your times in a log book (available at the admin desk) – Target times in training often relate to your personal best times.
- Ask your coach for performance feedback – refresh and update your training/competition goals.

No Pain, No Gain!

In striving for efficiency and continuous improvement swimmers should seek gains in all the following components of fitness:

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|----------------------------|---------------------|
| • Cardiovascular endurance | • Speed |
| • Reaction Time | • Muscular Strength |
| • Muscular Endurance | • Coordination |
| • Posture/Core | • Balance |
| • Power (anaerobic) | • Plyometrics |
| • Flexibility | • Agility |

The bottom line in sports conditioning and fitness training is stress, not mental stress, but adaptive body stress.

Sportsmen and women must put their bodies under a certain amount of stress (overload) to increase physical capabilities.

All Academy & County/Regional Squad swimmers should attend land training regularly to enhance their progress.

Attitude, Determination and Persistence

Attitude is contagious. Is yours worth catching?

“Amateurs” practice until they get it right, “professionals” practice until they cannot get it wrong!

Athletes should always remain “WARM”:

Work rate Attitude & acceptance Respond well Mentally tough