

PREPARATION, TIME KEEPING AND HOW TO AVOID DEHYDRATION

TIME-KEEPING

You need to arrive at least 15 minutes before the start of your session. This is to allow you plenty of time to get changed, have your equipment ready and for you to prepare and get focussed on the planned session. You should ALL go to the toilet before coming on to poolside. Toilet breaks WILL NOT be allowed for training sessions for up to 1 hour (unless you are desperate of course). This is to minimise squad training disruption. It is important that you are rested and that you eat a meal at least 2 hours before you practice.

You will need to bring:

Goggles / swim hats / towel / t-shirt / kickboard / pullbuoy / hand paddles (if you have them) but most importantly your **DRINK. IT IS YOUR RESPONSIBILITY TO PACK YOUR BAGS AND BRING THE CORRECT EQUIPMENT.**

Please have all your equipment clearly marked.

HOW TO AVOID DEHYDRATION

Some of you are not bringing your ***drinks bottles*** with you to practice, and those of you who are, are not always bringing enough.

It is essential that you bring at **LEAST 500mls - 1 litre** of fluid such as plain water / weak fruit flavoured squash or a sports drink if you can afford it. My recommendation would be to have a weak fruit flavoured squash. It does not have to be in a fancy drinks bottle, an old plastic bottle will do.

When you are training, even though you are in the water, you lose bodily fluids through sweating, It is essential that you replenish those fluids.

You **must** listen to your coaches and take heed of their advice. They do not tell you things just for the sake of it, they give this information to you because it is **important**. Some of you have complained of feeling sick and suffering from headaches—this is mostly caused by dehydration, hence you need to keep taking sips when ever possible such as at the end of a set distance or change of stroke.

Do not drink loads when you are thirsty, by then it is too late!! Take sips of drink at every opportunity. IF IN DOUBT SPEAK TO YOUR COACH