

CMK Philosophies

Team Work. Getting the best out of yourself is a challenge. You need people around you who will provide friendly competition when the going gets tough. Support your team mates and they will support you. It is hard to get out of bed at 5am some mornings, knowing your team mates are there will help.

Respect. Athletes should not impede others from achieving their aims. CMK swimmers respect facilities, competitors and all others in the knowledge that they are representatives of the club.

Communication. Coaches are available to questions regarding any segment of training. Athletes have a responsibility to their peers and the coach to listen to instructions and follow them out to the best of their ability. To arrange a meeting email: gregbuckcmk@yahoo.co.uk

Development Philosophies:

Technique. Any swimmer starting this sport needs to focus on technique first. Trying to get the greatest distance per stroke will help you get better and better. Swimmers must master the 4 strokes before perfecting additional skills such as starts and turns.

Long term View. Success at swimming takes a long time. Performance in the short term must be sacrificed to ensure longevity. Some training volume or practices must be held back at a young age to ensure focus on the basics and to allow progression and stimulation at a later stage. This belief is reflected in CMK's training program.

Performance Philosophies:

Responsibility. Athletes are responsible for their own performances. Champions understand that quality performances are reliant on their own actions and not just to luck or other people. Successful swimmers seek and value knowledge. Perfect training exercises time and time again to be a champion.

Avoid Compromise. Avoid compromising training and competition standards. Rewards are at their greatest when full commitment is given. All the missed sessions, cut lengths and sloppy strokes add up in the end. The happiest and best athletes know this, they take pride in perfection.