

Why early mornings?

Early morning training is essential for swimmer development. Many studies have also shown that young people who attend morning training are alert and therefore exhibit better concentration than those who rise just in time for School.

Always a quandary for parents of new swimmers – how do I get my child to morning training without “forcing them”. My best advice is to discuss the benefits with the swimmer to encourage them to get into the habit while they are young. Once it is decided they are committed to it, avoid early morning arguments by agreeing the night before that they are going then stick to it in the morning. Remember committing to the programme is the key to swimming success – it is also very useful for young people to learn to be consistent with whatever they do – it teaches a huge amount of self-discipline which also helps with good character building.

Yours swimmingly
Maidenhead Coaching Team