** TRAINING SESSION TIMES AND** **EQUIPMENT LIST FOR – ‘COUNTY SQUAD’**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **COUNTY** |  | **AM** | **PM** | **TOTAL POOL HRS** | **TOTAL GYM** | **TOTAL SESSIONS** |
| **Monday** | Pool |  | NK - 6.20-8.40 | 2hr |  | 1 |
|  |  |  |  |  |  |  |
| **Tuesday** |  | **CITY - 5.25-7.00** |  |  |  |  |
|  |  |  |  |  |  |  |
| **Wednesday** | Pool |  | NK - 5.50-7.40 | 1hr 30min |  | 1 |
|  |  |  |  |  |  |  |
| **Thursday** | Pool |  | NK- 6.20-8.10 | 1hr 30min |  | 1 |
|  | Gym |  | NK GYM - 5.30-6.20 |  | 50mins |  |
| **Friday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Sunday** | Pool | NK - 7.50-10.10 |  | 2hr |  | 1 |
|  |  |  |  |  |  |  |
|  |  |  | **TOTAL** | **8.5hr** | 50mins | **5** |

Swimmers in ‘COUNTY SQUAD’ will have or be within 5 seconds of the current years Lincolnshire ASA County Qualifying time for the current year.

There are a total of FIVE swimming session available to all ‘County’ Squad swimmers totalling 8 hours 30 minutes, with pre and post pool land sessions and 1 gym session

Swimmers must attend their designated land session and all swim sessions. (unless otherwise agreed with the Head coach)

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 pool ready to maximise the pool time they have available.

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

When attending the land sessions with the qualified instructor, all swimmers must wear appropriate gym clothing and footwear with swimsuits beneath to reduce wasted time from gym to pool session.

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.

**Swimmers who turn up late for the gym sessions will not be permitted to participate in those sessions. This is for health and safety reasons.**

**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 County Squad swimmers will move to Regional Squad or Regional Development Squad.

Swimmers must attend both long (50m) and short course (25m) competitions regularly to progress to the next squad.

If we feel a swimmer is not attending or struggling with any session, we will ask that swimmer for a meeting to discuss their progress. The result of the meeting will either see an adapted training plan or a move to another more appropriate squad.

**POOL EQUIPMENT LIST FOR – ‘COUNTY SQUAD’**

• Wet bag.

• Small kickboard.

• Pull buoy.

• Hand paddles (slightly larger than swimmers hand, I would. recommend Finis agility strapless hand paddles).

• 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.

• Snack for post pool training/gym training.

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

