

Coach's notes from Parents Meeting 2nd March 2006 LLC.

- **1.5 hour session** means 1.5 hour session - swimmers can now only get out early if a parent comes in and informs the coach in charge of the session or if a parent rings in and informs a coach prior to the session.
- **Discipline** - 4 warning rule
 - If at Grammar School then younger children especially are not to go near to the pool they are to stand on the side with their backs to the wall - no getting in unless told!!
 - If sent out then come back onto poolside and stay on poolside for remainder of session until picked up.
- **Changing rooms** - no throwing drinks, and behavior in changing rooms is being monitored.
- **Gym** - flexibility work before sessions - Grammar School / Soar Valley.
- **Parents-get involved!!** – We would love you to get involved, so please come to us rather than waiting to be asked.
- **Competitions**
 - Healthy eating
 - Too many sweets
 - Hydration
- **Summer** - logbooks - set goals/comments about sessions/main sets/volumes.
- **Monthly metres** will be published.
- **Things to work on this month:**
 - Streamlining
 - No breathing off walls (2 strokes)
 - Streamlining
 - No breathing last 2 strokes into wall
 - Streamlining
 - Tumble turns at every wall
 - Streamlining
- **Groups** - criteria-is being devised and will be published and implemented as soon as possible. If you have any issues regarding this please come and speak to me.
- **Kit** - everyone needs the right kit (float/pullbouy/fins) and turn up with it every session. The club shop is open on the 1st Thursday of each month at LLC. If you have fins that your child has grown out of, why not donate them back to the club shop who can then sell them on at a reduced rate.
- **Availability** - Tuesdays to Fridays inclusive but please don't ring me on Sat/Sun/Mon unless it is an emergency as I do have University work to do. Evenings are best time to contact me!!
- **Age groups** - really pleased with how kids swimming

I am delighted at how welcome everyone has made me feel.

I want an open and honest relationship with parents. This is very important, I understand the sacrifices that families have to make.

Sarah James - Head Coach LTSC
March 2006