



Loughborough Town Swimming Club

Autumn Newsletter



Welcome to our Newsletter

In this newsletter !

- **As promised the New Swimming Plan 'How we want to take the club forward'**
- **Swimmer of the MonthWhen does it start?**

New Swimming Plan

From late September the Club will adopt a rolling 6 week programme to help our swimmers develop the skills necessary for competitive swimming. The plan will mainly cover swimmers aged 8 up to 12/13 for girls and 13/14 for boys to take into account differences in development.

Swimmers will be roughly divided into different squads depending on their ability and maturity.

To reflect this, swimmers will be reorganised into squads renamed:

- skill development
- competitive development

(The National squad will be renamed the Senior Competitive Squad and Masters will remain unchanged.)

- **National Teaching Plan & ASA Award Scheme**

The club has purchased the parts of the National teaching plan to help us do this in a structured way. The intention is to use this and other information to help prepare a set of A4 sheets for each stroke, starts, turns, finishes etc which can be used as an aid memoir, covering basic technique through to advanced technique, teaching practices and trips, including drills and common faults.

It is intended that around 8 teacher/coaches meetings are to be held throughout each year to discuss these and other issues such as making swimming fun, growth and development, motivating swimmers and managing difficult ones.

A copy of the ASA Awards Scheme has also been purchased to enable us to investigate the possibility of using the skill awards to recognise swimmers progress on technique as well as speed.

These squads will have a general swimming programme covering all four strokes and will work on basic stroke technique through to advanced stroke technique with increasing amounts of aerobic work (long distances or shorter distances with little rest) to develop stamina/fitness as they develop, along with speed /sprint work over short distances.

When a swimmer moves into the Junior competitive squad it is anticipated they will do more swims at varied pace, progressive swims, negative split swims and acceleration swims together with 200 IMs.

As part of this we need to ensure the swimmers learn how to train effectively – warm up, swim down, endurance/fitness, speed/sprints, together with clock use and lane discipline.

There is a wide range of experience of teachers/coaches on the poolside and not everyone is comfortable preparing a session (or has the time to). This plan allows for teachers/coaches to prepare their session using the 6 week plan as the basis of the session.

Most sessions would be expected to include the following elements

- focus on improving technique by single length swims and drills, including sculling and talking to swimmers in terms of reducing resistance and improving propulsion
- swimming skills – streamlining/gliding, starts, turns, finishes, takeovers
- a sprint set will be done near the start of the session, e.g. 6-8 x 25 every 60 seconds as sprint 12.5/15m or 3-4 stroke cycles and swimmers will work on streamlining, breathing patterns for racing, and using of dolphin kick (additional sprint work can be done at near the end to work on takeovers and finishes and for a bit of competitive fun)
- an endurance sets lasting around 15-30 minutes either longer distances up to 400m or 50's with 5-10 sec rest mainly as front crawl, back, 100's IM, kick and pull

A draft of the plan is shown overleaf, with the stroke which is to be focussed on during the technique part and the swimming skill.

The plan also includes time trials every six weeks but depending on holidays and competitions this might vary.

The purpose of the time trials is to:

- familiarise swimmers with gala rules and procedures including disqualifications
- to provide info on swimmers progress, times for gala selection and entry times
- help swimmers develop the mental skills for racing

Time trials will be over both 25m and 50m, with swimmers completing two swims, allowing some training to take place. We will run longer distance event time trials before the LASA champs. To recognise improvements ASA speed award badges will be used for the younger swimmers.

Thanks for taking the time to read the swimming plan, we feel it's important and will take the club significantly forward.



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6 Week Rolling Programme

Week	Sun	Tue	Wed	Thur	Fri
Week 1	Fly Dives with dolphin kick	Backstroke Back finishes	Breaststroke	Front Crawl Relay takeovers	Front Crawl Fc turns
Week 2	Backstroke Back turns	Breaststroke Breast/fly turns	Front Crawl	Front Crawl Fc turns	Fly Dives with dolphin
Week 3	Breaststroke Breast starts	Front Crawl Fly to back, back to breast turns	Front Crawl	Fly Dives with dolphin	Backstroke Back starts
Week 4	Front Crawl Relay takeovers	Front Crawl Fc turns	Fly	Backstroke Back starts	Breaststroke Breast starts
Week 5	Front Crawl Fc turns	Breaststroke Breast/fly turns	Backstroke	Fly Fly/breast turns	Front Crawl Dives with dolphin
Week 6	Fly Fly to back, back to breast turns	Backstroke Back turns	Breaststroke	Time trial	Time trial (Burleigh only)

Swimmer of the Month !

Starting **now!**.....From September we shall be looking closely at all swimmers to see who has listened and trained well over the month, or has achieved well, or represented the club, or simply encouraged others in their swimming. Look out for Septembers Swimmer of the Month award in the first week of October.....who's it going to be ?!

Any questions?

Should you have any questions about the swim plan or any other issue relating to the club please do not hesitate to call or speak to any of the club officials.

Swimshop discount ref:

As advised you can get a small discount from swimshop, quote the following reference number to them when ordering: LTSC029

Helpers needed

We need some more people to help out, particularly on a Thursday night.

We feel we must have some presence behind a desk for the first hour on Thursday nights, just to be there in case prospective new members arrive and need to speak to a club official....all you would need to do is hand them a Membership information pack (being produced presently) and point them in the direction of an official. (Probably me as the rest will be coaching!)

Anyone interested please stop me for a chat...thanks
Speak to you all soon,Paul

We wish her well and good luck for the future!

Francesca Morton has now moved on with her schooling and into a career development programme which has unfortunately meant that she has had to leave the club.

Francesca has gone to Welbeck Defence 6th Form College where she will be going to complete her studies through to a degree. This will all be part of Officer Training in the Army.

Congratulations on your placement Francesca, thanks for all your swimming and good luck.
We understand they have a great pool !

As Francesca has now left us, we will be sending a copy of this newsletter to home..p