

HEAD COACH'S NEWSLETTER – Second cycle 2011-2012

Dear Swimmers and Parents,

Recent Highlights

We have had another successful training cycle with many swimmers making significant progression. The County champs, the targeted meet, have now concluded with CMK finishing second on points. We finished fractionally behind Maxwell despite their significantly higher membership. Again we dominated the relays winning 10 of the 14 we did. CMK won more than half of the individual championship titles and very nearly all of the female events.

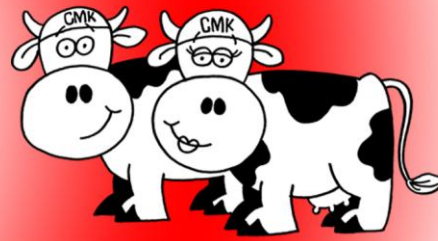
Some stats from counties:

- ✓ 35 Club records
- ✓ 11 CMK National Qualifiers (so far)
- ✓ 6 Girls going under a minute on 100m Freestyle
- ✓ 5 County Records
- ✓ 4 Swimmers ranked No1 in the UK for their age and event (short course)
- ✓ 1 British Disability Record

Content

There were a number of aspects that Lisa and I highlighted were important in the last training cycle. We have focused on finishes by practicing the skill separately as well as applying in training sets. An increase in fitness as well has helped this and I feel we have certainly improved in this area.

Kicking has improved with test sets early in the cycle for older swimmers. There were 2 larger low level kick sets each week and 2 quality kick sets in YP groups. I have planned an increase a greater number of small quality kick sets (rather than larger sets) next cycle as we move to long course focus this is even more important. Lisa has increased the volume of kicking in BP and continues to plan for kicking skill development in other groups especially Breaststroke.



Lisa and I have discussed a need to improve the fundamentals of basic drills in this cycle. We have tended to use a large variety of drills in the past to help learn and practice skills. I now feel we need to focus on getting the fundamental ones absolutely right. This will be reflected in all squads planning and content.

For Youth groups who have planned training cycles we will now move back to an endurance period of 4-5 weeks. I will then assess the group need for quality/endurance training in the lead up to Bagcat Regionals and Sheffield open meet. The development group structure will continue to progress with more low level endurance training combined with holding skill as well as skill acquisition through drills and technical sets.

The squad schedules remain unchanged and the squad structure also remains, these can still be found on the website. This is under review for the start of next season where we may need to consider a different approach due to membership numbers. The current squad system still provides differentiation for age and ability in line with LTAD. (Long Term Athlete Development)

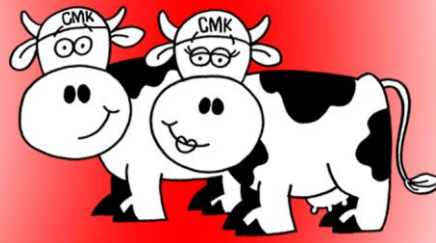
Squad Moves

There will be very few squad moves this cycle in Youth groups. There is increased pressure on places in YP1 and YP2 in particular. Swimmers and parents should make themselves aware of the squad performance and commitment criteria. Crossover will be discussed with individuals when goal setting forms are completed.

There are a number of moves in development groups and it is good to see such a strong group now forming. I encourage you all to attend the sessions outlined in the squad guidelines and continue to liaise with Lisa if there are any issues in attendance. This is a key part to future development as a swimmer.

Relay selections at Regionals and Nationals

Teams will now be selected by the Head Coach based on an assessment of ability to perform on the day – this will not be done simply on short course PBs as in previous years. I feel this change is in the clubs interests. If a decision between swimmers is marginal spreading opportunity will be considered. Predicted fatigue of athletes must also be considered when picking teams.



Log Books and Goal setting forms

The Goal setting forms are the key aspect of the log book and **must** be completed by all swimmers in performance groups (BP, YP1, YP2, and YP3) and passed to your squad coach before 1st April. Goal setting forms should relate to the end of cycle meet this will be either:

- CMKSC End of Season in June
- Norwich Open Meet in July
- National Youth/Age group Championships

I understand that swimming is a massive commitment for many and any extra available time is precious.

However, a log book can support performance by encouraging self evaluation and awareness. This can be found on Greg's page on the website. If you do keep one then please pass it to me or Lisa regularly for feedback an input.

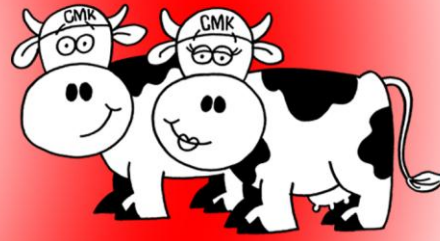
Long course training

There are 2 pre Regionals long course training sessions available:

- Sunday 1st April, Coventry LC 12.30-14.30pm
- Sunday 22nd April, Coventry LC 12.30-14.30pm

All swimmers with Regional qualifying times are expected to attend.

The cost is £10 for both sessions; please bring a cheque on the day. Swimmers in YP1 and YP2: can you please inform me if you are NOT attending. 17th June has been booked for the ONB pre-Nationals camp, more info will follow but it is proving hard to get more dates than this at the moment.



Nutrition and Squad Meetings

The Yp1, Yp2 and Yp3 squad meeting has been held with swimmers this week after Wednesday's session. Lisa will arrange squad meetings for BP and development squads in due course.

Anyone that missed these meetings should discuss this with Greg when discussing their goal setting form.

The Nutrition seminar is scheduled for Sunday 3rd June - information will follow nearer the time.

Good luck in 2012

We have some exciting meets coming up with the CMK meets in April and June as well as Regional and National championships. I am looking forward to getting in some challenging training in the next few weeks improving physically and technically for the competitions to come.

Good Luck and Train hard!

Regards

Greg Buck

CMK Head Coach