



Advice to Swimmers

You and Your Coach:

- Always speak to your Coach before your race and immediately after your race.
- Your coach can give you important feedback including splits, areas to improve etc.
- Ensure you put into action any areas of improvement discussed with your Coach.

Swim Down:

- Swim down after every event for at least 5 minutes
- Swimming down helps you recover quicker for your next race

Goal Setting:

Know and record your personal best times (pbs) and goals. Use your log book! – if you haven't got one, download one from the web site

http://www.stourswim.co.uk/club_%20info.htm

We all need goals and targets. Training is pointless if you don't know what you're aiming for!

Aiming for Counties? – know the County Qualifying Times each year for your main events. Once you've got them go for your Midland Championship times.



Aiming for Midland Championships? – You should know your Midland Qualifying Times (MQTs) for your main events to the 100th of a second.



If you've got your Midland times then aim for National Qualifying Times (NQTs).



You may not get your times this year – so make them a goal for next year –

ALWAYS STRIVE FOR MORE!