



## **TRAINING AND PRACTICE**

### **Training / Practice**

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases as swimmers move to the more senior squads.

For swimmer's protection, they should arrive for training no earlier than 15 minutes prior to their workout time and be picked up no later than 10 minutes after their training is over. Swimmers should be ready to swim five minutes prior to the start of their training.

Usually, there are announcements made at the start of training, so please be on the poolside on time. In the event that your child needs to leave training early, the coach should be informed before start of training.

Occasionally, most of the training squad may be attending a meet, in which case you will be notified of a change to training or cancellation.

Unlike many other clubs, parents may watch training at BoBSC. However, parental interference during the session will not be allowed and in fact banned by the coaches and committee.

### **Illness and Injury**

Whenever possible, it is important that the coach should be informed of an illness or injury, regardless of how serious or trivial it may be, it will almost always be possible to find a physician (or parent) who will recommend a modified approach. For this reason, the coach must be the one to determine if the absence is excusable (especially for the advanced swimmers). It is helpful to find a family physician who appreciates the importance of participation and the work involved and who also understands the repercussions associated with missed meets and/or training sessions. If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the Club Secretary and the swimmer's coach.

## **Swimmers Training Responsibilities**

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the TEAM, the coach, his/her parents and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to training. Swimmers will be required to bring specified training accessories (i.e. goggles, kick-boards, etc) to training. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as an excuse to miss part of a training session.

It is IMPORTANT to appreciate that the training programme is based on a whole year of swimming. It is therefore very important that each swimmer attends every session allocated to him/her in order to derive the full benefits of the programme.

Thank you for taking the time to read this.

BOBSC Committee