

Carmarthen and District Swimming Club



Coach's Newsletter

Hi All, hope you had a great Christmas!

This is my first club newsletter, and something that I hope to be doing regularly to keep everyone up to date on progress within the club. My first 6 months at the club (that long already!) have been great. It's been an incredible learning experience for me, and I thank all the parents, coaches and swimmers for supporting me throughout.

The last 6 months

The last 6 months have seen some great developments within the club. The new pool has given us an incredible base from which to work, the Nofio Sir Gar performance squad is up and running, and of course the club has had a change in Coach. All of these developments can very easily upset the stability and atmosphere within a club.

I think it is a great testament to the people involved in the club that we have continued to move forward throughout these changes. The club is now in an excellent position to continue giving children the opportunities in swimming that they require, whether that be going to the Olympics or swimming purely for fun and fitness. Future Olympians have all the necessary training facilities recommended to them by the Long Term Athlete Development plan, while those that just wish to compete/train/enjoy have many pathways open to them.

On to 2009

I have great faith that the club will continue to move forward at an ever increasing speed. There are many opportunities for the club to provide even more for the swimmers and parents. Social events, home galas and organised trips to name but a few. There are also bound to be many more coaches/officials/team manager courses out there for all you parents who wish to get involved on poolside!

The Website

The club now has a brand new website, designed and built by George Morgan. The website is going to be an important asset to the club. I wish to thank George for all his hard work, the site is going to make a significant difference to communication within the club. I will be regularly posting items on the website, you can see it as our new notice board if you like! Please Please Please check it regularly.

The addresses:

www.swimcarmarthen.org.uk

www.clwbnofio.org.uk

www.nofioaerfyrdin.org.uk

Training

Training has been going extremely well, with noticeable improvement in all skills and strokes, across all squads. Just remember; Practise makes perfect. The more you put into training, the better you will become. If you turn up and float around, it will not help you improve. Missing training is a bit like missing a school lesson (without getting the homework!). As a coach, I have a scheme of work. It breaks down session by session what we are practising. If you miss a whole week of training, that's a lot to catch up on!!!!

We are about to begin our second cycle of training (cycle one was from September to December). This cycle will take us up to April, and the Welsh Age group championships. The last cycle concentrated on stroke technique and stroke fitness. We are now going to make training more specific, and work on individual areas. Our main aims of this cycle will be improvement in kick technique, kick fitness and turns across all the strokes. For the people in development squad and above, this means double the number of kick sets per week!!!!

Competitions:

The structure and development of competitions in Wales is going through a number of significant changes at the minute. This has led to confusion and frustration with regard to which competitions children should be swimming in. It has also led to us over competing significantly during the last cycle of training. At one point, we actually had 6 competitions in 6 weekends. This is counter productive for developing swimmers, and is something I am hoping to address over the coming cycle.

If a child over competes, it is very easy for them to become despondent about swimming. This is because they do not have enough time between events to improve their fitness and techniques. I would like you to bear this in mind when selecting competitions for your child to enter. In addition to this, swimming is not getting any cheaper. More events mean greater cost, with minimal improvement in most cases. Surely parents find this as frustrating as their children?

I will be keeping a close eye on competition development within Wales, and will develop the most productive competition calendar for Carmarthen Swimming club. If you feel that you want to discuss over-competing in any great depth, please feel free to chat to me after training.

With regard to individual performances in competition, it would take me forever to note the number of PB's we have had over the last 6 months. We have had some utterly fantastic performances, and many more to come in 2009 I am sure.

Alex Dallimore – Head Coach