

# **DENBIGH DRAGONS SWIM CLUB**

## **NEWSLETTER MARCH 2006**

The days are getting longer. You all know the first sign of Spring. Yes, that's right Cassy at morning swim sessions. It would be really nice to see you all there and don't forget the parents lane too!

So it is all change for Denbigh Dragons due to the closure of the pool from April 24th to September. Obviously this will have an effect upon training. Alternatives are being considered and are discussed later, firstly however we have taken the decision to move the Club Championships forward and these will now take place on Sunday 9th April 1pm at Denbigh.

The whole club and Corwen swimmers are expected to take part results and times from these championships will be the basis for the team selection over the coming season. Best of luck to all.

At the championships I will be calling on parents and friends to assist with timekeeping and official roles. Be prepared.

I am confident we can keep the club running well during the closure and at the end of it come out stronger.

**Coach Chris**

## **POOL CLOSURE ARRANGEMENTS**

Realistically the only pool time available to us is at Ruthin. We have been offered the following:-

Monday nights 5.30pm - 6.30pm (2 lanes)

Friday nights 6.00pm - 7.00pm (3 lanes)

7.00pm - 8.00pm (1 lane)

My initial thoughts are to take these times with the whole club invited to both sessions. I do, however need your feedback. The club will be paying for Ruthin pool use and we need the numbers of swimmers to make it worthwhile.

Also we will be training alongside Ruthin Swim Club and therefore it is vital that the club is professional. This means turning up on time, prepared and ready to complete that session. The time and space available does not allow for late arrivals, turning up without goggles or drinks or not knowing what they are supposed to do. We will also need lane assistants, so a rota will need to be established. Thank you for your help.

**Reminder:** *Can everybody get their forms back for the Helpers course at Buckley. All WASA forms should also be returned and any CRB forms and details. Please liaise with Martyn Turner.*

## MONTHLY TRAINING SCHEDULES

All groups have now been in receipt of the training schedules for at least 3 months. They tie in with the annual training plan (notice board and website)

Some parents are confused.

### **An idiots guide.**

1. The **Warm up** is the same for the whole month (shortened for morning sessions)
2. Look at the month/week/day plan and refer to the **stroke of the week chart** to identify the correct session.
3.
  - **AER/FIT** - General fitness sessions swam at an easy pace, 60-70% of max with shorter rests.
  - **AT/ HARD** - Aerobic threshold a harder session 70-80% max effort
  - **AT+/ HARD+** - A hard session, older swimmers will start to "feel the burn" 80% plus effort. Longer rests
  - **SPEED** - Short sprints. Maximum effort, long rests

- **HR/Heart Rate** - Specific sessions working at a steady level. As the fitness improves. The heart rate will stay the same but times will improve.
- **SKILL** - Using paddles or fins. Working on technique and stroke and easy effort levels.
- **with 30** - if it says "**with**" that means the period of rest between each distance. E.g **AT+ 4 x 50m FC with 30** means *swim 2 lengths, 4 times at a fast pace. In between each 2 lengths take 30 seconds rest.*
- **DPS** - Focusing on **distance per stroke**. Travelling as far as possible every arm action without losing speed and technique. e.g **AER1 6 x 100m FC. 50m kick & DPS with 25** means *swim 4 lengths 6 times, split each into 2 lengths kick 2 lengths, long full swimming action at an easy (60%ish) pace and have 25 second rest every 4 lengths.*