



AQUAJETS SWIM SCHOOL

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Brian's Buzz Part 1: How often should I train?

Attendance

The question of how much should I train is a question asked by every swimmer and every swimmers parent. The structure and criteria for joining a squad are based on a number of factors; these include attendance, goals and level of ability. The following is a guide that should be followed by all swimmers when looking at the squads.

Squad	Sessions Per Week
Gold	6 (6-7 required)
Silver	5 (5-6 required)
Bronze	4 (4-5 required)
Dolphin	2-3 (Maximum of 4)

The sport of swimming requires one of the strongest commitment levels to training, more than most sports worldwide. Why is swimming such a complex training sport? Because humans were not made to work and perform in water! 30 years ago, there was a trend in swimming to over-train, with the old saying "miles equals medals" being the wisdom of the time. While there is still some merit to the expression, we have learnt to train with more quality and intensity, not just quantity. However, success and reward from swimming still requires a strong commitment. For a child whose main sport is swimming, the recommended number of sessions gives them the opportunity to compete and develop their skill to a high level.

With these recommended number of sessions, we can remain competitive and also avoid early burnout. If started early, a child attending this many sessions in a quality program could expect to achieve Australian Age National qualifying times. The above guideline highlights what is needed for a child to share in some form of success in the sport of swimming.

It is sad to see "little Johnny" who is 10 years old and only training 2 times a week race against 10-year-old children that have been training 4 – 6 times a week for the last few years. When Johnny performs poorly compared to the other children it is not often understood by the child that this is a natural result of lack of training and *not* ability, and unfortunately Johnny often loses self-confidence due to this.

It is important that both parents and swimmers understand that when planning my programs, I plan them as though swimmers will attend every session. Hard work will always be complimented with recovery. Swimmers who do not train every session may miss either hard work or recovery work and therefore will not get the benefits of a complete program.

Eg: "Johnny" trains hard Monday night. Tuesday night is again a hard session. Johnny feels this is too hard for him as he has not had adequate recovery, when in actual fact the program had a recovery session Tuesday morning, which he did not attend.



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To achieve in swimming takes a strong mind, a strong body and clear visions of what you want to achieve. Training frequently and at the intensity the coach asks of you, will start you down the path to success.

I have often said that I cannot make swimmers do something; they need to want to do it, and then do what is asked of them. I can guarantee that swim practices are enjoyable, a challenge and ensure future success should you meet all that is being asked of you during training. The success you receive through competitions will be a direct result of your training. I cannot make you fast if you are not there...

TRAINING EXPECTATIONS

As a swimmer's level of swimming ability increases so does his/her responsibility, and thus the coaching staff's expectations during training increase. The program is designed to encourage all swimmers to be National Swimming bound. As swimmers improve, the commitment required to meet these expectations requires an 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, as the coaching staff expect nothing less.

Swimmers will be required to bring specified training equipment to each workout. (Please see squad sheets for exact requirements.) 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.