



# Discipline Group News Letter

Department of Sports

Volume 1, Issue 1  
September 2008

## “Athlete Centered, Coach Driven, Parent Supported”

### 2008 / 2009 Swim Season

#### Welcome

I would like to take this opportunity to welcome everyone back to the Lions Aquatic Centre for the 2008—2009 swim season. A special welcome also to all our returning swimmers. It is great to have you all back in the pool.

The 2007—2008 Season was a wonderful success with great improvements by all athletes over the course of the season. As a team we also performed very well at both Stingray Swim Club and CIASA international swim meets. Locally a number of swimmers broke a bunch of Stingray and pool records and I would like to thank all the swimmers for putting in the hard work.

After the long break it is now time to get back on track and to prepare for the season that lies ahead. As a group we will start with a two week buildup period which will include a lot of underwater swimming with streamline push-offs, and during the stroke portion of the practices we will focus on setting up technique for the remainder of the season. This is a good time to get your athletes back in the water while the training volume and intensity is relatively low.

From the 22nd of September we will commence with the first phase of our season program called the Endurance Phase. We will start off with roughly 24,000m for the week and gradually build up to a high over the following 5 to 6 weeks.



(Please note this is the maximum for the top swimmers within the Discipline Group and therefore the volume will be adjusted accordingly for the new-comers and younger swimmers, based on their ability).

#### Swimming Equipment

For ideal preparation, athletes need to have the correct training equipment. Please ensure that your children have the required equipment to allow them the best opportunity to develop their skills. Certain items such as the snorkel and paddles will be ordered by the coaches and then sold to you at a reasonable price.

#### Upcoming Events

Sea Swim	September 20th
Cayman Airways Sprint Meet	October (to be announced)
Cayman Swimming Barbeque	October 12th
Pirates Week Swim Meet	November 14th

### Equipment Required for Discipline Group

Mesh Bag (for equipment)

Training Suite

Goggles x 2 pairs

Swim Cap x 2

Fins

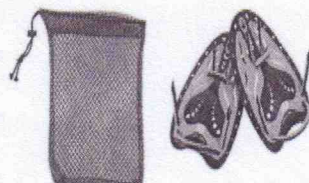
Backstroke Bottle (Empty Gatorade Bottle)

Breaststroke Ball (Tennis Ball)

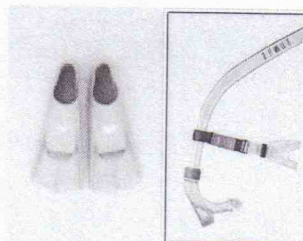
Swimmers Snorkel

Small Hand Paddles

Underwater Writing Slate



Please have all specified equipment by no later than September 24th.



#### Training Times

- Monday 5:45am—7:15am
- Tuesday 4:15pm—6:15pm
- Wednesday 5:45 - 7:15am
- Thursday 4:14pm -6:00pm
- Friday 3:45pm—5:30pm
- Saturday 7:15am—9:15am

Writing Slate

