



Seals Training FAQs

The Seals squad is led by Doug Walmsley – so Doug is your best point of contact if you have questions. You can contact him at Seals@harpendensc.org.uk.

The focus for training in the Seals squads is technique as strong technique is the key to swimming quickly.

Before swimmers progress to Otters we like them to have strong technique in all four strokes including starts and turns.

The **training sessions for Junior Seals** will normally focus on two strokes and at least one type of turn or start. Where possible we will have one coach on each lane with a maximum of eight in a lane though typically fewer.

- The majority of the swims will be 25m with individual feedback given regularly.
- During the hour Junior Seals will typically swim around 750m.
- From session to session, there will be much repetition.
This is essential for developing good technique as swimmers naturally tend to revert to what feels comfortable or what they think makes them swim faster.

Generally, we will put swimmers in lanes based on how long they have been in the squad and the quality of their technique. Swimmers who arrive late will generally swim in the lane with the fewest swimmers.

The decision to ask swimmers to move from Junior to Senior Seals will be based on **technique, not their speed**.

The **training for Senior Seals** builds on that for Junior Seals. The focus is still on improving technique, aiming to make good technique the natural way that the children swim.

- Mostly the sessions will involve 25m and 50m swims with regular individual feedback.
- The number of swimmers per coach is usually greater in Senior Seals.
- We also introduce more challenging swims such as repeated sprints, and distances of up to 400m.
- Senior Seals will often swim over 1,000m in a session.

Progression from Senior Seals to Otters will be based on technique and an assessment of the ability to cope with more physically demanding training sessions.

In both squads we want swimmers to approach training seriously but also to enjoy it.



The most common question we get asked by parents is what their child needs to do to progress. The answer will always centre on improving technique (either particular strokes or, more commonly, starts and turns).

The children who progress most quickly are typically those who;

- Attend regularly
- Listen to the coaches
- Try hard to put into practice what they are being taught
- Focus on swimming correctly rather than quickly

This is a competitive swimming club and therefore it is expected your swimmer will attend regular meets, in particular:

- All Harpenden Swimming Club meets:
 - The Legacy meet Sept / Oct (2 days – 1 weekend)
 - The Last Chance meet (Second Sunday in December)
 - The Frantic 50 meet (the only long course meet, 50m in March)
- All Club Champs

As well as which, HSC enters two leagues a year:-

- Peanuts League (9-12 year old)
 - 3 galas on Saturday evenings, one a month over May – July
- Arena league (all age groups)
 - 3 galas on Saturday evenings, one a month over Oct-Dec

These are TEAM galas.

- Please note it is a recognition from the club your swimmer is selected to represent the club in these galas.
- Please endeavour to attend. Swimmers are expected to stay until the end and cheer on their teammates.
- All clubs have to take in turns to host a league gala – when it is our turn, a number of volunteers are needed, so please volunteer if your child is swimming.
- No telephones or adults are allowed in the changing areas.

Expectation from parents:

- Support your child to attend regular training and attending meets

- Please note it is your responsibility to sign up the meets and not miss the deadlines. Once the deadline has passed, it's usually too late to enter. The club and hosts cannot guarantee to enter late entries and it takes up a lot of everyone's time unnecessarily.



- Please withdraw at the earliest opportunity, again to avoid wasting the meet secretary and host club time. Please note no refund is issued except for those that satisfy the meet conditions of the hosting clubs.
- Support the coaching team if there are areas to be focused on
 - Support the committee in volunteering to take up a role

Committee roles:

All the committee members are volunteers and everyone is doing a job for the good of the swimmers and our club.

Types of roles:-

Parent Coaches

- To assist the coaching team. Online studies will be required

Team Managers

- To police and assist coaches at meets. Online studies will be required

Officials

- To host meets, inc club champs and have representatives at leagues. Online studies (1 hour) are required and then the club will support you in getting the practical criteria signed off

Meet Volunteers (stewards, medals, refreshments, entrance)

- Regular contribution at meets in order to assist the meet director to run the meets smoothly