



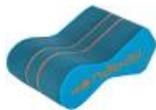
Glossop Amateur Swimming Club Swimmer guide - moving to lengths

Lengths sessions are run as 4 separate lanes, with progress being made through the groups as skills develop. Once the swimmers reach a high level of skill they will be asked to move on to squad sessions.

In order for swimmers to make the most of each lengths session it is essential that they learn and maintain lane swimming discipline. For example, leaving an appropriate gap between themselves and the swimmer in front; not overtaking other swimmers; swimming in a straight line; making space at the end of a set for other swimmers to finish at the wall.

Progression through the groups is based on personal development. However, there may be occasion to move swimmers to different groups on a temporary basis. On these occasions swimmers will be made aware of the reason for the move and that they will be returning to their usual group.

Additional equipment you will need for lengths



Pull buoy: this is a type of float which is used between your legs to balance the lower body, enabling you to focus on your arm technique.



Short swim fins: these are used for training as they allow you to maintain a natural kick action; train for longer at race speed; help with drills as their buoyancy and power will help you to get a better body position.



Kickboard: this will allow you to complete drills targeted at your legs. It isolates them so you can practice your kick stroke; improve your balance; work on your leg strength.



Water bottle: Glossop is a leisure pool and therefore warmer than a specialized training pool, so you get warm training at lengths sessions. It's good to take small drink every few sets to stay hydrated, so you can train well.



Large mesh swimming bag: there's lots of kit to take on poolside. A mesh bag allows things to dry out. It's best to leave your bag of wet things in the bath overnight after training to dry off before putting it away.

Write your name on everything!

The easiest and most cost effective way to get all the required equipment is to take a trip to Decathlon in Stockport. All of the above from their in house NABAIJI range would start from £31.26. Remember to write your name on everything using a permanent marker, as nearly everyone uses the same equipment.

