



BCASC Squad Newsletter: December 2014

Over the past 2 weeks we've had the Glenbrook, Cowra and Forbes Meets with 78% of swimmers doing PB's. Over the next 3 weeks we have the Parkes, Bathurst and Canberra meets and the big two in January, NSW State Age and NSW Country titles in February. Stand out results have come from all swimmers over the last two months of training. Now it's time to ramp this up for the December and January meets. Everyone needs to wear the Bathurst City swim cap at all carnivals. If you don't have one, they can be purchased at training for \$10.

1.0 School Holiday Training

Squad training will continue through the school holidays. This period represents a great opportunity to spend more time improving in the water by reducing resistance, improving technique and propulsive power.

Over the school holidays it's important to get to at least 4-6 sessions per week to build endurance, strength and speed to be race ready for the 2015 swim season. Bronze squad will go for one hour while Silver and Gold Squad will go for an extra half hour in the morning and afternoon.

No Training Days

Thursday 25 December

Friday 26 December

Saturday 27 December

Thursday 1 January





2.0 Squad Times

	Mon	Tues	Wed	Thurs	Frid	Sat
Morning		6-7:30am	6-7:30am	-	6-7:30am	6-7:30am
Afternoon	5-7pm	5-7pm	5-7pm	5-7pm	5-7pm	

3.0 Stroke Correction

Stroke Correction sessions will be every Friday afternoon 5 – 6 pm and Saturday morning 6 – 7:30am focusing on dives, turns, finishes and improving all strokes. It's important you attend these sessions to get a better technique.

4.0 Benefits of Squad Training

Squad training helps build a better person and character. Swimmers develop strong and everlasting friendships. They develop a sense of team spirit, discipline, courage and increased strength. Their brain is being developed when they swim and exercise and they improve their concentration skills. Swimming is recognized as an excellent cardio vascular sport for personal health and fitness. Use of the time clock helps with math when reading the clock, swimmers develop organization skills getting ready for sets and when changing in and out of equipment, they improve health and well being and gain the determination to succeed.

5.0 Squad Fees

To remain a strong squad we need parents to pay squad fees. The cost is \$50 per month for maximum of 4 sessions per week or \$65 for unlimited sessions. Squad fees must be paid in advance and be directly deposited into the **Bathurst City Amateur Swimming Club** account BSB : 062504 A/C No: 00940396. When paying for squad, please provide your surname and brief description i.e. J Bloggs (November Squad).

I need to remind parents that unless squad fees are paid in advance their child wont be permitted to train with the BCASC squad until payment is made and would ask that you look to make good all payments in arrears. Squad fees go toward paying lane hire, insurances and other squad costs.

6.0 Bathurst Carnival

It would be great to have as many squad swimmers as possible enter this carnival. All Bathurst City Swimmers need to come and see me before each race so I can give them some advice and help reduce any anxiety.



Those parents unsure of what food to pack for the day please come and see me. Your child's health and wellbeing is important to me. The only thing swimmers should be having half an hour before their race is Carbohydrate Gel, small drink of water, glucose water, glucose tablet. In between races when they're hungry they should eat some jelly, bananas, grapes, museli bar, protein bar, Gatorade or Powerade. For lunch have a chicken, egg or corn beef sandwich, or a piece of chicken and some salad.

Don't have lollies, coke, orange juice, salty chips, greasy fried food during a meet, save this for after all swims. You want to eat food that is easily metabolized that doesn't sit in your stomach and stop your energy system from providing glycogen when you need it. You must graze between all swims, eating the right food, to keep your fuel tank full.