

## Bluefins 2010-2011 Training Programme

There will be a number of changes to next seasons training programme. Some of these changes have been borne out of necessity following changes to Bluefins allocation of training time at the Aquadrome, and other positive changes are occurring following the success of the programme and also after taking feedback from members at squad information meetings.

Various groups are seeing an increase in training time, notably the Development groups, Young Achievers and the new Age Group squad. This should provide our younger swimmers with the opportunity to develop technical skills at a greater rate, and also get the club as a whole much closer to recognised performance models utilised by the most successful teams in the country.

We are also in a position to be able to provide a more tailored programme higher up the squad structure by introducing two new squads, a new Age Group Squad and a Youth Squad. This enables relevant Age Group (10-13/14 yrs) and Youth Swimmers (14yrs upwards) to train within groups more closely related to their physiological and maturational levels, thus enabling the programme to be more specific to each swimmers developmental needs. This will not only benefit swimmers who are currently placed within this area of the squad structure, but also provide a better pathway for our younger swimmers currently at the initial levels of the structure who have aspirations to reach the very highest levels of the sport.

As previously stated, allocation of Bluefins training time for next season has seen some far reaching changes and inevitably some compromises across all areas of the club have needed to be made. Most notably is a switch to increased morning training sessions. However, the coaching team feel confident that the best possible fit for the club at this time has been reached. Needless to say, the club's committee and coaches are continually looking to improve and develop the programme and its links with other agencies and providers associated with the sport.

Our status within the swimming community as a competitive club to be reckoned with is undoubtedly on the increase, and the changes that we see next season will only strengthen our aim of supporting every swimmer to be the best they can possibly be!

Graeme Thomas  
Head Coach