

ARENA SWIM CLUB

DRINK BOTTLES

(ALWAYS BRING A FULL DRINK BOTTLE TO TRAINING)

Hi there all,

With the responsibility of setting the standards here at the Arena Swim Club I am concerned towards a concept that was being practised in our training teams last season.

The "I do not need to drink during training concept" is not a standard that is taught by any of the coaching staff here at the Arena Swim Club.

Now the coaching staff wants the Arena Swim Club to be the best in Australia and we are mindful that it is a process that will require patience by all of us as we learn that the standards needed to be the best in Australia are high.

From **Tuesday 3/6/03** swimmers in the Arena Swim Club Intermediate, Development, State Age / Open, National Development and National training teams will be excused from their training session if you do not have a full drink bottle at the start of your session. Your health can be affected by the lack of fluid intake, especially in higher intensity sets.

***** Swimmers take note.** Once the coach has called the start of the training session your bottle is to be full. There will not be time to have you running off to fill your bottle, as the other swimmers will have to wait for you before they can start their session.

The idea is for you to have drunk all the fluid in the bottle during and after your session so that you can handle the intensity of each set without having your muscles paying you out. The coaching staff will assist you in this by giving you time to do take fluids in during the sessions.

If there are any ??? regarding the "I do not need to drink during training concept" please see me, I am more than happy to discuss with you the reasons it will not be used here at the Arena Swim Club.

Keep ☺,

Rod Bonsack
Head Swim Coach - Arena Swim Club