

## **Reminder**

### **Swimmers**

For all swimming from Sharkies to Senior Squads the best way to improve is to attend practice as often as possible.

All swimming is based on a progressive programme. If you miss an element it may be that your improvements will be minimised.

Can I also remind all swimmers that their bags and belongings need to be brought out onto the pool side especially at the boys school. No one should be using the back doors; if these doors are not locked properly anyone can wonder into the changing rooms, we do not want this to happen.

### **Parents**

The times published are start times on arrival times.

Over the last few weeks swimmers have been arriving later and later that is not fair to the coaching staff nor the swimmers. Many staff give up their time freely to help teach and coach the children, and it is unfair to disrupt the swimmers who have arrived on time and are already training.

For most of our swimmers, without you they cannot get to swimming, so can I please ask that swimmers arrive with time to do mobility training.

Please remind your swimmer to bring out their bags and not use the backdoor for everyone's safety.

Thank you Carolyn Cowburn  
Head Coach.