



September 2009

Dear Parent / Guardian

Junior Squads log books

Please find attached a log book / starter pack for your child. In the pack you will find:

- Introduction to log books
- Getting the most out of a training session
- Certificates
- Flitwick dolphins fixtures and selection policy
- Being prepared for competitions
- Food for success
- Flexibility and stretching guidance
- 2010 County Qualifying times
- Goal Setting
- Training log (Session)
- Training log (Weekly Summary)
- PB record sheet

The aim of this starter pack is to give swimmers guidance on starting their own swimming log book and setting goals to enable them to progress and achieve as much as they want to in swimming. All the information included should give them ideas for setting goals for their swimming and help them progress and achieve in swimming. Please read all the information enclosed with your child and encourage them to have a go at setting goals and start trying to keep a record of their training sessions, times and achievements. A good idea is put all the information into a ring binder.

The pack includes session log sheets which you should photocopy and encourage your child to write in after every training session, this is not essential but it is a good way to get a swimmer started on recording information. The log book pack can also be found on the Flitwick Dolphins Website. (www.flitwickdolphins.com)

I would like to see each swimmer's log book at least once a month to help them and make sure they are achieving their goals and ensure that as their squad coach I am doing the best for them to achieve their goals and progress. I will not set a date for log books to be brought to sessions as it shouldn't be homework; it is something that a swimmer should want to do to help improve their swimming, so please encourage your child to bring their log book to any Monday sessions where I can make time after the session to go through log books with swimmers and parents.

If you have any questions or would like some more guidance I will be available to chat after the Monday session at Flitwick or before sessions by prior arrangement, or email me becky.gilbertson@flitwickdolphins.com

Good Luck
Becky