

FREQUENTLY ASKED QUESTIONS

What is the importance of consistent training and the benefits of early morning training?

Like most things in life the more you are consistent practising the more accomplished you will become. As far as swimming is concerned consistent training will improve endurance, speed, strength and skill. Morning training allows us to schedule a variety of sessions during the week, accumulate necessary training volumes, allow us to leave some afternoons free where swimmers can study or practice other activities.

How many training sessions should my child do each week?

This depends on age, ability, recovery ability, swimmers desire to achieve at the highest levels. Please refer to the 'The Pathway' and squad coaches will advise the frequency of training.

How do I keep my child motivated to swim?

Positive encouragement, support what they are doing, set training and competition goals via the coach, agree a commitment level with your child and stick to it for an agreed period of time, promote the benefits such as social, health, competition opportunities.

When should my child specialise in a stroke?

Refer to the 'The Pathway – Train to compete stage'. Again this depends on age and ability however, there are always exceptions to this.

What does my child have to do to make it to the top?

It depends on what you consider as the top, the main goal should be self improvement, being the best you can as an individual. To get the best out of yourself you must train consistently, have a desire to improve, a positive attitude and work hard.

What sort of strength training should my child do?

This will depend on age, however, from a young age basic gymnastics and flexibility is an excellent way to improve a child's strength and coordination in addition to athletics and general ball games. In recent years there is much been made of core stability work which can be achieved in a varied number of activities such as pilates and yoga. Specific strength work is not necessary until a child reaches maturation.

Are the coaches and teachers qualified?

All TSS swimming coaches and teachers are professionally qualified (accredited) with Austswim and Australian Swimming Teachers Coaches Association (ASTCA). These are updated when required and the staff are encouraged to further their professional development by attending professional conferences such as the ASCTA Annual Conference.

What is the club doing to enhance the current swimming program?

One of our medium term aims is to develop an indoor learn to swim facility which can cater for learn to swim year round. This would also free the 25m pool for squad training. Offer a varied training program which caters for all ability levels, commitment levels and can cater specifically from sprint to distance events. Purchase further underwater video equipment and an electronic scoreboard which can be used to enhance our swim meets.