



## Swimmers Guide

### Moving to Lengths

Lengths sessions are run at two separate facilities

- Marlborough Leisure Centre – 4 separate lanes
- Marlborough College – 8 separate lanes

Progress will be made from Group 7 (Learn to Swim) through to the academies as skills develop. Once the swimmers reach a high level of skill, they will be asked to move on to squad sessions (Bronze Academy onwards).

Progression through the groups is based on personal development and the criteria can be found within the “Squad Movement” criteria document.

#### Important Information

| Item | Description  |
|------|--|
| 1    | <p>All swimmers must be poolside, changed and ready to swim <b>at least 5 minutes before their session begins</b>.</p> <p>For swimmers who are swimming for longer than 30 minutes, they must be poolside, changed and ready to swim, <b>10 minutes before their session begins</b>. This allows them to complete <b>pre-pool</b> exercises. They will not be able to swim until these have been completed.</p>  |
| 2    | <p>Swimmers will require the following <b>equipment</b>. <b>Please write your swimmers name on everything!</b></p> <ul style="list-style-type: none"><li>• Water Bottle – at least 1 litre, labelled, filled with water from home</li><li>• Pair of goggles (and a spare if possible)</li><li>• Two hats (preferably club if possible)</li><li>• Kick board</li><li>• Pull buoy – Swimmers under 12 should use a 3 band “mini”</li><li>• Fins</li><li>• Mesh bag for kit</li></ul> |

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|---|--|
|   | <p>As your swimmer progresses, they will also need a swim snorkel with purge valve, hand paddles and a resistance band (medium e.g. Theraband red) for pre-pool exercises. The coaches will let you know when these are needed.</p> <p>You may be able to find “pre-loved” kit on our Facebook page (MPASC – The Penguins Exchange). Please ask your coach if you need any advice.</p>                             |
| 3 | <p>In order for swimmers to make the most of each lengths session it is essential that they learn and maintain lane swimming discipline. For example, leaving an appropriate gap between themselves and the swimmer in front; not overtaking other swimmers; swimming in a straight line; making space at the end of a set for other swimmers to finish at the wall. Coaches will teach this and monitor this.</p> |
| 4 | <p>Swimmers are required to complete <b>post-pool</b> exercises. Pre and post pool exercises are key to reducing the risk of injury.</p>   |
| 5 | <p>All swimmers must adhere to the <b>changing room policy</b> and parents must adhere to the <b>U14 policy</b></p>  |

## Marlborough College Facility

| Item | Description   |
|------|---|
| 1    | <p>Parking is available in the Hyde Lane Carpark. This is free after 6pm.</p> <p><b>There is no parking in the College Car Parks.</b></p>   |
| 2    | <p>Please allow time to walk from the Carpark to the swimming pool considering the need to be changed and poolside 10 minutes before your session begins.</p>   |
| 3    | <p>There is a security code on the inner door to enable access to the changing facilities and poolside area. The code will be issued to all session attendees prior to joining and at a regular frequency (please contact the secretary if you do not have this).</p> <p>Please <b>do NOT share the code</b> with or allow people to enter who aren't swimming in / parents at the session.</p> |
| 4    | <p>If your swimmer needs assistance getting changed, please take them to the Health Club Changing rooms (on the right-hand side of the corridor as you enter the corridor)</p> <p><b>Adults must NOT enter the poolside changing rooms as this is a secure / safe space for all Under 18's</b></p>  |

*All policies referenced can be found on the Marlborough Penguins Website*

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