

Report on the London Junior Squad Training Session

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Session Date: Sunday 16th February 2014
Venue: Trinity School, Croydon

On 16th February 2014 I attended the monthly London Regional training session. The meet was going to be a technique based swim session, so I was nervous as I am not particularly confident at swimming and I knew how good the others were from competitions last year.

We arrived at Trinity School in Croydon early Sunday morning, and got changed and waited poolside for our first set of instructions from the coaches. After the warm up, we did some drills and then the filming began. Our swimming was filmed on an iPad and an underwater camera so we could watch our playback from different perspectives. Towards the end we each had a one to one session with Paul, the coach, watching the playback, to correct any errors and he gave us ways we could improve our technique.

After the filming, we had a break to regain our energy levels, and then it was back in the pool. We did some more drills and technique based work. I learnt some new drills to take back to my club, which although were hard work were enjoyable at the same time. This gave me an incentive to keep up with the faster boys in my lane.

Then we got into our wetsuits, and John took us through some formation swimming. This was in a diamond which helps to get into the slipstream of other swimmers. We did a few practices in deep water starts meaning we didn't get a push off. It simulated a mass crowd starting a race, with lots of splashing.

All in all, we were in the pool for nearly 3 hours, but I really enjoyed my first swim session with the Squad. The coaches were really helpful and taught me lots of ways in which to improve, but were encouraging at the same time. I am looking forward to the next squad session and learning useful tips to help me in my second year of Triathlon competition.