

# NWA Expectations: **SENIOR** Runners & Swimmers

**Seniority** has nothing to do with age .. **Seniority** is an **attitude**  
**Senior** athletes will be identified

- **Punctual** attendance at all sessions, complete with all training gear; (if pool sessions) times scheduled are in-the-water times and should be preceded by 10-15 minutes warm-up: Jog / Skip; Stretch.

**Swimmers:** If you are not used to jogging, be assured it is an important part of the program; you will be expected to jog before most sessions.; understand .. why? or ask? Swimmers should wear or have sneakers at **ALL** sessions .. **no bounding allowed without appropriate footwear.** Fins, kickboard, drag suit, paddles, and a pull buoy should be available at all swim sessions. (Also, Pulleys, where appropriate.)

**Runners:** If you are not used to swimming, be assured pool sessions are important part of your training and recovery strategies; most drills can be completed in-the-water; **no bounding allowed without appropriate footwear.**

Runners and swimmers are **expected** to achieve sound agility and co-ordination drills.

**Senior Athletes:** A **Diary** of planned sessions and completed tasks should be kept; the diary will be reviewed at the end of each fortnight/month. (Diary: 5 mins. per day .. it is a record, not a novel) Diary proforma available on request.

An **Athlete Assessment** should be completed of each session:

- ★ I was **above average**; I was happy with the way things went (4 or 5/5)
- 😊 I was **satisfied**; although satisfied I know I can do better (2.5 – 3.5)
- ☹ I was **dissatisfied**; things did not go well;  
I need to make a conscious effort to enhance my performance (0 – 2)



Scoring  
out of  
5



- Various **DVD's** or **CD's** will be provided: these should be reviewed and returned within the time frame indicated.
- **Swimmers: Kick Tests:** will be completed each every week/fortnight .. these may be **F/S** and/or **B/R:** 35m, 50m, 100m, or 200m or 100IM kicks, as will various technique drills.
- Please **carefully maintain** the reward cards, technique cards (tags), and photographs that are distributed. Many items, e.g. Stretching Routines, Circuits, will be laminated. Tags earned can be attached to bags.
- A **personal DVD** or **CD** of your performance and technique will be prepared (for some athletes).

There are **three (3) fundamental features** of your **program**:

1. Training & Skill Acquisition ..
2. Diet ..
3. Rest & Recovery ..



Be **proud** of your involvement with your squad/club .. tags demonstrate your skill acquisition and enhancement; they are personal and specific .. (not mass produced nor available to all)

It is **essential** that each of these elements receives appropriate focus. For example, it is while your body is resting that it grows stronger, i.e. preparing itself to better cope with the challenges ahead.



At **ALL** times your conduct **must** reflect NWA standards. Behavioral expectations will be outlined and rewarded.



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**Technique** can be taught, but  
**ONLY Persistence, Precision and Patience Produce Progression**