

Morning training

- Morning sessions are stated on the criteria for all swimmers and parents to see. These are the mandatory requirements for a swimmer to be within the squad.
- Swimmers have and will be given leeway when in exceptional circumstances and going through exam periods.
- Swimmers are given the opportunity to leave the session early if needed for school or other commitments
- Activities happening at or after 8am should not impact on the attendance of morning training as training finishes at 6:50am and swimmers have the option of leaving early
- With forward planning swimmers should not have to miss mornings as there is an option of three sessions
- Club needs to remain progressive in performance and criteria to ensure a continued upward curve. This needs to be driven by the qualified professional coach, not parents.
- Morning criteria allows the coaching team to clearly see the commitment of swimmers and parents. This also has a direct reflection to past and current performances.
- Morning sessions ensure swimmers are keeping in touch with the Swim England recommended hours in line with LTAD.
- Swimmers accessing Performance and A squad hours need to be utilising the sessions as there are talented, over achieving younger swimmers wanting/needing to progress through the performance pathway.
- Parents and swimmers should not be able to pick and choose which parts of the club criteria and ethos they buy into. This ensures the whole club is driving in the same direction.
- With the possibility of a performance programme being developed though working with circadian we as a club need to ensure we are utilise all the hours given to us and continue to over achieve at a county, regional and national level.

Benefits of morning swimming

1. Teaches discipline.

Discipline and self-control gets a bit of a bad rep in today's world where we are expected to have a shortcut or a supplement for everything. Heeding the alarm in the morning is an opportunity to prove to yourself that your word is worth something. That if you promise yourself you are going to do it, it may as well already be done. It would be an understatement to say this is a valuable life skill

While self-discipline may seem like it's just for those who are uptight and miserable, research has shown that not only are those that exert self-control happier in the long run, they are also happier in the moment. So go forth and be disciplined and a little more satisfied as a result.

2. Encourages better planning and time management.

Planning out the day before, instead of simply being in a reactionary state from the time you wake up, has a couple benefits. With packed bags and prepared meals the primary and obvious benefit is an extra few minutes of sleep the following morning. We all know the things we would do for just a few more minutes of that warm bed. Additionally, I always found that being prepared allowed me a certain peace of mind that helped me fall asleep a little easier at night.

3. It teaches us that to succeed we need to do what others aren't willing to do.

The path to success isn't littered with only the things you want to do. It's things just like this that separates those that excel at meet time with the rest.

It is no accident or secret that when comparing AM and PM workouts that morning practices have the poorest attendance. Swimming as an age grouper the attendance sheets were consistently docked with numerous red X's for each of the early morning workouts. It was a rare moment of triumph for our coaches when absolutely everyone in the group showed up to an AM workout.

For myself, I loved being there knowing others were skipping out. I had no doubt that cross-town and cross-country competitors were doing the exact same thing in their own home pools, and often times that is just the mental edge you need when it comes time to stepping up on the blocks.

4. Serves as a litmus test for how committed we are to our swimming.

Missing morning practice is often emblematic of a swimmer's attitude towards their swimming. The occasional miss is understandable, but a committed athlete is unwilling to allow valuable training opportunities go to waste. Nearly without exception the results of this commitment is reflected in competition.

As a bonus, because early morning sessions tend to attract the committed types, I found the work being done is frequently at a higher level than PM practices when everyone is present.