



# Sutton & Cheam Swimming Club

## Log Book



Name .....

## **How to use your logbook**

This logbook is for you to record your swimming and water polo training; your performance at swimming and water polo competitions; and any other training you may be doing in connection with other sports.

Please do your best to complete the logbook after each session (if you leave it too long, it's always difficult to remember exactly what you did).

Please print out the pages you need and keep them in a loose-leaf file.

At the beginning is a page for you to record your personal information, and a chart to record your height and weight. You don't need to do this every week; probably every 1 or 2 months would be more appropriate.

The next two pages are all about setting yourself goals to help you improve your performance. The coaches will help you with this.

There are also pages for you to record your personal performances in competitions and a monthly training log to record how many how many metres you have swum in training, how many hours you have spent at water polo and any other training you have completed during the month (such as rugby, football, basketball, netball, tennis, dance, trampoline, gymnastics, martial arts, cross-country, athletics etc.).

Any training that you do is valuable for swimming and water polo and we actively encourage all our swimmers and water polo players to become involved in other sports; and to record the time you spend doing them.

**Please include all your training;** it's very important that coaches have a good idea about what extra training you are doing away from the club.

This is very useful as it can sometimes explain why you played so well or why it wasn't as you'd hoped. There is also space for your coach to add comments.

The log provides for 3 months training. For further months, just print off additional copies of the relevant pages from the club website when you need them

There is also a yearly log in which as a minimum, all you need to do is to put a tick on the days you've trained.

The next section contains information about the testing we will introduce you to before you join the Regional Water Polo Training Academy and a testing log to record your performances when we do a testing session (about every 3 months or so). This gives both you and your coaches a good idea as to how much you're improving.

**If you're in any doubt about filling in the logbook, just ask your coaches; they'll be glad to help.**

<b>PERSONAL DETAILS</b>	
Name:	
Address:	
Home tel. no:	
Mobile tel. no:	
Emergency contact details:	
Medical information e.g. Disabilities, allergies, medication etc.	
Date of Birth:	
ASA Registration no:	
Hobbies, other sports:	
School name and address:	



## Why Set Goals?

Goal setting is a very powerful technique that can improve all areas of your life including your swimming performances.

### Goal setting really works!

Goals can:

- give you a target to aim for
- help you concentrate your time and effort
- Increase your motivation
- Provide a plan to take you from where you are to where you want to be
- Improve your performance
- Help you achieve more

By setting **clear goals of your own choosing**, you can measure and take pride in the achievement of those goals. You can also see progress in what might previously have seemed a long pointless grind.

### Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

**Specific** Instead of simply saying *“I want to improve my 100m breast stroke”*, say what you want to improve *about it*, e.g. *“I want to improve my starts and turns”*. This will give you a focus to work on in training.

**Measurable** Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.

**Agreed** Speak to your coaches about the goals you set yourself. They will tell you if they are suitable.

**Realistic** Setting a goal that is too challenging will not help your confidence because you are not likely to achieve it. Try not to make it too difficult. However, it shouldn't be too easy either.

**Time** When do you want to achieve your objectives? Give yourself a deadline to reach your goal, e.g. in 6 months time. You always can change this according to what competitions you have coming up.

<b>PERSONAL GOALS</b>	
<b>Short Term</b> (This year)	
<b>Mid Term</b> (Next year)	
<b>Long Term</b> (In a few years time)	
Date of goal setting exercise	
Signed by Swimmer/Player	
Signed by Coach	

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2
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29	29	29	29	29	29	29	29	29	29	29	29
30	30	30	30	30	30	30	30	30	30	30	30
31	31	31	31	31	31	31	31	31	31	31	31
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Please put a ✓ on the nights you train or use S = Swimming, WP = Water Polo; F = Football G = Gymnastics, D = Dance, R = Rugby etc.







COMPETITION RECORDING LOG					
Date	Meet	Venue SC / LC	Event	Time	Comments

**Comments from coach** .....  
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 .....  
 .....

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Date	Meet	Venue SC / LC	Event	Time	Comments

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**Comments from coach** .....  
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# JUNIOR POLO RECORD of ACHIEVEMENT

NAME .....

Coaches to tick and date when competence achieved

## Swimming

- Swim 200 metres any stroke, non-stop
- Head up freestyle (water polo freestyle), 20 metres
- Upright backstroke (water polo backstroke), 20 metres
- Switching from head up freestyle to upright backstroke to head up freestyle, 20 metres
- Sculling right/left & forwards/backwards
- Spider Front Crawl

## Egg Beater Kick

- Deemed to be completed correctly if good technique has been utilised and the head stays above water level at all times.
- Egg beater kick - using both arms and legs while maintaining the body in a vertical position, 5 minutes
- Legs, one arms holding ball aloft preferred hand with the body in a vertical position, 20 seconds
- Legs only, arms extended over the head (vertical with straight elbows) with the body in a vertical position, 20 seconds
- Using both arms and legs while maintaining the body in a horizontal position, 20 seconds

## Movement Skills

- Jump and recover - armpits must be clear of the water with the arms raised to an extended & vertical position over the head (clap optional). The head is to remain out of the water at all times, 5 consecutive within 15 sec's
- Deep water swimming start and stop on whistle
- Deep water swimming changing direction 90° on whistle
- Travel 2 metres forwards, backwards and to both sides while facing the same direction and holding a ball in the air at all times

## Ball Skills

- Dribbling: Swim 20 metres with the ball (Size 3 Mini Polo Ball) in a straight line whilst maintaining control; and turn
- Pick up the ball into a strong side-on throwing position, with one hand only,
- from underneath (5 each hand)
  - press and roll (5 each hand)
  - grip and lift (optional)

- Flip the ball quickly from one hand to the other, hands to stay shoulder width apart
- Dry Passing - Pass the ball accurately to a partner (one hand only) - preferred (10 metres) & non-preferred hand (5 metres)
- Wet Passing - Pass the ball accurately to a partner (one hand only) - preferred (10 metres) & non-preferred hand (5 metres)
- Short and Long Passing
- Catch the ball successfully 4 times from 5 attempts (Note: quality of passes to be considered)
- Catch & Pass the ball (Size 3) in one movement, concentrate on shoulder rotation
- Catch & Pass the ball (Size 3) in one movement, exaggerate shoulder rotation
- "Walking" the ball
- Demonstrate a shot at goal with good technique from 4 metres
- Demonstrate a shot at goal from a pass from 4 metres

## TACTICS

- Introduction to tactical play
- Protecting the Ball
- Basic Defensive Play
- Basic Offensive Play
- Introduction to the rules of water polo
- Demonstrate an understanding of Water Polo by participating in a game

Award certificates will be presented to all those players achieving competence in all the above skills, at the Club's annual awards evening.







# Testing

In order to gauge the potential and progressive development of young Water Polo players within the Development and Academy age groups, the 3 areas of Trident Training are to be tested.

## **Swimming**

The T20 test is the base swimming test for Water Polo which simply requires a player to swim for 20 minutes as far as they can. This establishes a benchmark for a player's swimming fitness and allows progressive development to be recognised and monitored

### **1) T20:**

The lead coach for the session will time the 20 minutes, starting and finishing with a long blast of the whistle.

The first player in each lane should start on the whistle, with consequent players starting at 5 second intervals on the whistle, not the pace clock.

At 20 minutes, and on the second whistle, all players stop where they are and remain static so that the distance can be recorded.

### **2) Timed 400m Swim Test**

The 400m swimming test simply requires a player to swim 400m as quickly as they can. This establishes a benchmark for a player's swimming fitness and allows progressive development to be recognised and monitored.

## **Dry Land Testing**

The Academy is the first step for individuals to recognise their ability to change their own training environment. The Academy will introduce rudimentary medicine and Swiss ball work, which will help to improve core stability, fitness and strength. In line with Long Term Athlete Development guidelines, it is envisaged that all athletes in the academy will undertake Swiss ball, core body strength and band work frequently, to complete at least 3 hours of dry land training a week.

### **Why do Fitness tests?**

Fitness tests are invaluable, as by carrying out standardised tests, which are repeated frequently, you can gain a valid estimate of your progress.

If your fitness/ strength does not appear to be improving, you can discuss your training with your coach, so that together you can make adjustments to your training programme and lifestyle to ensure that the training you are doing is beneficial. If on the other hand, the tests indicate that your fitness and strength are improving, you can gain confidence from knowing that you are on the right track with your training.

## **Core Body Strength Test**

If core strength is poor, the torso tends to move unnecessarily during motion, wasting energy; if core strength is good, an athlete can move with high efficiency. You can test your core strength as follows:

Assume the prone 'Plank' position, with full body weight supported only by your forearms and toes. Your body should be absolutely linear as you do this and your pelvis tucked (for proper tucking, tighten your butt muscles so that the bottom of your pelvic girdle moves forward or – in this case – towards the ground):

### **1) Test 1: BASIC (Plank)**

Hold the basic 'plank' position (weight on forearms and toes) for 60 seconds.

### **1b) Test 2: Modified Functional Plank**

1. Assume the prone 'Plank' position' as discribed above.

### **2) Sit Up Test**

1. Start by lying on your back with knees bent, feet together, and heels flat on the floor.
2. A partner holds the feet down.
3. The fingers are locked behind the head or the hands are cupped over the ears.
4. In the up position, you must touch both elbows to both knees and then return to a lying position at which the shoulder blades must touch the ground. This will constitute one sit-up

Score: total number of sit ups in one minute

### **3) Press Up Test**

1. Begin in a press up position, with feet together, back straight and hands shoulder width apart.
2. A partner places a fist on the ground under the chest of the subject.
3. From the up position, the subject lowers himself/herself to the ground until his/her chest touches the partner's fist and then pushes back to the up position.
4. Note: The elbows must lock out in the up position. This will constitute one push-up.

A repetition will not be counted if the protocol is violated.

Score: Total number of press ups in one minute.

