



Dunbar Amateur Swimming Club

A guide to Poolside rota duties

The swimming club has always run with a parent helper on duty for sessions 1 & 2. We do not have enough coaches/regular helpers to cover all 6 lanes in a way that gives all swimmers the attention they deserve. As a parent helper on poolside rota duty, we are not expecting you to be proficient in teaching swimming, but you are enabling the coaches to focus on smaller groups and therefore work with your children to improve their swimming skills. The swimmers love having their parents on poolside, and it's a great chance for you to see how they are progressing and what the children do. Hopefully you will have an enjoyable time too! **There will always be a coach to ask questions of and to assist you throughout the session.**

When you arrive

Please try and arrive 5 mins before the session begins to assist the coaches with setting up the poolside and to go through programme – come to the window end of the pool.

For each session the swimmers are divided into 3 groups;

- Bronze- lanes 1 and 2 nearest the café
- Silver- lanes 3 and 4
- Gold- lanes 5 and 6

The coaches will assign you a lane to work with for the session. This can be the lane your child is in or a different one if you prefer – we do tend to give you the most able lane.

During the session

Each session has a pre-made session plan and is focussed on one of the 4 strokes or individual medley which is a mixture of all 4. The session plan is divided into 4/5 sections as follows:

Warm Up- Loosens the muscles and helps avoid injury, swimmers should know that this is not a race and should be swam at a steady pace.

Sectional- We pick aspects of the stroke such as arms, legs, breathing, starts or turns to work on. **Please do not worry as the coaches will demonstrate this.** This will be a series of drills each designed to isolate and/or improve aspects of the stroke. Each drill is performed and the next one explained to swimmers before they begin.

Main Set- This section is designed to lift the swimmers heart rate to improve stamina. These are generally patterns of 1-4 lengths at a time with an indicated rest period between them. Please encourage swimmers to stick to their rest periods and ask for their best stroke.

Fun/Contrasting Activity- Normally a game or activity using some of the pool equipment such as sinking bricks or hoops. We encourage this to reinforce the fun aspect of swimming.

Swim Down- A warm down to rest the muscles and bring the heart rate down. This is 2-4 lengths which the swimmers will pick what stroke to do. As with the warm up this is a steady pace.

Thank you for helping us on poolside, we hope you enjoy it!