

Swim Wales National Programme - Education and Engagement sessions

The Swim Wales National Squad programme is designed to provide appropriate levels of education and support to performance swimmers as they progress through the sport, helping to develop both the technical and non-technical skills needed for success at international level.

The Covid-19 pandemic has unfortunately affected the running of several planned National Programme training days and competitions, which were scheduled to be held between April and July 2020, and although there is still no possibility of running National Squad pool based sessions at this stage, we feel there is still a great opportunity to engage with National Squad athletes and continue to develop many of the holistic skills that contribute to their development as performance athletes.

Swim Wales are therefore pleased to announce that the following **National Programme Education and Engagement sessions** will run over the coming months. These sessions will be led by the Swim Wales High Performance Coaching Team with support from the Swim Wales / Sport Wales Sports Science team, and squad members will be contacted individually via email with more details over the coming days.

National Skills Academy and National Para Performance Centre athletes

Session title	Date and time
What does performance swimming look like (training demands, environments, etc.)? Encouragement of all round athletic improvement	Saturday 6 th June 10.30am – 12.00pm
Introduction to 'healthy' balanced nutrition and how to manage this in different environments	Saturday 27 th June 12.30am – 14.00pm
Introduction to goal setting. Why is it important? What types of goals are there?	Saturday 18 th July 10.30am – 12.00pm

National Youth Development (1&2) athletes

Session title	Date and time
'Performing' at training – being mentally prepared on a daily basis - linking your current land training regimes to your swimming performance	Saturday 6 th June 10.30am – 12.00pm
Anti-doping rules and advice – UKAD education and supplement safety	Saturday 27 th June 10.30am – 12.00pm
Maintaining health – travel, food hygiene and immunity, stress and wellbeing, Return to training from Covid-19	Saturday 18 th July 10.30am – 12.00pm

National Senior Elite and Elite Development (1&2) athletes

Session title	Date and time
Elite engagement session. A Q&A session to identify needs and concerns. This will help to shape the content of the two sessions to follow.	Saturday 6 th June 12.30pm – 1.30pm
Themes to be identified from engagement session	Saturday 27 th June 12.30pm – 1.30pm
Themes to be identified from engagement session	Saturday 18 th July 12.30am – 1.30pm