BARNET SWIMMING TRAINING SCHEME
SYNCHRO SQUAD

Entrance Criteria Promotion from Synchro Lessons
OR
On approval of the Synchro Coach after a free trial session.

Competitive Synchro swimmers must be extremely fit and completely at home in the water, when tested and compared with other Olympic athletes the results showed that synchro swimmers ranked second only to long distance runners in aerobic capacity and gymnasts in flexibility. They must be strong yet graceful, interested in music sufficiently to be able to choose and interpret pieces of routines and have both stamina and determination. In order to achieve a high level Synchro swimmers must train with speed swimmers for endurance and do separate sessions devoted to working on 'figures', they must also work on land rehearsing routines, completing a flexibility programme and strength training.

Barnet training scheme provides all of the above in a progressive squad system.

GROUP A (National Squad)

Will train a minimum of 3 Synchro sessions per week and 1 speed/endurance session per week. Land training sessions set by the Synchro Coach are expected to be completed at home at least 3 times per week in order to improve core stability and flexibility.

GROUP B

Will be expected to train 2 Synchro sessions per week and 1 speed/endurance session per week. Land training sessions set by the Synchro Coach are expected to be completed at home at least 2 times per week in order to improve core stability and flexibility.

GROUP C

Will be expected to train 1 Synchro session per week. Land training sessions set by the Synchro Coach are expected to be completed at home at least 2 times per week in order to improve core stability and flexibility.

Note: Groups A and B are also required to maintain a training log book to record their own progress and training history. Only Group A (National Squad) members will be invited to join in a team event.

Placement in a group is down to the synchro coach and will depend on commitment and level of achievement.

Coach to Swimmer ratio 1:20