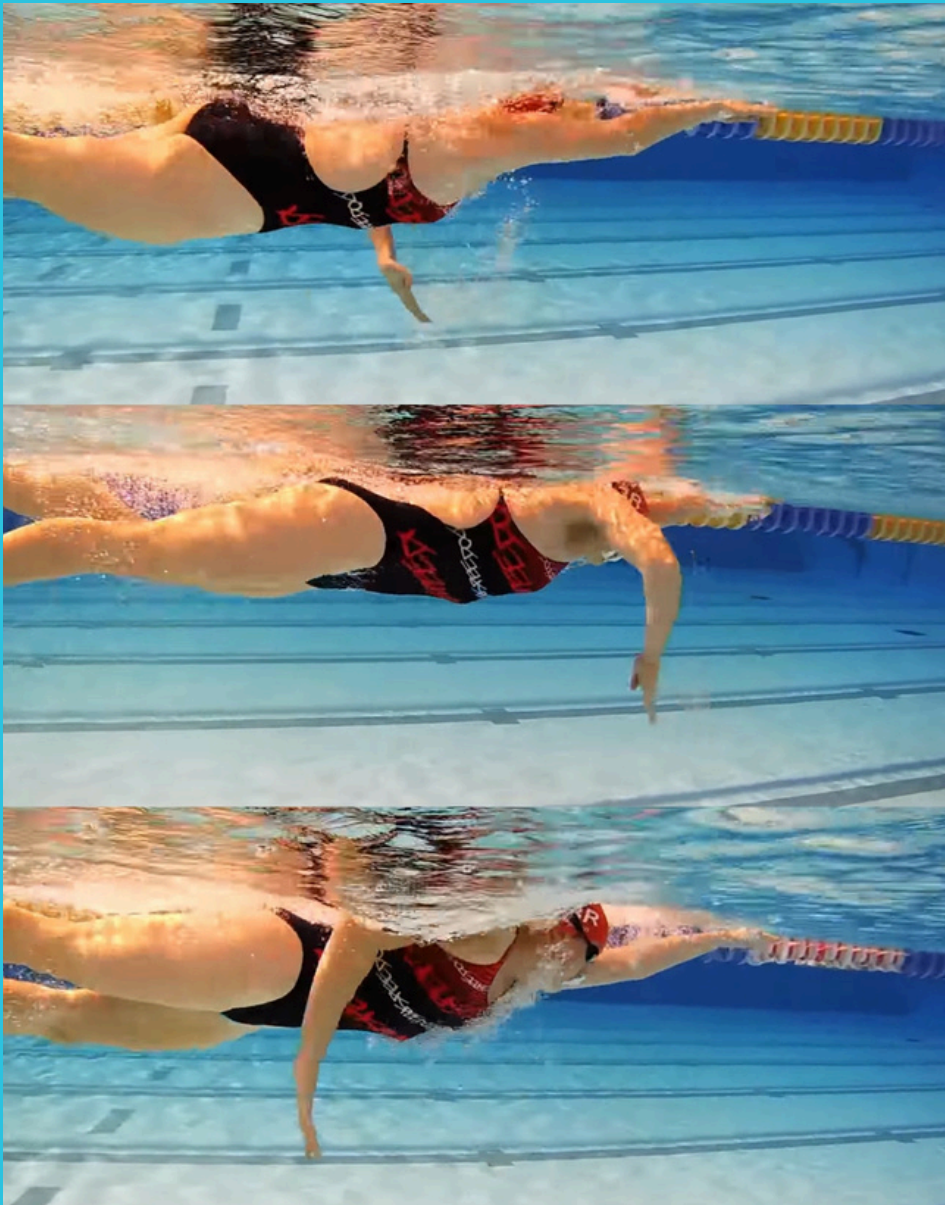




[WWW.WAVECRESTSWIMMING.COM](http://WWW.WAVECRESTSWIMMING.COM)

# SWIM SQUAD HANDBOOK



Prepared by  
Cassandra  
Patten  
Olympic  
Medallist

# WAVECREST

# Introduction

Welcome to WaveCrest Swimming's swim squad handbook.

Having been an International swimmer, I have been coached by the best in the world. Since becoming a coach over a decade ago I aim to bring top level coaching to anyone who wants it.

What are the things I loved the most when I was training was my fellow teammates, I want to make the squad accessible for all, allowing you to confidently dive in to your 1st squad training session is at the forefront of our mind, as we understand the positive impact this has towards reaching your goals.

We hope this detailed handbook contains everything you need to navigate your training journey.



# Where to find the pool



The address is:  
St Hugh's prep school Carswell Manor, Faringdon,  
Oxfordshire SN7 8PT.

The 3 words for the drive to the car park is  
///journals.pavilions.trio

If this is your first time attending, please also watch this short YouTube video which explains where to park and how to access the venue:

[https://youtube.com/shorts/uho8td\\_TeVc?  
si=W0RqA6\\_83qyOuU1R](https://youtube.com/shorts/uho8td_TeVc?si=W0RqA6_83qyOuU1R)

# Arrival & Warm-Up Instructions

Please arrive at 7:15 pm – no earlier.

This is due to the school's safeguarding policy, which does not permit adults in the changing rooms before this time.

You may arrive swim-ready or use the changing rooms from 7:15 pm onwards.

Once you're ready, come straight onto poolside, where I'll lead a dry-side warm-up. There will be different options available – choose whatever is most suitable for your ability.

Follow this link for more information on Warm-ups  
<https://www.wavecrestswimming.com/dry-side-tips>

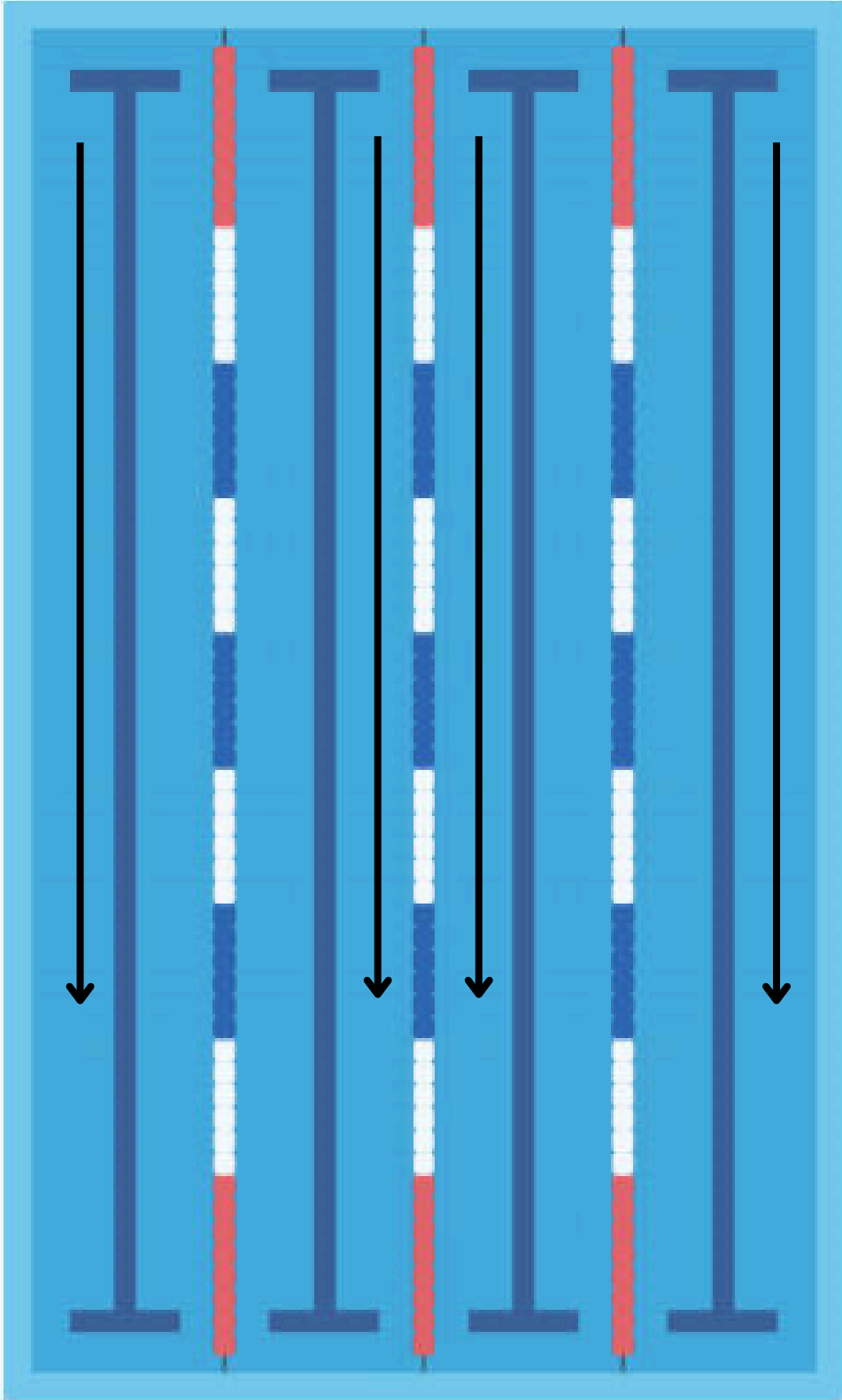


We'll run through the aim of the session, and then look to be in the water for 7:30 pm.

WAVECREST

# Lane etiquette

Deep end



Shallow end

Alternate lanes  
swim clockwise  
and  
anticlockwise

# Getting started

## Week 1 – Technique Reset & Assessment

The first week will focus on technique and a speed assessment.

I will aim to place swimmers of similar speeds in the same lanes.

Please be considerate of each other:  
Let faster swimmers pass.

If you know you're the quicker swimmer, don't hesitate to take the lead.

We're one team, so mutual awareness is key.



Scan for drills we will use

# Session structure

## Session structure:

Pre-pool warm up

## Swim session

Warm-up

Technical elements

Main set

Swimmers on the 60-minute session will get out at their finish time.

Swimmers on the 90-minute session will stay in for an extended main set.

# Video footage

If you would like to be filmed please connect with me in the Onform app by downloading the app from the Apple App Store or the Google Play Store. If you don't have a smart device, please go to <https://app.getonform.com>.

Then sign-in and enter your invite code 3Txoc after tapping '+' on the Home screen of the Onform app or when prompted by the app.

Please make sure that you always use the same sign in method when using Onform on your other devices.

Problems connecting? Contact [support@onform.com](mailto:support@onform.com) and provide the name of the person who invited you, your invite code and a short description of your issue and we're happy to help.

The logo for Onform, featuring the word "onform" in a bold, lowercase, sans-serif font. The letters are black and are set against a solid yellow square background.

# FAQ

## FAQ

### What do I need to bring?

#### Essential:

Swimming costume

Swimming hat (if you have long hair)

Goggles

#### Optional but very helpful:

Comfortable, well-fitting fins — brilliant for drill work

Finger paddles (different from full hand paddles) — great for technique focus

Freestyle snorkel — ideal for isolating head position and improving alignment

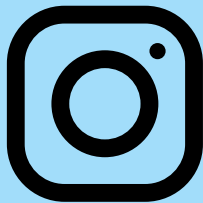


# Finally

I hope this has helped you to better understand Swim Squad.  
If you have any questions please contact WaveCrest swimming and we  
will do our best to assist you.



[www.wavecrestswimming.com](http://www.wavecrestswimming.com)



[@wavecrest\\_swimming](https://www.instagram.com/wavecrest_swimming)

