

Training Information

There are various bits of training information around the site. If you go to the [training page](#) you can find out the squad requirements and in the right sidebar some information on why we ask swimmers to do mobility exercises and stretching and also a training equipment list.

If you go to the [member's area](#), there is information on specific training guidelines or useful documents – look under the Training Information section.

If there are specific details on training that you would like to know, either speak to your Squad Rep or a coach.

Any details on training cancellations/changes/updates will be found on the [home page](#) and will also be updated on [Facebook](#) and [Twitter](#).