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PRESS RELEASE

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MAXWELL SC LAUNCHES TRAINING SUPPORT PROGRAMME

Maxwell Swim Club has recently established a “**Training Support Programme**” to provide support services to its members.

The club has enlisted the help of three professional’s in the area of Physiotherapy and Medicine - **Sue Eddy**; who is a practising Advanced Physiotherapist, **Dr Craig White**, a Sports Physician, who has had vast amounts of experience at the highest level as a Doctor in competitive sports internationally and as a general practitioner locally; and **Faye Chappell**, a physiotherapist who specialises in Paediatric Physiotherapy.

At the heart of this support programme is the age old concept that “prevention is better than cure”. A Maxwell land conditioning programme (for all squads) has been developed to ensure proper warming up before all training sessions and flexibility/stretching exercises following training. This land work, which is progressive a swimmer moves through the squads, allows a swimmer to build up gradually a ‘tool base’ of knowledge: understanding what each exercise is for and the importance of getting the basics/technique right.

There are regular monitoring clinics in both Aylesbury and Buckingham. This gives our professional’s the opportunity to assess specific swimmers who may need screening, basic injury prevention treatment/suggestions and general health check ups or advice on nutrition/health awareness. Alongside this, the squad coaches and particularly the Head Coach also play a vital role in the monitoring and the prevention of injuries.

In summary, the Training Support Programme is designed to prevent problems arising through offering:

- **Injury prevention** work during the majority of land training sessions (in conjunction with the squad coach)
- **Land Training technique improvement** to facility stroke technique improvement (in conjunction with the squad coach)
- **Physiotherapy Screening** (on the Head Coaches recommendation) which will provide swimmers with specific exercises to carry out in order to prevent injuries which are highlighted as a potential risk to the individual swimmer.
- **A Club Doctor** - will offer advice to specific swimmers (always in consultation with their own GP and only after recommendation by the clubs Head Coach).

Although this programme is very much in its embryonic stages, as Maxwell SC develops further and our support staff become settled into their roles the programme will naturally evolve and become a fundamental part of the clubs overall structure. Head Coach Kevin Brooks commented: “I’m very excited by what these developments will bring to our club and by the benefits that the swimmers will reap in terms of their own development, knowledge and injury prevention techniques. This support programme aims to provide expert “prevention” but also expert “rehabilitation” when required.”

Ends

Notes for editors:

Maxwell Swim Club is based in Aylesbury and Buckingham. We are Aylesbury Vale's Performance Swim Team and further information can be found on our website: <http://www.maxwellswimclub.org/>

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