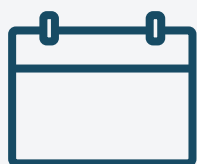


# Preparing for a regular training week

A regular training week may involve early mornings, late finishes, and a non-stop rush from one place to the next. Here are some top tips to help you to support your child to prepare for a regular training week:



## **Support them to plan ahead**

set time aside to map out their week



## **Encourage them to prepare in advance**

by creating a checklist



## **Help them to utilise their support network**

by making a staff member aware of their demands



## **Emphasise communicating well**

by communicating key dates far in advance



## **Summary**

Providing young athletes with the opportunity to practice their time management and organisational skills will benefit them both within their sport and as they transition across different areas of their life.



For further information,  
follow this QR code to  
the SwimWales website

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