



The Dynamo Way

1964-2014



Beth Winkowski
Associate Head Coach
Nick Graves
Age Group Coach



DYNAMO SWIM CLUB

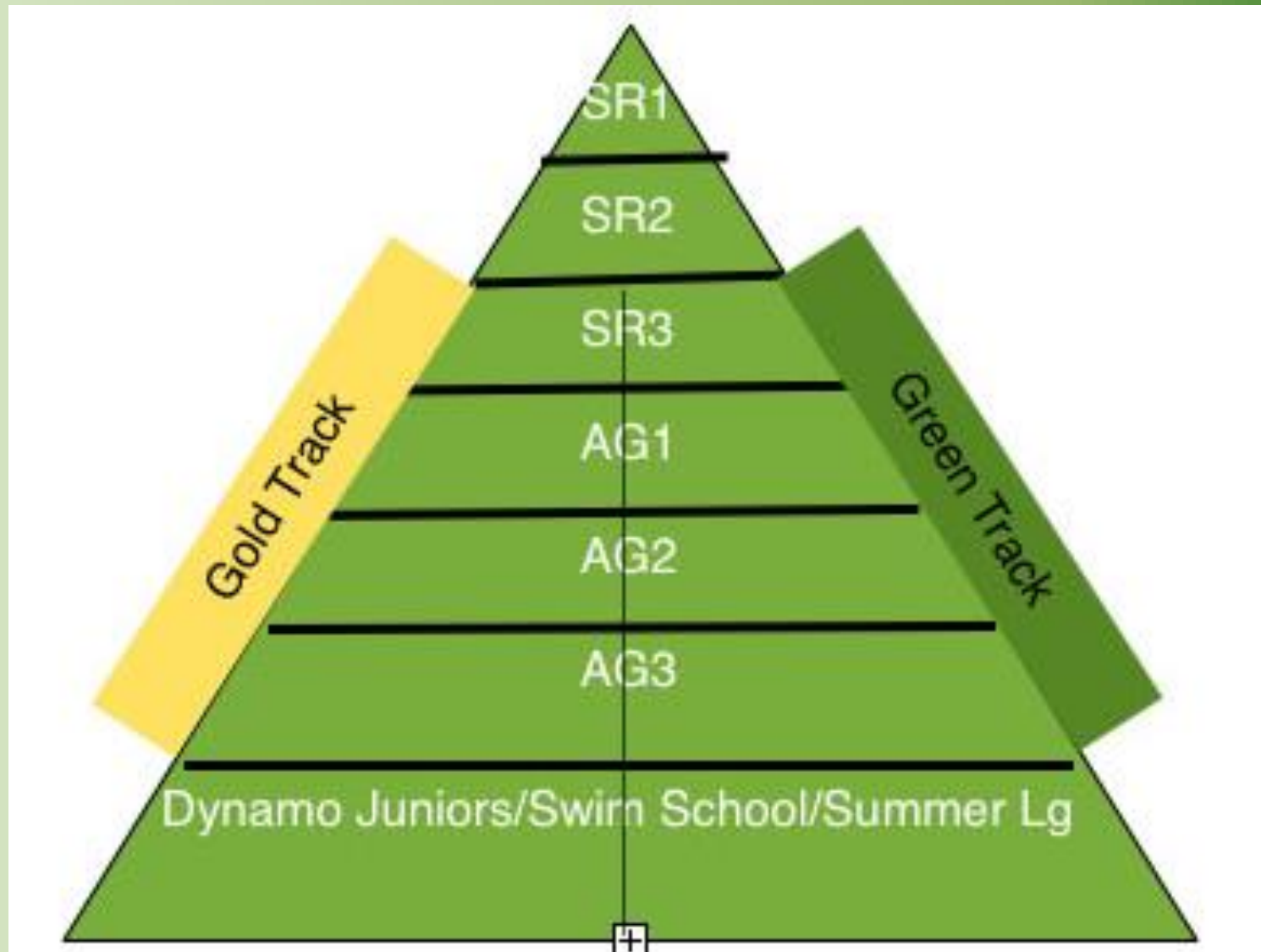


- **Mission Statement**

To Pursue Excellence in Competitive Swimming

- **Vision Statement**

To be the model 18 and under swim club in the country, and therefore the world



TEAM STRUCTURE

Core Values (24 Hour Athlete)

Respect Our Teammates, Our Coaches, Our Tradition, Ourselves

Honor Our sport, and the pursuit of Excellence

Bold Pursue without reservation

Recognize the need to work as a Team

Show Grit and overcome setbacks

Commitment to Growth and Development of all Individuals within Dynamo.

Set high standards, rather than enact rules!



Dynamo Coaching Model

- Teach before they train
- Catch them being good
- Technique, Technique, Technique
- Creativity: Avoid putting a square peg in a round hole



COLLABORATE

Just a few of our many collaborations

- Tom Sweeney
- Jim Montrella
- Russell Mark
- Ross Gerry
- Dan McCarthy
- Vern Gambetta
- Milt Nelms
- Richard Diana
- Dr. Genadijus Sokolavas
- Bob Gillett
- Kathy Mckee
- Bill Boomer
- Camps with other teams
- Borrow Practices / Share Ideas
- Saturday/Sunday Practices
- Iconic Coach Practices
- Mentor Coaches



NAVY camp with SwimMAC

Themes

- “one team”

Coaching

- AM workouts split by age group (13-14/11-12)
- MAC wrote Wednesday workouts/ Dynamo wrote Thursday workouts/ collaborative effort on Friday
- PM workouts split by gender and focused on skills; all led by Navy coaching staff and supported by club coaches



NAVY camp with SwimMAC

Speakers

- Bridget and Coleman Ruiz – college swimming/ warrior mindset
- Haley Scott DeMaria – overcoming adversity
- 5 star Marine general – leadership within a team
- Sports psychologist – fake it until you make it
- Major Antenelli – “plebe summer” dryland
- Yoga



Long Axis Drills

Freestyle Drills

- Rotation Drill
- Kick Board Drill
- Paddle Drill
- Wiffle Ball/ Throw Drill

Backstroke Drills

- Rotation Drill
- Paddle Drill
- L-Drill
- L-Drill (Triple Catch)

Paddle Drill

Backstroke Paddle Drill

Freestyle Paddle Drill

Rotation Drill with and without paddle

L-Drill

L-Drill with triple catch

L-Drill

Wiffle Ball Throw

Short Axis Drills

Butterfly Drills

- Pulse
- Stoneskipper
- Rachel Drill
- Sky Fly

Breastroke Drills

- Head up dolphin kick
- Breastroke swim on kick board

Pulse

Stone Skipper

Stone Skipper (No Snorkel)

Stone Skipper (with Snorkel)

Rachel Drill

Sky Fly

Breastroke with Kick Board

Breastroke: Head up Dolphin Kick

Favorite Sets

- 3 x
 - 800 IM @ 10:45/11:15/11:45/12:15
 - 3 x 100 IM Fast @ 2:00
 - #1 100 Fly/100 Bk/ 100 Br/ 200 Fr/100 Br/ 100 Bk/100 Fly
 - #2 100 Fr/ 100 Br/ 100 Bk/ 200 Fly/ 100 Bk/100Br/100 Fr
 - #3 400 (50 Fly / 50 Bk) / 400 (50 Br/ 50 Fr)

Adapted from coach Allison Beebe

Favorite Sets

- 5 x
 - 400 (50 Fr / 50 IMO) @ 5:05/5:40/6:15
 - 8 x 50
 - 3 @ :50/:55/:60
 - 2 @ :45/:50/:55
 - 1 @ :40/:45/:50
 - 1 Free @ :50/:55/:60
 - 1 @ :35/:40/:55
 - Rd 1 Kick
 - Rd 2 Fly
 - Rd 3 Bk
 - Rd 4 Br (add :05 to every 50)
 - Rd 5 Kick

Favorite Sets

- 4 x 150 Breastroke @ 2:25/2:40/125 @ 2:25
- 1 x 300 Freestlye @ 4:30
- 3 x 150 Breastroke @ 2:15/2:30/125 @ 2:15
- 1 x 300 Freestyle @ 4:30
- 2 x 150 Breastroke @ 2:05/2:20/125 @ 2:05
- 1 x 300 Freestyle @ 4:30
- 1 x 150 Breastroke @ 2:00/2:15/125 @ 2:00

Favorite Sets (SCM)

Kick Set # 1 (borrowed from Beth)

- 10 x
 - 25 Kick @ :40
 - 25 Kick @ :35
 - 25 Kick @ :30
 - 25 Kick @ :25
 - 50 Swim @ :35/:40

Kick Set # 2

- 8 x
 - 50 Fast Kick @ 1:10
 - Be out of breath
 - Climb out
 - 25 Free Dive @:30
 - Monstrous kick
 - 1 Breath
 - 75 Backstroke @ 1:30
 - 6 UW Kicks off each wall

Favorite Sets(SCM)

- 100's @ 2:01 from Bob Steele
 - One of my favorite sets as an athlete as well as a coach
 - Free, Back, or FrIM
 - The interval for the set is 2:01 all the way through
 - Pick a starting goal time: for example I usually start free at 1:25 for the age groupers, their goal time will get 1 second faster each 100
 - If using 1:25 as the starting goal time you will start the set on the :35 so that everyone has to finish before the :60 to make 1:25
 - On the next 100 you will leave on the :36 with a goal time of 1:24 and everyone has to finish before the :60
 - You repeat until you miss
 - You can provide an alternate set for those who miss, or just have them cheer the rest of the group on

Favorite Sets

Chuck Norris 200's Set

- Rd1
 - 16 x 50 @ :45
 - Every 4th one fast
- Rd 2
 - 12 x 50 @ :55
 - Every 3rd one fast
- Rd 3
 - 8 x 50 @ 1:05
 - Evens Fast
- Rd 4
 - 4 x 50 @ 1:15
 - ALL Fast

Dual Meets

<u>Rel</u>	<u>Incl</u>	
1 20	10	
2 16	8	
3 12	6	
4 10	5	
5 8	4	
6 6	3	
7 4	2	
8 2	1	

Green	5 boys 7 girls	Gold
Noah	Events	Jeffrey
Laura	200M	Lindsey
Allie	200FR	Julia S
Joseph	100BK	Caleb
Austin	100BR	Conrad
Matthew	200FL	Josh
Alex	50FR	Daniel
Saras	100FR	Hannah
Drai	200BK	Diana
Isabelle	200BR	Gracie
TVB	500FR	Ashley
Lauren	100FL	Elizabeth
	200M	
	200FR	

11 events
44 swim/km
3x + 1st

Incl - 200M/200FR

20	8	4	
16	7	3	① Liam / Ashley / Abby / Adam / Callie / Andy / Karsen / Lo
12	6	2	② Austin / Alissa / Savannah / Chase / Rachel / Cooper / Ben L
8	5	1	③ Caleb / Lauren / Tristen / Tee / Alicia / Brandon / Ben H / Rachel S
4	3	0	④ Ian / Laine / Hannah / Bill / Grace / Jack / Nora / Abby C
2	2	0	①
1	1	0	②
			③
			④

200M
200FR
100BK
100BR
200FL
50FR
100FR
200BK
200BR
500FR
100FL
200M
200FR