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
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. Genadjus 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
Wiffle Ball Throw
# Short Axis Drills

## Butterfly Drills
- Pulse
- Stoneskipper
- Rachel Drill
- Sky Fly

## Breaststroke 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
Breaststroke with Kick Board
Breaststroke: 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 Freestyle @ 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

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Events:
- 1650m/km
- 3x100m
- 3x100m