

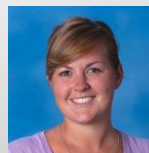
SWIMATLANTA:

WHAT WE DO, AND WHY WE THINK IT HELPS MAKE US SUCCESSFUL.

BY:
MIKE RINDE
AND
ERIN PITMAN

WHO ARE WE...

- MIKE RINDE:
 - HEAD SITE COACH
 - COACHING FOR 8 YEARS
 - 2ND YEAR WITH SWIM ATLANTA
- ERIN PITMAN:
 - HEAD SITE AGE GROUP COACH
 - COACHING FOR 7 YEARS
 - 3RD YEAR WITH SWIM ATLANTA



SWIMATLANTA HAMILTON MILL

- HAMILTON MILL IS 15 MINUTES FROM OUR MAIN SITE (SUGARLOAF). HAMILTON MILL WAS DEVELOPED TO BE AN AGE GROUP FEEDER PROGRAM FOR OUR MAIN SITE.
- AT ROUGHLY AGE 12 AA-AAAA SWIMMERS (ON A CASE BY CASE BASIS) WILL MOVE OVER TO OUR SUGARLOAF SITE TO TRAIN WITH THEIR ELITE AGE GROUP AND SENIOR LEVEL GROUPS.
- HAMILTON MILL HAS ANYWHERE FROM 250-285 SWIMMERS ON THE ROSTER, DEPENDING ON THE TIME OF YEAR.

DEVELOPMENTAL CONCEPTS

- YOUNGER AGES REQUIRE REPETITION AND CONSISTENCY TO BECOME AWARE OF HOW SOMETHING FEELS WHEN CORRECT VERSUS HOW IT FELT DOING IT WRONG
- FIGURING OUT HOW KIDS LEARN BEST, HELPS COACHES BECOME MORE CREATIVE WITH WORKOUTS AND HOW THEY TEACH CERTAIN THINGS
- GETTING EXCITED ABOUT THE KIDS WHO WALK THROUGH OUR DOORS- WE MAKE IT A POINT TO TALK TO EVERY KID EVERY DAY
- TECHNIQUE AND LEARNING HOW TO BECOME A SWIMMER ARE THE FOCAL POINTS OF OUR DEVELOPMENTAL PROGRAMS

AGE GROUP CONCEPTS

- IF IT'S NOT FUN, THEY WON'T STICK AROUND LONG ENOUGH TO DEVELOP INTO GREAT SWIMMERS. SOMETIMES YOU JUST NEED TO PULL EVERYONE OUT OF THE POOL AND PLAY "JU JU ON THAT BEAT", OR WHATEVER THAT RIDICULOUS SONG IS CALLED, AND LET THEM DANCE IT OUT. KID'S WORK SO MUCH HARDER IF THEY ARE HAVING FUN AND BELIEVE IN WHAT THEY ARE DOING.
- THE ATMOSPHERE NEEDS TO START WITH FUN AND DEVELOP INTO BEING COMPETITIVE. EVERY KID IS DIFFERENT AND ALTHOUGH YOU TRAIN TO THE TOP OF A GROUP, SOMETIMES WITH CULTURE AND FUN, YOU HAVE TO CATER TO THE OPPOSITE END.
- AS A COACH, IF YOU ARE INVESTED IN YOUR SWIMMERS AND GET TO KNOW THEM AND CARE ABOUT WHAT IS HAPPENING IN THEIR LIVES, THEY WILL ENJOY SWIMMING FOR YOU, REGARDLESS OF HOW HARD YOU ARE ON THEM.
- WHEN I GIVE A TALK ABOUT NOT MEETING EXPECTATIONS OR KIDS UNDERPERFORMING, I ALWAYS END THE CONVERSATION WITH THE QUESTION "WHY AM I TELLING YOU THESE THINGS?" AND THEIR ANSWER IS ALWAYS "BECAUSE YOU CARE ABOUT ME". WHEN YOU CAN HAVE EVERYONE IN THE GROUP GENUINELY KNOWING THAT AND FEELING THAT WAY, YOU HAVE A MAKINGS OF AN EXTREMELY COMPETITIVE GROUP.

PROGRESSIVE MOVE UP'S

- WE HAVE RECENTLY STARTED DOING PROGRESSIVE MOVE UP'S LETTING A KID SWIM UP A LEVEL ONCE A WEEK AND THEN TWICE A WEEK, ETC. UNTIL THEY ARE READY TO MAKE THE FULL MOVE. AS WE ALL KNOW THERE ARE CERTAIN DAY'S OF THE WEEK THAT ARE LIGHTER THAN OTHERS, AND THOSE ARE THE DAY'S WE HAVE KIDS SWIM UP. THIS ALLOWS FOR A SWIMMER SWIMMING UP TO GET THE ATTENTION AND GUIDANCE THAT THEY NEED DURING THIS TRANSITION.

RED GROUP: AGE 7-10

- ALL NEW SWIMMERS MUST BE ABLE TO SWIM 25YDS UNASSISTED, LEGALLY- IF THEY STOP OR ARE NOT LEGAL, THEY ARE RECOMMENDED FOR OUR LESSON PROGRAM
- LEARNING HOW TO BE A COMPETITIVE SWIMMER AND GEARING AWAY FROM A SUMMER LEAGUE MENTALITY
- SWIMMER OF THE MONTH- RECOGNITION TO THE TOP PERFORMER, LISTENER, TEAMMATE OF THE GROUP
- DRILL: WIDTHS, READY POSITION

WIDTHS, READY POSITION

WIDTHS – GOING UNDER THE LANE ROPES

- STREAMLINES
- PULLOUTS
- OPEN TURNS
- FLIP TURNS

READY POSITION

DOLPHIN KICKING, STARTING ON BACK AND ROTATING TO FRONT

READY POSITION

- FOCUS: STARTING IN A TIGHT STREAMLINE UNDERWATER-ALL STROKES, ALL SWIMMING STARTS IN A STREAMLINE.
- CONCEPT: GETTING SWIMMER USED TO PUSHING OFF WALL IN A STREAMLINE AND UNDERWATER. ALSO GETS THEM TO FOCUS ON HOW OPEN TURNS SHOULD BE AS WELL AS ROTATING FROM BACK TO STOMACH UNDERWATER.
- NOTE: SOME AGES ARE UNCOMFORTABLE PUSHING OFF THE WALL UNDERWATER SO MAKE SURE THEY ARE SINKING BEFORE THEY PUSH OFF.

READY POSITION

- STEP ONE: TWO FEET, TWO HANDS ON THE WALL-FACING FORWARD, BACK TO POOL.
- STEP TWO: ELBOWING INTO SIDE-OPENING UP SHOULDER SLIGHTLY, TWO FEET STILL ON WALL.
- STEP THREE: SINK AND PUSH-OPPOSITE HAND LEAVES WALL AND GOES BEHIND HEAD INTO STREAMLINE AS THEY SINK UNDERWATER AND PUSH OFF WALL.

READY POSITION PUSH-OFF STEP 1



READY POSITION PUSH-OFF STEP 2



READY POSITION PUSH-OFF STEP 3



BLUE GROUP: AGES 7-11

- LARGER VARIETY OF SKILLS THAN RED- THESE KIDS KNOW HOW TO SWIM MORE EFFICIENTLY AND HAVE BEEN ON A TEAM BEFORE.
- LEARNING HOW TO BECOME A GOOD TEAMMATE, HOW TO BE PATIENT AND SLOW DOWN SWIMMING.

FREESTYLE BREATHING WITH STICKS

- USING THE STICKS KEEPS THE KIDS ACCOUNTABLE FOR THEIR ARM AND HEAD POSITION AS WELL AS BECOMING AWARE OF HOW TO USE THEIR WHOLE BODY.
- PROPER INSTRUCTION TO RHYTHMIC BREATHING AND HEAD POSITION IN FREESTYLE.

FLAT BREATHING

- FOCUS: KEEPING HEAD IN NEUTRAL POSITION WITH BODY AND PROPER BREATHING (ONE GOGGLE IN, ONE GOGGLE OUT).
- CONCEPT: LEARNING HOW TO USE THE WHOLE BODY TO INITIATE ROTATION IN ROLLING THEIR BREATHE TO SIDE.
- NOTE: MOST SWIMMERS ARE NOT USED TO LOOKING DOWN AT THE BOTTOM OF THE POOL; THEY WANT TO LOOK AT STICK WHICH TURNS INTO A LIFTING BREATH. DONE ON BOTH RIGHT SIDE AND LEFT SIDE.

FLAT BREATHING



STREAMLINE WITH STICKS

- FOCUS: HEAD POSITION IN A STREAMLINE KEEPING BODY IN A STRAIGHT LINE AND USING KICK TO INITIATE WHOLE BODY INTO STROKE.
- CONCEPT: LEARNING HOW TO STROKE AND BREATHE PROPERLY; HAVING STICK HELPS PREVENT OPPOSITE ARM PULLING BEFORE BREATHE IS COMPLETE.
- NOTE: WE USE KICK NUMBER SO THE KIDS KNOW WHEN TO TAKE THEIR STROKE AND BREATH (I.E, 8KICKS, 1 STROKE).

STREAMLINE WITH STICKS



SUPERMAN CATCHUP WITH STICKS

- FOCUS: KEEPING A LONG FLUID STROKE AND CONSISTENT KICK WITH FINGER TIP ENTRY.
- CONCEPT: BREATHING EVERY 3 STROKES (OR GRABS) KEEPS THE BODY BALANCED – USING THE STICKS GETS RID OF A CROSS BODY STROKE.
- NOTE: MAKE SURE KIDS ARE ALWAYS KICKING – IT IS HARD TO STAY BALANCED IF THEIR BODY POSITION IS SINKING. IT ALSO ENSURES THEIR FEET WILL NOT CROSS.

SUPERMAN CATCHUP WITH STICKS



BRONZE AGES 9-14

- FURTHER INTRODUCTION INTO BEING A COMPETITIVE SWIMMER AND HOW MUCH IS REQUIRED IN THE SPORT.
- LEARNING INTERVAL BASED TRAINING ALONG SIDE CONSISTENT TECHNIQUE TRAINING.
- SLOWING DOWN THE MIND AND FOCUSING ON WHAT THEY ARE DOING TO GET FASTER.
- DRILL- FREE WILLY/SNOW ANGEL FLY

LONG TURN DRILL (LTD)



FREE WILLY/SNOW ANGEL FLY

- FOCUS: GETTING INTO A QUICK BREATH WITH PULL IN FLY STROKE AND STRAIGHT ARM RECOVERY.
- CONCEPT: BEST DONE WITH A FREE KICK TO KEEP BODY STABLE – AS HANDS SEPARATE AND START TO PULL, CHESTS LIFTS FOR BREATHE – AS HANDS START PAST WAIST IN CATCH, HEAD DOWN QUICKLY – ARMS RECOVER ON SURFACE OF WATER, HEAD STILL DOWN.
- NOTE: CHALLENGING FOR YOUNG AGES; NEED TO DO A FEW TIMES TO UNDERSTAND WHAT COACHES ARE LOOKING FOR THEN ADJUSTMENTS ARE MADE.

FREE WILLY/SNOW ANGEL FLY



COACHING THEORY

- SWIMMING IS WHAT I CONSIDER A “LIFE SPORT”. IT REQUIRES LEARNING THE BASIC FUNDAMENTALS AND THE WILLINGNESS TO PROGRESS BUT ALSO ENTAILS DEDICATION, SELF-DISCIPLINE, TIME MANAGEMENT, SOCIAL INTERACTION AND EXTREME PHYSICAL FITNESS. ALL ARE ELEMENTS WHICH ARE VALUABLE TO GROWTH AS AN INDIVIDUAL.

TRAINING THEORY

- THE MAIN FOCUS ON DEVELOPMENTAL SWIMMING IS TECHNIQUE. WHEN TEACHING TECHNIQUE, THE BIGGEST ISSUE IS PATIENCE. THIS IS WHY KIDS NEED TO LEARN TO SLOW DOWN THEIR MINDS. THEIR FOCUS CHANGES WHEN THEY CAN GO SLOW AND BE PATIENT. IT HELPS CREATE THE COACHES ABILITY TO HAVE REPETITION IN TECHNIQUE AND CONSISTENCY AMONG GROUPS. I DO NOT LET MY SWIMMERS PRACTICE SOMETHING THAT IS INCORRECT. IF I GET LAZY IN TEACHING THEM AND CORRECTING THEM, THEY BECOME LAZY SWIMMERS. LAZY SWIMMERS CANNOT GO FAST OR DEVELOP.

DEVELOPMENTAL SEASON PLAN

PHASE 1-

- 8 WEEKS LONG
- ONE WEEK OF EVERY STROKE- BREAKING IT DOWN PIECE BY PIECE SO THE KIDS UNDERSTAND EVERY BIT OF THE STROKE
- MAIN FOCUS FOR YOUNGER AGES IN PROPER STREAMLINES AND HOW TO LEAVE A WALL CORRECTLY- WE WANT RIGHT SWIMMING, NOT WRONG SWIMMING.
- REPETITION- REPEAT ALL THE SMALL, DETAILED DRILLS SO THEY GET USED TO IT
- BRONZE GROUP STARTS 4X50'S FREE KICK ON 1:30 INTERVAL EVERY PRACTICE
- PRACTICE WRITING IN PHASE 1 IS STRICTLY TECHNICAL SO A LOT OF EXPLANATION AND DRILLS ARE DONE. BRONZE ADD'S A LITTLE KICKING ENDURANCE. MOSTLY 25'S/50'S. AT VERY BEGINNING OF YEAR, NEED TO SEE HOW KIDS SWIM AND WHAT THEIR MENTALITY IS.

PHASE 1 PRACTICE EXAMPLE

- RED/BLUE:

4X50 FR

2X50 CHOICE

2X50 FR KICK

WITH STICKS:

2X25 RIGHT SIDE BREATHING

2X25 LEFT SIDE BREATHING

4X25 BKICK-1STROKE

2X25 SUPERMAN CATCH UP-BREATHING EVERY 3 STROKES

DEVELOPMENTAL SEASON PLAN

PHASE 2-

- 6 WEEKS LONG
- WEEKLY GOALS INCLUDE FAST KICKING, WORKING ON UNDERWATERS AND PULLOUTS, AND DRILLS
- INTRODUCTION TO INTERVAL BASED TRAINING- LEARNING HOW TO READ THE CLOCK AND GO OFF OF INTERVALS
- DAILY GOALS INCLUDE ONE DAY WORKING ON A STROKE, STARTS, TURNS, AND FAST KICKING
- WE START DESCENDING OUR 4X50'S FREE KICK INTERVAL :05 FOR BRONZE GROUP EVERY PHASE
- PRACTICE WRITING TURNS INTO FOCUSING ON HOW YOU SWIM IN WARM UP AND BREAKING DOWN STROKE DRILLS SO THE WHOLE STROKE COMES TOGETHER AT END OF PRACTICE. KEEPING MOSTLY 25'S/50'S BUT ALSO GETTING INTO A RACE MENTALITY

PHASE 2 PRACTICE EXAMPLE

- BRONZE:
200 FR WITH FLIPTURNS
100 CHOICE
4X50 FR KICK @1:25

4X25 FR-NO BREATHING OFF WALL @45
4X25 BR-DOUBLE PULLOUTS @45
4X25 BA-STREAMLINE PAST FLAGS @45
4X25 FL-NO BREATHING OFF WALL @45

DEVELOPMENTAL SEASON PLAN

- PHASE 3-
- 7 WEEKS
 - "HOLIDAY TRAINING"
 - WEEKLY FOCUS BACK TO STROKE WITH A MIX OVER THANKSGIVING BREAK
 - INCREASE YARDAGE AND DROP INTERVALS- MAKING SURE THE KIDS WORK HARD BUT DO NOT GET SLOPPY
 - BRONZE GROUP 50'S KICK INTERVAL DROPS TO 1:20

PHASE 3 PRACTICE EXAMPLE

300-200FR/100CHOICE
200 IM DRILL/KICK X 25
4X50 IMO/FR X 25
4X25 VSPRINTS

4X50 FR KICK @1:20

4X25 FLY
1X50 BA KICK
4X25 BA
1X50 BR KICK
4X25 BR
1X50 FL KICK

2X25 OFF THE BLOCK-CHOICE FAST

DEVELOPMENTAL SEASON PLAN

PHASE 4- 6 WEEKS

- WEEKLY GOALS INCLUDE FAST KICKING IN ALL 4 STROKES (FR KICK INTERVAL DROPS TO 1:15), RACING, AND REFINEMENT OF DRILLS IN WARM UP
- INTRODUCTION TO "FOCUS SWIMS"- KIDS DO THEIR CHOICE OF DRILL AND FOCUS ON THEIR QUITE SWIMMING
- DESIGNATED DAYS FOR STARTS AND/OR TURNS

PHASE 4-6 PRACTICE EXAMPLE

2X

2X100 FR FOCUS IS LONG TURN DRILL @2:20

8X25 "FOCUS SWIM" @45

1X50 IM SWITCH @1:10

8X25 HALF STRL KICK/HALF FR SWIM

4X50 6BEAT KICK FR @1:15

4X25 HALF STRL/HALF BA SWIM

1X50 6BEAT KICK FR @1:15

2X25 OFF THE BLOCK -RACING

SILVER GROUP 9-14

- OFFERS MORE ADVANCED YOUNG SWIMMERS THE OPPORTUNITY TO LEARN ADVANCED TRAINING METHODS, IN AN ENVIRONMENT THAT STILL FOCUSES ON IMPROVING TECHNIQUE IN ALL ASPECTS OF THE SPORT.
- THIS IS THE GROUP WHERE ATHLETES WHO LIKE TO SWIM BECOME SWIMMERS.
- SILVER HAS 4 PRACTICE OPTIONS PER WEEK. MAY DO 5 PRACTICES (1 SWIM UP PRACTICE) DURING THEIR TRANSITION TO GOLD.
- DRILL - FINISH DRILL

FINISH DRILL

- FOCUS: WORKS ON TIMING OF THE KICK, PULL, AND ROTATION. VERY FEW BACKSTROKE DRILLS THAT I HAVE COME ACROSS WORK ON THE TIMING OF THE STROKE.
- CONCEPT: BY BREAKING DOWN THE STROKE WHICH IS SO PULL FOCUSED, AND FOCUSING SOLELY ON THE TIMING, IT ALLOWS SWIMMERS TO GET A FEEL FOR HOW THE STROKE TIMING SHOULD FEEL WITHOUT THE CONCENTRATION ON THE PULL.
- NOTE: MAINTAINING GOOD BALANCE THROUGHOUT THE ROTATION MAY TAKE TIME FOR SOME, BUT ONCE THEY GET IT, THEIR STROKE BECOMES SIGNIFICANTLY MORE EFFICIENT. (MAKE SURE THEY KEEP THEIR HEAD STILL)

FINISH DRILL



GOLD GROUP 10-14

- PROVIDES THE OPPORTUNITY FOR THE COMMITTED AND HIGHLY MOTIVATED 10-14 YEAR OLD SWIMMER TO MASTER STROKE TECHNIQUES, TURNS, STARTS AND ADVANCE THEIR TRAINING METHODS TO PREPARE FOR THE HIGH SCHOOL AND SENIOR LEVEL.
- THIS GROUP FEED'S THEIR TOP END INTO OUR MAIN SITE (GENERALLY AROUND 12)
- GOLD HAS 6 PRACTICE OPTIONS PER WEEK. THERE IS ALSO AN AM GROUP BEFORE SCHOOL STARTS WHICH ALLOWS FOR FLEXIBILITY, AND ALLOWS THE KIDS ANOTHER OPTION WHEN THEY WANT TO HAVE A SOCIAL LIFE OR GO TO A SCHOOL FUNCTION.
- DRILL - LONG ARM FINISH DRILL

LONG ARM FINISH DRILL

- FOCUS: IS A PROGRESSION FROM FINISH DRILL, TO FULL STROKE. IT STILL WORKS ON TIMING, BUT NOW YOU CAN FOCUS ON ALL OF THE INTRICACIES OF THE PULL AS WELL.
- CONCEPT: RECOVERING UNDERWATER ALLOWS THE KIDS TO GET A GOOD FEEL FOR WHERE THEY SHOULD SET THEIR CATCH, AND KEEPS THE FOCUS ON THE TIMING OF THE STROKE WHEN ADDING IN THE FULL ARM PULL.
- NOTE: THIS SHOULD BE AN EASY TRANSITION FROM FINISH DRILL. I LIKE TO DO 50'S UP TO 100'S OF LONG ARM FINISH DRILL FOLLOWED BY SOME FOCUSED SWIMMING, TRYING TO MAINTAIN THE TIMING AND PULL TECHNIQUES IN THE FULL STROKE.

LONG ARM FINISH DRILL



DOLPHIN KICK SET

- 4 DRILLS THAT WORK ON WHAT I FEEL ARE THE MOST IMPORTANT PARTS OF AN EFFECTIVE AND EFFICIENT DOLPHIN KICK.
 - 1. HEAD LEAD BODY DOLPHIN: IF A SWIMMER CAN LEARN HOW TO MOVE FORWARD USING ONLY THEIR BODY, WHEN THEY ADD ARMS AND LEGS INTO THE EQUATION, THEY WILL BE MUCH MORE EFFICIENT.
 - 2. FISH KICKS: THERE IS A REASON THAT WHIPS ARE NOT SHORT. IF YOU WANT TO GENERATE A LOT OF POWER, YOU HAVE TO USE THE ENTIRE BODY!
 - 3. COFFIN DRILL: WHY ARE FAST FEET IMPORTANT? JUST LIKE RIDING A BIKE, YOU NEED CONSTANT PRESSURE ON THE WATER (PEDAL) TO CONTINUALLY MOVE FORWARD FASTER. YOU HAVE TO HAVE FAST FEET IN ORDER TO GET YOUR TOES TO THE SURFACE DURING THE DRILL. MAINTAIN THOSE FAST FEET WHEN YOU GET INTO STREAMLINE AND ADD THE BODY FOR A BEAUTIFULLY FAST DOLPHIN KICK.
 - 4: 333 OR 444: COMING OFF THE WALL IN FLY OR FREE A SWIMMER WILL GO FROM THEIR SIDE TO THEIR STOMACH, WHICH THIS DRILL RECREATES AND ALLOWS MULTIPLE OPPORTUNITIES TO WORK ON BREAKOUT TIMING, AND TRANSITION KICKING.

HEAD LEAD BODY DOLPHIN

- FOCUS: LEARN TO FLOW WITH THE WATER AND LEARN TO USE THE WATER TO HELP YOU ACHIEVE YOUR OPTIMAL RESULT (MOVING FORWARD)
- CONCEPT: IF A SWIMMER CAN LEARN HOW TO MOVE FORWARD USING ONLY THEIR BODY, WHEN THEY ADD ARMS AND LEGS INTO THE EQUATION, THEY WILL BE MUCH MORE EFFICIENT.
- NOTE: GETTING THE BREATH IN RHYTHM IS GREAT PRACTICE FOR HAVING A QUICK BREATH IN BREAST AND FLY. NO KICKING (NO THUMPING!)

HEAD LEAD BODY DOLPHIN



FISH KICKS

- FOCUS: LEARN TO FLOW WITH THE WATER AND LEARN TO USE THE WATER TO HELP YOU ACHIEVE YOUR OPTIMAL RESULT (MOVING FORWARD).
- CONCEPT: THERE IS A REASON THAT WHIPS ARE NOT SHORT. IF YOU WANT TO GENERATE A LOT OF POWER, YOU HAVE TO USE THE ENTIRE BODY!
- NOTE: DOLPHIN KICKING ON THE SIDE TENDS TO BE MUCH MORE NATURAL FOR KIDS, AND THEY TEND TO MORE QUICKLY UNDERSTAND THE CONCEPT OF USING THEIR ENTIRE BODY WHEN ON THEIR SIDE.

FISH KICKS



COFFIN DRILL

- FOCUS: KICK WITH BOTH SIDES OF FEET AND LEGS, AND MAINTAIN FOOT SPEED WHEN ADDING THE REST OF THE BODY INTO THE KICK.
- CONCEPT: WHY ARE FAST FEET IMPORTANT? JUST LIKE RIDING A BIKE, YOU NEED CONSTANT PRESSURE ON THE WATER (PEDAL) TO CONTINUALLY MOVE FORWARD FASTER. YOU HAVE TO HAVE FAST FEET IN ORDER TO GET YOUR TOES TO THE SURFACE. MAINTAIN THOSE FAST FEET WHEN YOU GET INTO STREAMLINE FOR A BEAUTIFULLY FAST DOLPHIN KICK.
- NOTE: BY KEEPING THEIR HIPS LOW AND TRYING TO KICK THEIR FEET UP, IT CREATES A SITUATION WHERE THEY HAVE TO KICK FAST WITH BOTH SIDES OF THEIR LEGS AND FEET. AN ADDED BONUS IS THAT IT CAN BE QUITE A GOOD CORE WORKOUT.

COFFIN DRILL



333 OR 444

- FOCUS: KEEPING CONSTANT PRESSURE ON THE WATER THROUGHOUT THEIR ROTATION AND ASCENT TO THE SURFACE. 4 KICKS ON STOMACH, 4 KICKS ON SIDES, 4 KICKS ON STOMACH.
- CONCEPT: COMING OFF THE WALL IN FLY OR FREE A SWIMMER WILL GO FROM THEIR SIDE TO THEIR STOMACH, WHICH THIS DRILL RECREATES AND ALLOWS MULTIPLE OPPORTUNITIES TO WORK ON BREAKOUT TIMING.
- NOTE: A COACH THAT I USED TO WORK FOR TOOK THIS IDEA AND TURNED IT INTO 4444 AND THEN YOU SWIM THE REST OF THE 25 SO THAT THE KIDS CAN WORK ON BREAKOUTS AS WELL AS IT FORCES THEM TO GET IN 12 KICKS OFF EVERY WALL.

333 OR 444



10 KICK BLAST

- I DO 10 KICK BLASTS ALMOST EVERYDAY DURING WARM UP. I FEEL THAT KIDS NEED TO START PRACTICE WITH A MINDSET OF WORKING ON THEIR UNDERWATERS.
- FOCUS: KEEPING CONSTANT PRESSURE ON THE WATER WITH BOTH THE DOWN AND UP KICK.
- CONCEPT: YOU CANNOT GO FROM 4 KICKS OFF THE WALL TO MID POOL UNDERWATERS IN A DAY, AND THIS 'DRILL' ALLOWS YOU TO CONTINUE TO PROGRESS HOW MANY KICKS THEY ARE DOING WHILE KEEPING IT SAFE.
- NOTE: THESE SHOULD BE AT RACE SPEED AND ANYTHING LESS IS UNACCEPTABLE. YOU CAN ALSO HAVE THEM DO THESE STARTING AWAY FROM THE WALL, AND THAT CAN SHOW AND ALLOW THE SWIMMERS TO FEEL ANY DISCREPANCIES WITH THEIR KICKS. THE BASICS OF SWIMMING ARE MAINTAINING MOMENTUM GIVEN TO YOU BY PUSHING OFF THE WALL, BUT IF YOU WANT POWER, YOU NEED TO BE ABLE TO GENERATE YOUR OWN MOMENTUM.

10 KICK BLAST



SENIOR

AT A SENIOR LEVEL I BELIEVE THAT ATHLETES NEED TO DO TWO THINGS:

1. BE AWARE OF THE TIMES THAT THEY ARE SWIMMING, AND UNDERSTAND THAT THOSE TIMES WILL DICTATE THEIR MEET PERFORMANCE.
2. TAKE OWNERSHIP OF THEIR ACTIONS BOTH IN AND OUT OF THE POOL, AND UNDERSTAND THE IMPLICATIONS THAT THEY WILL HAVE ON THEM IN THE FUTURE.

COACHING THEORY FOR SENIOR SWIMMERS

- I COULD HAVE MULTIPLE STOPWATCHES GOING ALL PRACTICE AND BE GIVING OUT TIMES, BUT WHAT AM I TEACHING MY KIDS BY DOING THAT? IF THEY MOVE OR GO OFF TO COLLEGE AND A COACH DOESN'T TELL THEM THEIR TIMES, THEY WON'T HAVE ANY IDEA HOW FAST THEY ARE SWIMMING. THE ATHLETES NEED TO TAKE OWNERSHIP OF THEIR SWIMMING, DON'T GET ME WRONG, I WILL USE STOPWATCHES AND GIVE TIMES, BUT NOT EVERYDAY. I THINK THAT IS REALLY IMPORTANT FOR THE KIDS TO TAKE OWNERSHIP OF THEIR SWIMMING AND GET USED TO TAKING ADVANTAGE OF THE INFORMATION THAT THEY HAVE AVAILABLE TO THEM. THIS IS NOT JUST A SWIMMING THING, BUT THE SAME PRINCIPLE APPLIES TO THE REAL WORLD AS WELL. THEY CAN'T ALWAYS RELY ON OTHERS, ESPECIALLY WHEN IT COMES TO SOMETHING AS INDIVIDUAL AS SWIMMING. IN THE POOL THEY HAVE TO DO THEIR JOB IN ORDER TO SUCCEED, AND IN THE REAL WORLD THE SAME CONCEPT APPLIES.

TRAINING THEORY

- PACE TRAINING IS A LARGE CHUNK OF THE TRAINING THAT WE DO. MY KID'S HAVE PACE SHEETS FOR ALL OF THEIR GOAL TIMES AND THEY HAVE TIMES FROM 25-75'S FOR BOTH 100'S AND 200'S OF STROKES SO I CAN MIX UP THE SET WHILE STILL HITTING PACE. THIS GOES ALONG WITH THE AWARENESS THAT I WAS TALKING ABOUT EARLIER. IF A KID WANTS TO BREAK 1:00 IN AN EVENT, THEY NEED TO BE ABLE TO HIT 14-15'S ON REPEAT 25'S @PACE. IF THEY ARE DOING 50'S OFF THE BLOCK AND DON'T GO UNDER 30, THEY MOST LIKELY WON'T BREAK 1:00 IN A MEET. IN ORDER TO BE SUCCESSFUL, THEY HAVE TO UNDERSTAND WHAT THEY NEED TO DO TO ACHIEVE THEIR GOAL TIMES.
- EXAMPLES: [12.6.16](#), [11.30.16](#), [11.1.16](#).

LEG DAY!!!

- I AM A HUGE BELIEVER IN KICK AND WILL EVEN DO 'LEG DAY' FROM TIME TO TIME AND HAVE A DAY THAT JUST CRUSHES THE LEGS. I MAKE IT FUN BY YELLING POWERLIFTING MEME QUOTES LIKE "YOU CAN'T SPELL LEGENDARY WITHOUT LEG DAY!" AND "LEGS FEED THE WOLF!"
- EXAMPLE: [LEG DAY!!!](#)

SET WRITING

- I LIKE TO DESIGN SETS THAT SIMULATE RACE CONDITIONS AND GET THEM TIRED AND THEN HAVE THEM SPRINT IT OUT. IF MY KIDS CAN GET OUT FAST, AND FINISH STRONG, THEY WILL MOST LIKELY GO FAST!
- YOU CAN'T GO FAST GOING OUT SLOW...
- EXAMPLE [10.26.16](#), [9.29.16](#), [1.27.17](#)

THANK YOU!

COACHES CONTACT INFO:

MIKE RINDE: RINDE.MIKE@GMAIL.COM

ERIN PITMAN: ERIN@SWIMATLANTA.COM