



## Marlin and Dolphin Division

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## Goals of the Marlin Division

- “Fun”damentals
- Natural Improvement
- Parent Education
- Swimmer Education
- Small Team/Family Oriented
- “Communication
  - Coach to Coach
  - Coach to Parent
  - Coach to Swimmer

Group	Practice/Week	Dryland	Swim
Marlin 1	5	15-30 min.	75-90 min.
Marlin 2	4	15 min.	60-75 min.
Marlin 3	3	15 min	45 min.

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## Marlin Division Season Plan

### First half of the season (August to December)

- Cycle 1 – kick/body line
  - Beginning of season to first meet in Oct.
- Cycle 2 – catch
  - Prep for Nov. meet
- Cycle 3 – combo 1 & 2
  - Prep for Dec. meet (mid-season meet)

### Second half of the season (December to March)

- Holiday practices
  - Games/challenges/IMX prep
- Cycle 4 – kick/body line
  - Prep for Jan. meet
- Cycle 5 - catch
  - Prep for Feb. meet
- Cycle 6 – combo 4 & 5
  - Prep for Championship season

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## SKILLS AND DRILLS

### Dryland

They play a lot of games and learn exercise habits which they will continue to use in future divisions. The goal is to keep them interested, active, and in line with the program progression.

#### Program In-Water Basics

Dip & Slip	Ride the escalator	2+4	0+1 or 0+2	BP3
Streamline	Get out like an athlete	Colors (RAGL, YAGL, LAGL, GAGL)		

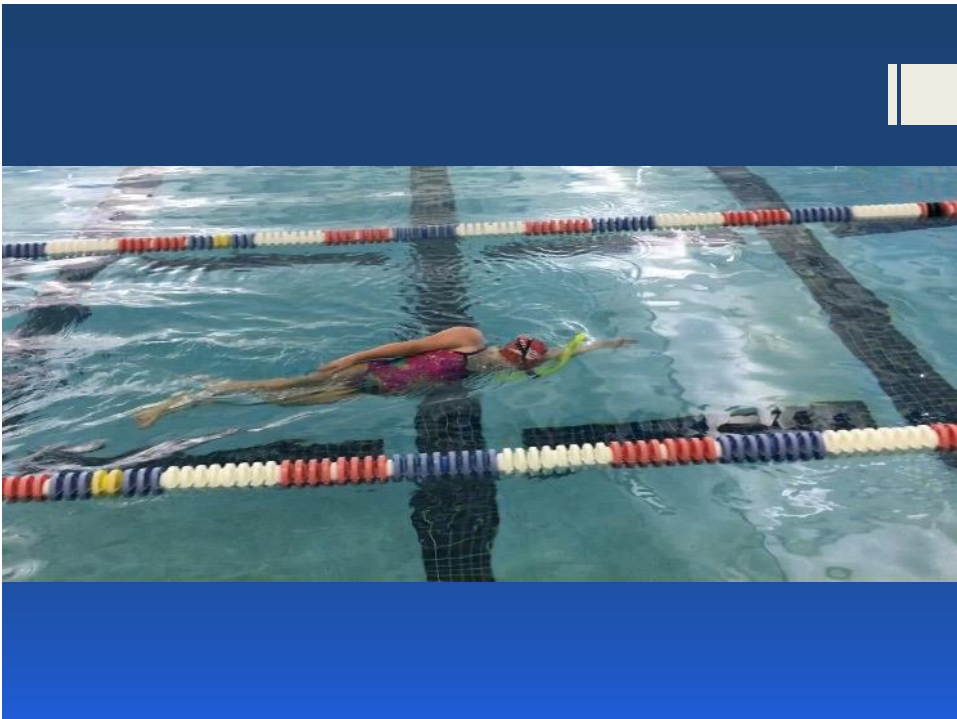
### Kick/Body line– Cycle 1 & 4

- head lead kick (snorkel)
- hand lead kick (snorkel)
- 11 position kick (FR)
- streamline kick
- kick with a board
  - Horizontal with snorkel
- BK kick with cups
- BK kick in canoe position
- BR spoons/tennis balls
- BR I position/Head in the hole
- FL head lead body dolphin
  - Breathe every kick

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# Videos

- Ride the escalator (video)
- Press Out (video)





## Drills/Skills

### Catch - Cycle 2 & 5

- **FL** – shape & grab
  - barrel/dynamite
  - resistance during kick
  - Press out of pool
- **BK** – entry, bend elbow, grab
  - I-Y-T
  - 3 scoop
  - Resistance with partner
  - waterbug/alligator stroke
  - Lane line drill
- **BR** – shape and grab
  - Open the elevator/I-Y
  - Windshield scull
  - ¼ pull
  - rooftop/tabletop
- **FR** – entry and grab
  - 11 pos. CU (stick drill)
  - A-11
  - Rainbow arm
  - Scorpion tail (resisted kick)

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# Videos

- Barrel Dynamite (video)
- 11 position CU (video)
- Rainbow A-11 (video)



## SAMPLE MARLIN 1 PRACTICE (Cycle 1 – BR week – Sept.)

### ▪BR REVIEW FROM YESTERDAY: (10min)

Pullout – always eyes down

1. D&S + Glide
2. DK
3. Pulldown
4. Kick up/sneaky arms

3 x 50 BR swim with proper pullout @1:15

### ▪4 H's - Hands, Head, Hips, Heels: (20min) **BODY LINE**

I Position/Head In The Hole

- |                             |       |  |
|-----------------------------|-------|--|
| 4 x 25 BR kick with snorkel | @1:00 | head lead, get hips/heels together into bodyline |
| 4 x 25 BR swim with snorkel | @1:00 | lift face to breathe with snorkel on             |
| 3 x 50 BR swim no snorkel   | @1:15 | same as above, w/o snorkel                       |

### ▪HEAD POSITION: (20min) **example after 1**

- |                |              |       |   |
|----------------|--------------|-------|---|
| 4 x 25 BR swim | spoons       | @:50  |   |
| 4 x 25 BR swim | tennis balls | @:50  |   |
| 3 x 50 BR swim | no equip.    | @1:15 | <b>Long Necks/No wrinkles/Phantom cup</b> |

### ▪REVIEW SET: (10min)

- |            |       |                        |
|------------|-------|------------------------|
| 3 x 50 BK  | @1:00 | Y Entry/Feet up        |
| 2 x 75 BR  | @1:30 | Pullout/Long neck      |
| 1 x 100 FR | @2:00 | Ride the escalator/BP3 |

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**SAMPLE MARLIN 1 PRACTICE (Cycle 3 – FR week – Nov.)**

- **WARM UP: (25min) all FR** repeat if done incorrectly
  - 4 x 25 2+4, 0+1, BP3 @:45
  - 3 x 25 2+5, 0+1, BP3 @:45
  - 2 x 25 2+6, 0+1, BP3 @:45
  - 1 x 25 2+7, 0+1, BP3 @:45

- **IM PROGRESSION SET: (10min)**
  - 8 x 50 (2 each IMO) all fast FL/BR @1:05 BK/FR @1:00

- **KICK SET: (10min)**
  - 10 x 50 FR kick with board and fins fast @1:00 race the person next to you

\*Bathroom/water break (no more than 4 minutes)

- **DIVE PROGRESSION: (40min)** 1. Safety 2. Focus 3. Build power

**Goal is to go both as high and as far out as possible. Swim FL or FR to other side, hop out like an athlete.**

- 1. Jump - R leg only
- 2. Jump - L leg only
- 3. Jump – both legs
- 4. Jump – tuck jump
- 5. Jump – pike jump
- 6. Dive – tuck dive
- 7. Dive - regular

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## Goals of the Dolphin Division

- Learning to train- water, out of water
- Education on the vision impacted by training
- Teamsmanship
- Swimmer & Parent Education
- Communication
  - Coach to Parent
  - Coach to Swimmer
  - Swimmer to Parent
  - Parent to Swimmer & Coach

Group	Practice/Week	Dryland	Swim
Dolphin 1	6	40 min.	90-105 min.
Dolphin 2	5	30 min.	90-105 min.
Dolphin 3	4	30 min.	90 min.

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### Dolphin Division Season Plan

- Weeks 1-5:
  - Breathing, balance, kicking, team culture, stroke per week, drills per stroke, building workload.
- Weeks 6-10:
  - Begin regular training cycle
  - Emphasizing distance per cycle and skills while training.
  - Prepare for dual meet with Dynamo Swim Club.
- Weeks 11-15:
  - Continue building training capacity.
  - Working on identified errors from the November meet.
  - Prepare for December meet.
- Weeks 16-20:
  - Start adding 11-12 over-distance event sets in practice.
  - Holiday training is challenging but creative; some doubles are added.
  - Prepare for January IMX Meet and January meet.

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### Dolphin Division Season Plan

- Weeks 21-25:
  - Weekly cycle continue and still pushed with the addition of pacing skills.
  - Continue to add in 11-12 over-distance sets as part of week in preparation for end of season meet.
  - Big attention to racing skills- pacing, starts, turns, underwaters, etc.
- Weeks 26-30:
  - Championship season- States, training, training, AG Sectionals, Tarheel
  - Training is still pushed until 1 week prior. Sets and execution very precise.
  - ‘Resting’ phase is the week prior to end of season meet.
- Key areas emphasized season long:
  - Posture, line and balance- shape the vessel, minimizing resistance
  - Distance per cycle- efficiency of movement
  - Underwater body dolphins- fastest option
  - Skills WIN!- the swimmer who slows down the least
  - See it before you do it- power of the mind
  - Training their confidence- new experiences are fearful; help them through that
  - We are in this together!- strength in numbers

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## Dolphin Division Weekly Plan

- Weekly Stroke Cycling:
  - Monday- FLY/bk
  - Tuesday- br/FR
  - Wednesday- im/FR
  - Thursday- fly/BK
  - Friday- BR/fr
  - Saturday- IM/fr
- Daily Stroke Emphasis:
  - Primary stroke- 20+minutes kicking, 15minutes drilling, 30minutes aerobic set
  - Secondary stroke- 15minutes skill, 10 minutes speed
  - MWFS- each day begins with 15m of athletic skill in water
  - TTh- each day begins with 35-40 minutes dryland then straight to first set
  - Yardage reflection is 5000+/- depending on the stroke. Occasionally a 5500-6000 yard practice to understand they can handle that amount.

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## Dolphin Division Weekly Plan

### Regularly Visited Points of Emphasis Each Practice:

- Streamline
- Underwater body dolphin emphasized everyday in some way.
- Kicking in variety of ways. If kicking improves, you get faster.
- Breathing patterns- promotes discipline
- Cycle counting through use of wingspan measurements and tempo trainers
- Teach gear shifting- Red, Yellow, Lime, Green.
- OK to be competitive with each other- helping each other improve
- Attention To Detail is really important
- High Five at the end of a tough set or end of practice- promotes camaraderie

### Dryland:

Specific athletic development with our dryland coach, Eric Lane. Emphasizing of body control, balance, mobility, coordination, strength, teamwork and work capacity. Building blocks before entering 13-14Land. 95% is bodywork exercises. More control than lots of activity. Games, running outside, etc. still included.

- Squats, plank holds, jumping skills, hanging skills, pull-ups, push-up, calisthenics, p90x (modified), core holds/exercises, plenty of leg conditioning

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## Dolphin Division Basic Drills

- Fly:
  - Breathe early- Goggle drill
  - Stay low- Stoneskipper
  - Stay long- Cycle Counting
- Bk:
  - Head Still- Swim/drill with cup balancing
  - Rotate Body- Canoe rotation with cup
  - Keep Kicking- horizontal, vertical (with/without cup)
- Br:
  - Breathe late- Goggle drill or tennis ball
  - Build Arm Pattern- Yellow to the Y, Lime to the middle, Green to the I
  - Narrow kick- Water bottle between legs
- Fr:
  - Breathe on the rotation and return- focus on exhale
  - Patience out front- front quadrant and 'almost catch-up' swimming- 1-2-slide drill
  - Kick driven stroke- learn to 6-beat kick even easily

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## Videos

- Fly- Madeline- goggle drill then stoneskipper.
- Bk- Iris- rotating canoe with cup then bk swim with cup
- Br- Tyler- br with tennis ball
- Fr- Kwame- fr with 1-2-slide drill



## Dolphin Division Stroke Training

- Fly:
  - Short distances- 25's and 50's only unless a one off challenge or with fr/bk mixed in between.
  - Always emphasize FLEO breathing pattern unless for 200fly/400IM- 2up, 1down.
  - Count, count, count- body dolphins and cycles per length. Lane switch 25's if able.
- Bk:
  - 50-200 distances typically but do emphasize shorter 50/100 only to amplify appropriate cycling rate.
  - Always has a body dolphin pattern or creative options for them to choose.
  - Headwhip Turns under all conditions.
- Br:
  - Typically short distances as in fly.
  - At this age emphasize DPC over CR.
  - Count, count, count.
  - Be sure to offer opportunities to up CR as needed to avoid learning of a slow stroke.
- Fr:
  - All distances swum- primarily 50-500, occasionally longer to build confidence with their best skills.
  - BP=3 all the time unless sprint or otherwise instructed.
  - Have to constantly work on 6 beat kick, especially for those lacking the coordination/rhythm.
- IM:
  - Most important event for this group- 200, 100, 400
  - Toughest sets of the week are typically IM
  - Culture of versatility and being open to improvement in all strokes.

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### Fly Set Example:

4X:

8 X 25 FLY LANE SWITCHERS :30 :35

- ROTATE BY 2'S- 4D/3D/2D/1D, 1UP

1 X 250 4:45 5:00

- 25FLY-K, 50BK, 25FLY-S, 50BR, 25FLY-K, 50FR, 25FLY-S

### Bk Set Example:

3X:

4 X 25 BK, CUP SWIMMING :30

\*:30 GET TO MIDPOOL\*

3 X 50 BK, AWESOME TURNS :50

- 4-6 BD BY WALLS

3 X 100 BK, AWESOME TURNS 1:40

- 4-6-8-10 BD BY WALLS

\*:30 BACK TO WALL\*

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## Br Sample Set:

2X:

4 X 50 BR W/ DOUBLE PULLOUTS	:55	1:00
1 X 150 IM, DOUBLE THE BR	2:10	2:20
2 X 100 BR W/ FLIPTURNS	1:50	2:00
1 X 150 IM, DOUBLE THE BR	2:10	2:20
1 X 200 BR, 75-75-50 PACING	3:40	4:00
4 X 25 BR, LOWEST CPL YOU CAN DO	:30	:30

## Fr Sample Set:

8 X 25 FR, BP=3	:30	:30
12 X 50 FR , 4BD OFF TURN	:45	:50
8 X 25 FR, BP=5	:30	:30
6 X 100 FR CRUSH UNDERWATER OFF 75	1:30	1:40
8 X 25 FR, BP=7	:30	:30
3 X 200 FR 150YELLOW/50LIME	3:00	3:20

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## IM Sample Set

4 X 25 IMO	:30	:30	:30
1 X 100 IM	1:25	1:30	1:35
8 X 25 2 EACH IMO	:30	:30	:30
2 X 100 IM	1:25	1:30	1:35
12 X 25 3 EACH IMO	:30	:30	:30
3 X 100 IM	1:25	1:30	1:35
16 X 25 4 EACH IMO	:30	:30	:30
4 X 100 IM	1:25	1:30	1:35

\*\*25's= FRIM ONLY IF NECESSARY

How close can you match you 25 to your 100 cycle count #'s

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