SWIMMING FAST IN-SEASON

...AND THE YEAR ROUND BENEFITS.

MATT DONOVAN
UNIVERSITY OF CONNECTICUT, ASST. COACH
SOMERSET VALLEY (SVY) HEAD COACH 2000-2014
TODAY’S AGENDA:

- Welcome & Introduction
- Racing – Why?
- Practice goals for racing – What?
- Staff Structure to best benefit racing – Who?
- Racing at every meet – When and Where?
- Questions and Wrap-up
COACH MATT DONOVAN

- Head Coach – SVY: 2000-2014 USA Club Excellence
  - 2 x Bronze / 2 x Silver Medal Status
  - 6 x NJ YMCA State Overall Team Champions
  - 2013 LC YMCA Championship Coach of the Meet


- Head Coach – Camp Chase Summer League: 1995 - 1999
GIVE THANKS AND CREDIT WHEN ITS DUE....
WHEN DID FUN BECOME A 4 LETTER WORD???
DAILY PRACTICE STRUCTURE GOALS & IDEAS:

- We always warm up with fins
- Swimmers help plan warm-up
- Coaches ONLY pick practice lane assignments
- Every set should have a race element
- Every practice should have a race element
- Every workout should be focused towards the end of the year meet goals.
PRACTICE IDEAS:

“Train for the TIME not the distance”.

~Coach Dave Salo
CONTROL THE ENVIRONMENT…. 
CHANGE THE ENVIRONMENT.

Get comfortable being 
UNCOMFORTABLE!
PRACTICE IDEAS:

- Test Sets (T-30) vs Named Sets (The Diamond of Doom)
- Odd distances as much as possible (40 x 75)
- Use what you have – get creative (old body suits)
OBSTACLES

- No Diving well?
- Limited Lane Space?
- Never enough time to work on relays?
- Need to keep the sprinters happy?

**Blue Line Sprints!!!!**
STAFF STRUCTURE TO BEST BENEFIT RACING:

KNIGHTS OF THE ROUND TABLE:
KEEP EVERYONE INVOLVED / DEVELOPING TEAM CULTURE:

- Never say “my” swimmer
- Don’t “steal” athletes from your staff
- You can not do it alone
- Keep the swimmers involved (esp alumni)
- External Motivators – High School Coaches are our friends!
RACING AT EVERY MEET – WHEN AND WHERE?

- Build the season around focus meets
- “Non-Focus” Meets???
- Entry Times – To Convert or Not To Convert
- When do we “suit up”?
- The importance of relays
BUILD THE SEASON AROUND FOCUS MEETS

3 Week cycle training
AND
why I don’t use it anymore....
Swimming off events
“The Worst Meet Ever Meet”
HOT HEATS!!!!
ENTRY TIMES – TO CONVERT OR NOT CONVERT

- **Rule #1** – Don’t do it!
- **Rule #2** – When in doubt refer back to Rule #1
WHEN DO WE “SUIT UP”? 

Practice and Non Shave Meets VS Championship Format Meets
THE IMPORTANCE OF RELAYS
QUESTIONS / IDEAS ??
THANK YOU!!!

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Please feel free to reach out to me at anytime with questions or ideas.