
SWIMMING FAST IN-SEASON

...AND THE YEAR ROUND BENEFITS.

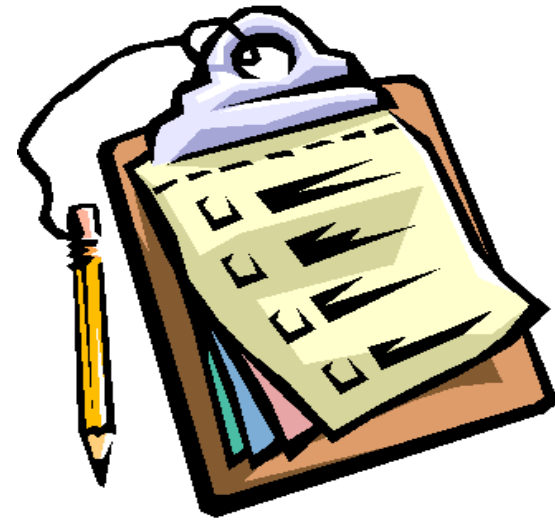
MATT DONOVAN

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



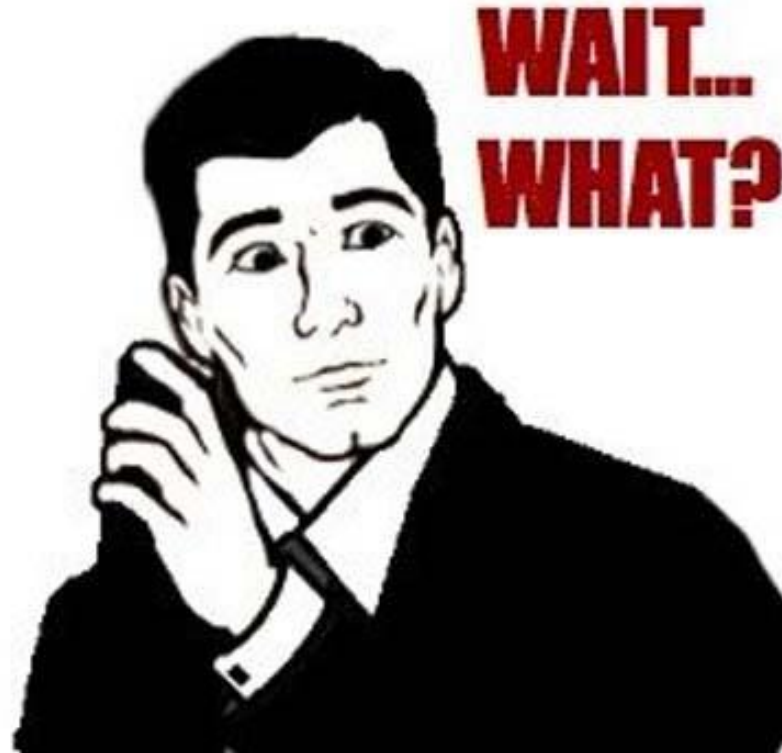
COACH MATT DONOVAN

- Head Coach – SVY: 2000-2014 USA Club Excellence
 - 2 x Bronze / 2 x Silver Medal Status
 - 6 x NJYMCA State Overall Team Champions
 - 2013 LCYMCA Championship Coach of the Meet
- Asst. Coach – University of Connecticut: 2014 – Present
- Asst. Coach – Farmington HS, Conn: 1998-2000
- Head Age Groups Coach – Wheeler YMCA: 1999-2000
- 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!

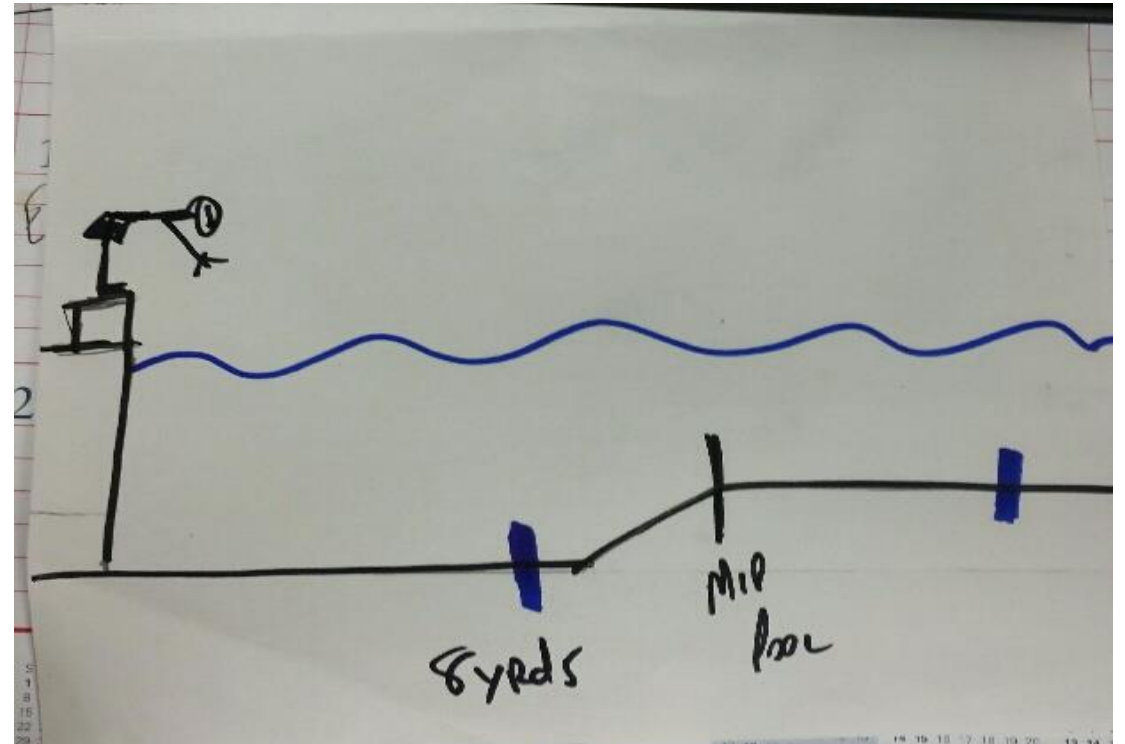


PRACTICE IDEAS:

- 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

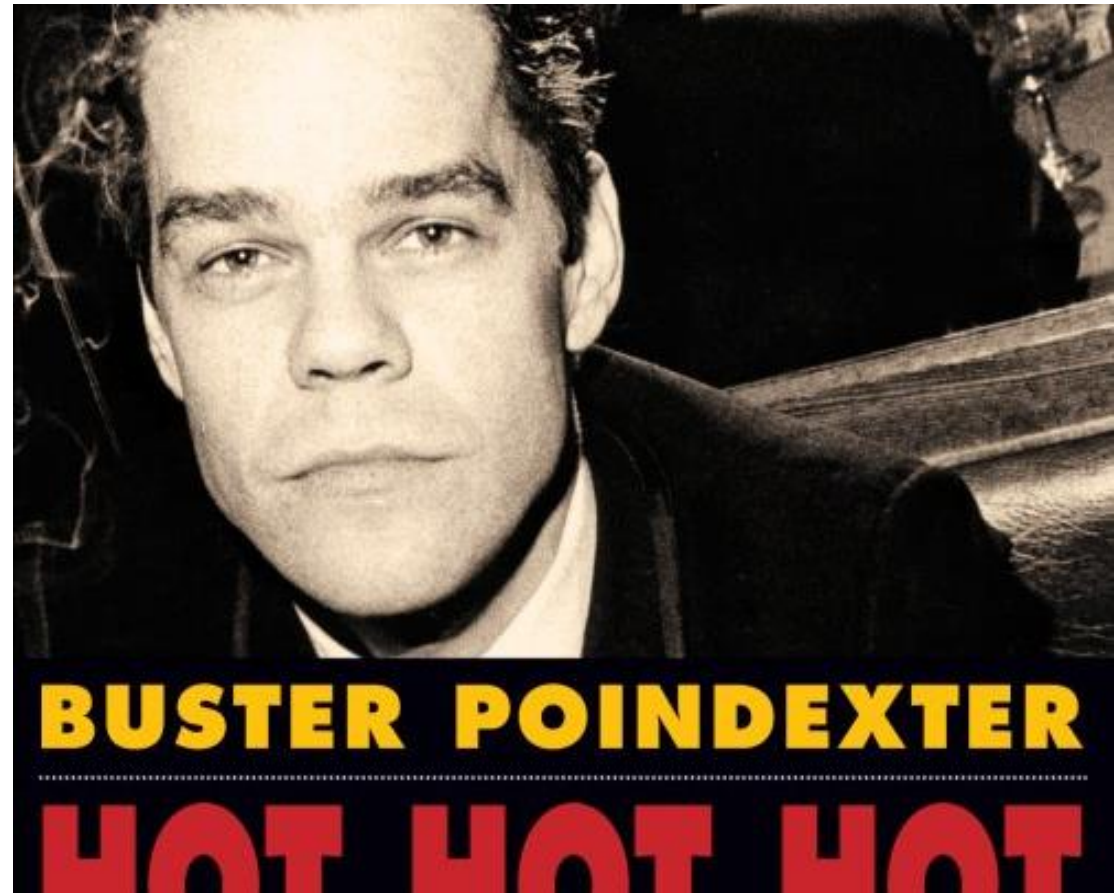
AND

why I don't use it
anymore....



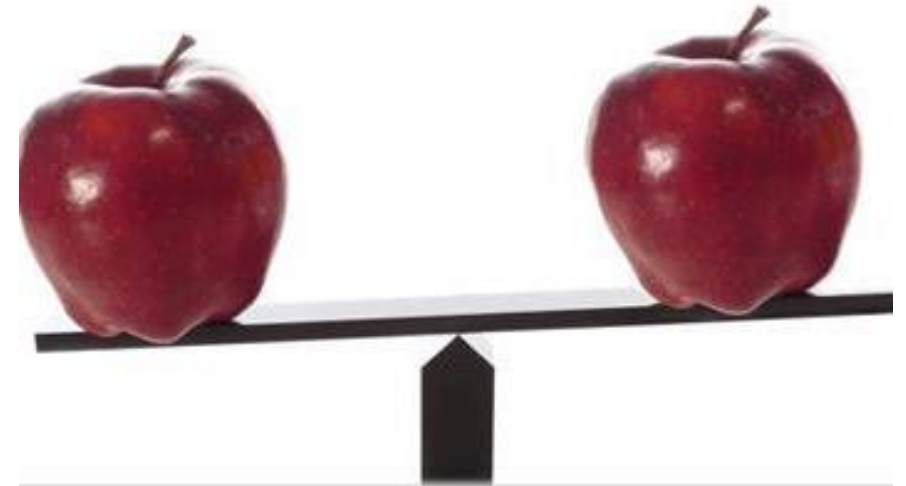
“NON-FOCUS” MEETS???

- 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

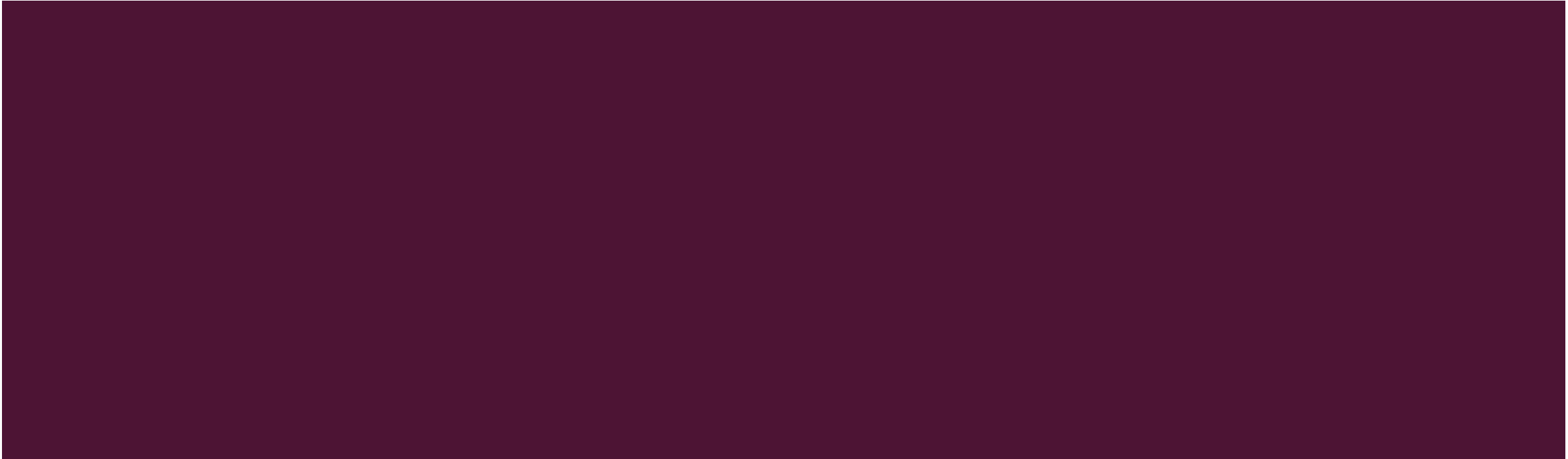
V
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Championship Format
Meets

THE IMPORTANCE OF RELAYS



QUESTIONS / IDEAS ??



THANK YOU!!!

MATT DONOVAN / UCONN Swimming

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