FAVORITE GAMES N’ GIMMICKS
WHY?

- Motivating
- Creative
- Simple
- Challenging
- Distracting
- Engaging
- Attendance
- FUN
“An engaged swimmer is more likely to continue swimming and improve.”
David Marsh – SWIM MAC – Carolina Auburn teams won 12 NCAA Championships.

“Swimmers will leave practice with a smile on their face, anxious to come back for more…”
Bob Groseth – Northwestern University – Director of the College Coaches Assn

“If it’s fun to watch, it’s fun to do! Entertain yourself while coaching.”
Bob Steele – NU – SIU – CSUB

“Swimming with Bob was distracted pain and it was never boring”
Roger VonJouanne – AR 200 Fly -
TRAINING EFFECT

Physiological development from FUN GAMES and DRILLS as it is from structured sets in 13 and unders.

YOU must hook ‘em to keep ‘em!

“Leaders don’t always fit the mold.”

“Step outside your comfort zone”.

Try new things! See what happens!
ORGANIZING

• Create it
• Name it
• Winners and Losers
  • Creating Teams
    (time, height, eyes, boys/girls, grades)
• Rewards
  • Quiet
• Outcome
  • Re-dos
• All Ages and Abilities
Workout Options List

1) LA Freeway

2) 2 vs. 1 P 6x150 (2@75) - 2:15

3) K Phelps 50’s S M F

4) Dice K ___ x 25 – 10 sr
   ___00(__BC)
   ___ x 25 – 40
   P ___ x 50 – 10sr

5) King of the Pool – hear GO!

6) Rock Band/Race Horse 6 x 50 - ?

7) Trivia ___ x 50 – 1:10

8) Old Time Events f/b–plunge–b/uw

9) Wicked Wenden 100? TT

10) GOS 100 x 2 5 of 8

11) IDEALS 12 x 50 – 40

12) Yard Stick Swims

13) 400 IM World Series

14) Ups n’ Down 50’s Crazy Strokes (Hold n’ Go)

15) C Crazy Strokes (Hold n’ Go)

16) Catch UP

17) Details

18) Demo Derby

Rock Band / Race Horse

HORSES

- Steppenwolfer
- Aintworthanickle
- XYZ
- Magic Berti
- Brass Hat
- Mill St Blues
- Bandini
- Stormy Hostage
- Buzzard’s Bay
- Olympic Experience
- Barbaro
- Lil’ Firefly
- Discreet Cat
- Wild Axe
- Hambiltonian
- Surf Cat
- Sharp Humor
- Really Slick
- Man O War
- Flower Alley
- Bushfire
- Dicepherence
- Sacred Light
- Black Cat Sally
- Sunriver
- Link to the Moon
- Splended Blended
- Imamyto
- Seattle Slew
- Harmony River

BANDS

- Coal Kitchen
- Bird Name
- Beatle Stix
- Lynard Skynaard
- Velvet Underground
- Raised on Zenith
• 21) Shortening
• 22) Over and Under Warm-downs/sits
• 23) Up n’Down I.M.’s
• 24) Faster Than You Can Swim set
• 25) Pom Pom
• 26) Animal Ball
• 27) Rocky Road 6x50@2 - 5 x 100 @ 3
• 28) Chase
• 29) King of the Pool
• 30) Waverunner 50’s
• 31) Gators (4 X 25 no breath rest)
• 32) NB/BO Sprint 100
• 33) Relay Run-downs
• 34) Push-up Sprints
• 35) Animal
• 36) Backwards Workout
• 37) Rock, Paper, Scissor Relay
• 38) Leftovers
• 39) Kickboards
• 40) T-shirts
• 41) Bucket O’ Blood
• 42) Kickin’ Steelers

Frisbe Gomez

Longshot Faun Fables
Electric Eel Shock Moxie Motive
Drowning Pool Buzzcocks
Black Mambazo Talkdemonic
Kid Beyond Aceylone
Spazmatic Two Gallants
Pugslee Atomz Rose Hill Drive
Fuzzy Cousin Jadan and Jalock
Gym Class Hero Suffocation
Leftlane Crusin Nouvelle Vague
Starflyer Grazyna Auyisuk
Big Whiskey Shadows Fall
Plastic Crimewave Darlyne Cain
Kill Hannah Beatle Stix
Naked Sunday Two Timin’ Three
Green Machine S.T.Monroe
Steel Train Nyco
ROCK BAND
OR
RACE HORSE?
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<td>Steel Train</td>
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<td>Two Gallants</td>
<td>Talkdemonic</td>
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<td>Kill Hannah</td>
<td>Buzzcocks</td>
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<td>Nouvelle Vague</td>
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<td>S.T.Monroe</td>
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<td>Nyco</td>
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</table>
GAMES
SHARK N’ MINNOW
UNDERWATER HOCKEY
DEMOLITION DERBY
**Water Polo** –
10-U waterwalking belts
Wetball – 2 HANDS – limited rules 10-U
Polo Fest Fridays in APRIL/MAY-family picnics keeps ‘em paying fees, at the pool, AND developing athleticism...

**Volleyball** – over pennants

**Football** – sponge ball

**Baseball** – kickboard – tennis ball
ANIMAL BALL
RELAYS
SHORTENING RELAY
ROCK – PAPER – SCISSORS
CALL IT RELAY
CATCH-UP RELAY
(AUSTRIALIAN)
KICKBOARD RELAY
**T-SHIRT** - Teammates pull shirt over head – onto the next swimmer. Head down, grasp wrists.

**CRAZY STROKES**

<table>
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<tr>
<th>PULL</th>
<th>KICK</th>
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<tr>
<td>FLY</td>
<td>BREAST</td>
</tr>
<tr>
<td>BACK</td>
<td>FLY</td>
</tr>
<tr>
<td>FREE</td>
<td>FLY</td>
</tr>
<tr>
<td>BREAST</td>
<td>FREE ....</td>
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</table>

*(Last swimmer *ALWAYS* does corkscrew)*

**BROKEN RELAY W/SPLITS**

200 FR – stop 25, rest 10 sec, split 50’s. Mixed
INTERVAL TRAINING
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<td>2</td>
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<tr>
<td>3</td>
<td>60</td>
<td>58</td>
<td>62</td>
<td>63</td>
<td>61</td>
<td>59</td>
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</table>

**Total Times:**
- 2:57
- 2:54
- 2:57
- 2:55
- 2:58
- 2:55

**Notes:**
- Racing Across
- Winning Lane
- Personal Best
- Ice Cream Cone
- Predictor Set
- Top Banana
- Team Record
- Record Average on Board
REST N’ GO - last swimmer rests one swim and then leads with each swimmer dropping back one spot. Slow swimmers MUST lead, not slipstream.

LA FREEWAY — last swimmer has 25 yds to pass the first and then jamb the pace for the NEW last swimmer to pass.
Swimmers afraid to race are given a pace. If they fail to hold pace the entire team starts the swim OVER again. Redos and peer pressure work.
TOTAL TIME
6 X 300 RELAY @ 4

① → ② → ③ → ④ → ⑤ → ⑥
300 FREE 300 BACK 300 BREAST 300 IM 300 FLY 300 CORK SCREW
DARTBOARD – WING IT
UPS N’ DOWNS
SPEEDPLAY: 12 X 50 @45
odds get FASTER – evens get SLOWER
DEALER’S CHOICE

- ___00 (3-5-7-9)
- ___ x 100 @ 1:30
- P ___ x 50 (___)@ :45
- K 5 x ___0 @ 10 sr
- ___ x 25 (1) @ 40 (2 dice)
- ___ x 25 @ 25 (___ rate/25)
- K ___ x 50f @ ___0 sr (U/W)
- Start up the ladder if others have not finished going down the ladder.
**LOTTO SET**  - Coach buys 10 Lotto tickets

- 4 x 100 @ 1:30  - 4 tickets to fastest on set
- 3 x 100 @ 1:15  - 3 tickets to fastest on set
- 2 x 100 @ 1:10  - 2 tickets to fastest on set
- 1 x 100        - 1 ticket to fastest

IF ANYONE WINS THE LOTTERY THEY BUY YOU A CORVETTE.

**TEXT SET**  - coach creates a story swimmers text on phone in plastic bag BETWEEN swims on a SR set. First one to send the message to the coach WINS!

**PULSE SEND-OFFS** – Take for 6 sec. every 15 sec. after every swim in set 180+ and go when 120.
HANDICAPPED START — Red seat — Hero - Hairy

<table>
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<tr>
<th>LANE</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<tbody>
<tr>
<td>CLOCK</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>5</td>
<td>8</td>
</tr>
</tbody>
</table>

IDEALS - 10 weeks out from a championship meet 200 do 5 x 50 on the descending S.O. ALWAYS holding desired pace. Hold desired pace every week w/ 5 sec less rest.


KING OF THE HILL — Who can WIN ?# X 50’s descending rest?

**SATURDAY MORNING CIRCUIT**

8 STATIONS @ 15 MINUTES PER STATION

1. Speed Work - Mirrors – Power Rack  
   **FLYERS**
2. Vertical Kicking (ball-belt-jug)or Kick Set  
   **BACKSTROKERS**
3. Pull Set (gear- rebar – BC)  
   **BREASTSTROKERS**
4. 15 m Timed U/W - 5 streamlines  
   **SPRINTERS**
5. Breath Control - set  
   (empty lane on first station)
6. Specificity Training Set – D at start  
   **DISTANCE**
7. Timed Starts or Breakouts or Turns  
   **MID-D**
8. Tubing specialty @ race stroke rate  
   **Overflow**

**GEAR-HEAD CIRCUIT**

Up to 26 stations operated completely by swimmers. They love it.  
Make your own gear cheap or buy it and a DVD at;  
www.gamesgimmickschallenges.com
TYPES OF TIME TRIALS
GET OUT SWIMS

• Wicked Wendens
• Git Out Swim(s) - EOP under Best + 3 (4 of 6)
• Under NTS – Broken at EOP
• Under LTB – Broken at EOP
• Under GT – Broken at EOP
  Broken (10/25) – (10/50) – (5-10-15/50) – (5-10-15/50) – (mid-pool or SPOTS) ...
PRACTICE RECORDS

K 500 - K200 - K 100 - P 500 - P200 - P100 (band)

Sub 60 Club 10 X 100 @ 1:30 (-60)

800 IM - 400 stroke – 3,300 – 1650 stroke

Test Sets

Stroke - 6 x 50 @ 2 – 5 x 100@3

Freestyle - 6 x 250 @ 5 – 20 x 100 @ 1:05

Set standards – any swimmer under the standard places name on Whiteboard Records
KICKING AND PULLING
TUG O' WAR
VERTICAL KICKING

WEIGHT BELT
WEIGHTED BALL -
DIVING BRICK –
PARTNER PUSHING DOWN
WATER JUGS
SPECIAL EVENTS
FIRECRACKER 400

BEST 4:20
SUE 5:20

HANDICAP 1:00 x 5

A/B
400 FLY 5:30
400 BACK 6:00
400 BREAST 6:30
400 FREE 5:00
400 IM 5:30

28:30
- 5:00
23:30

APPLE PIE
<p>| | | |</p>
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<td><strong>WORLD SERIES</strong></td>
<td><strong>400 IM</strong></td>
<td><strong>SUPER BOWL</strong></td>
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<tr>
<td>Home Run</td>
<td>- 4:20</td>
<td>Touchdown - 7</td>
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<tr>
<td>Triple</td>
<td>4:25</td>
<td>Field Goal – 3</td>
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<tr>
<td>Double</td>
<td>4:30</td>
<td>Safety – 2</td>
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<tr>
<td>Single</td>
<td>4:35</td>
<td>Extra Point – 1</td>
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<tr>
<td>Walk</td>
<td>4:40</td>
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<tr>
<td>Out</td>
<td></td>
<td>+</td>
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</table>
OLD TYME EVENTS
150 Fly – Back – Breaststroke
100 fly w/breast (FROG) kick
150 IM
Plunge n’ Glide
Breaststroke – underwater any distance

HALLOWEEN –
Bobb for large apples biting U/W in diving well
Greased Pumpkin OR Watermelon PUSH
<table>
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<tr>
<th>Points/Time</th>
<th>100 Fly</th>
<th>200 Free</th>
<th>50 Free</th>
<th>100 Breast</th>
<th>100 Back</th>
<th>100 Free</th>
<th>500 Free</th>
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<td>100</td>
<td>55</td>
<td>1:49</td>
<td>21</td>
<td>62</td>
<td>55</td>
<td>48</td>
<td>4:50</td>
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<td>90</td>
<td>56</td>
<td>1:51</td>
<td>22</td>
<td>64</td>
<td>56</td>
<td>49</td>
<td>4:55</td>
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<td>80</td>
<td>57</td>
<td>1:53</td>
<td>23</td>
<td>66</td>
<td>57</td>
<td>50</td>
<td>5:00</td>
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<td>58</td>
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BACKWARDS PRACTICE

nwodmraW  RF 002

teskciK  2 @ MI  001 X 4

tes niaM  miws 03:@ MI 001 X 01

tes-erP  hctiws  1 @ 05 X 8

pumraW  eciohC  004  eerF IIA

llirD  004

kcik  004

noegip

pu-naelc
WORKOUT INVITATIONAL

Teams enter summers in sets for points:

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<th>Events</th>
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<tr>
<td>A</td>
<td>7-1: 6x50 @ 2</td>
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<tr>
<td>A</td>
<td>5-1: 5x100 @ 3</td>
</tr>
<tr>
<td>A</td>
<td>7-3: 6x250 @ 5</td>
</tr>
<tr>
<td>A</td>
<td>3-1: 10x200 @ 2:15</td>
</tr>
<tr>
<td>A</td>
<td>28</td>
</tr>
<tr>
<td>B</td>
<td>5-3:</td>
</tr>
<tr>
<td>B</td>
<td>7-3:</td>
</tr>
<tr>
<td>B</td>
<td>5-1:</td>
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<tr>
<td>B</td>
<td>7-5:</td>
</tr>
<tr>
<td>B</td>
<td>36</td>
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SPRINTS

Time 1 swimmer on a 25 - # of 10’s is # to 25’s
Texas 25’s
Rhode Island 25’s
Pennies
Kickboards
Underwater widths
Dice
Relay Run Downs – slow w/2 sec lead over fast
TOTAL TIME RELAYS

\[
\frac{25}{1:25} + 3 = 1:28
\]

\[
\frac{9}{150R @ 2}
\]
ONE BETTER
To find that breaststroker for a medley?
CHASE

3 sec lead
KING/QUEEN OF THE POOL
TURN ELIMINATIONS

Losers
"practice"

Winners
"stay"
SALMON RUN
Lever-Drag Reel $125 Bass-Pro
Trolling Rod w/pulleys Cabela’s
MO/MO

TIMESTONE – in pocket

RATINGS scale – colors on attendance sheet

KICKBOARD - goals

PACE WALK — neon orange glove – hats

EOP – Listener Lifesavers – Bob’s Country Music

HI 5 “HOPE THE NEXT ONE’S HARDER”
TOUR de CHAMPIONSHIP
CELEBRATIONS

5 X CELEBRATIONS @ 60
RECRUITING

YOU CAN LOOK LIKE AND BE WORTH $1,000,000's
JOIN THE SWIMMING TEAM

YOU CAN LOOK LIKE AND BE WORTH $100,000,000's
JOIN THE SWIMMING TEAM
ATTENTION
AND
LEVEL OF EXPECTATION DETERMINES SWIMMER SUCCESS AND YOURS!
“Leaders don’t always fit a mold.”
VAGOTTA VONNIO
Visit www.gamesgimmickschallenges.com FOR GAMES-GIMMICKS-CHALLENGES for Swimming Coaches
The book with over 600 ideas from over 500 coaches – things ALL swimmers love to try
For EVERY coach of EVERY swimmer, EVERYWHERE!

Coaches Clinics
Swimmer Camps
FREE “Idea” Newsletters
Gear-Head Circuit Gear n’ DVD
Coaching Resources – 60+ downloads
a big THANKS for inviting me to WEBINAIR with YA’LL!!!