

Online Clinic – April 6, 2011

Running an Effective Practice with Large Numbers
of Swimmers and a Diverse Group

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- One man's opinions...
- We will need questions to make this work.

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- Setting the stage:
- Correct me if I'm way off
- Six lane; 25 yard pool; 30+ kids at a time

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- Assess the Group:
- They must know the clock.
- If too large for the pool space, some dry, some wet (more later).
- The art of passing- pass to center-keep moving
- Spacing – 10 sec; 5 sec; 2.5 sec

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- If 36 kids in six lanes:
- Six 'fastest' kids in lane 1
- Next six in lane 2, etc.
- Always set workout for 'best' kids.

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- Set for best, adjust from there.
- Sample workout:
 - 6 x 50 (1:00) – 1 = k/s; 1 = s
 - 12 x 100 (2:00) or (2:15) – s/k 3 lines
 - 4 = rotate in 25 fast/choice
 - 4 = rotate in 25 fast kick/choice
 - 4 = rotate in 25 fast NF (non free)

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- Sample Main Sets:
- 9 x 200 free; 3 ea (2:40) – (2:30) – (2:20)
- or (2:50) – (2:40) – (2:30)
- or (3:00) – (2:50) – (2:40)

- Some may do 175's or 150's
- Lanes may go 1 – 3 – 2 by sendoff (ok if 'unbalanced')

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- Sample Main Set:
- 4 x (1 x 200 fr + 3 x 100 fr)
- (2:10) + (1:05)
- or (2:20) + (1:10)
- or (2:30) + (1:15)
- Some could do 150's on the 200
- Can change sendoff and go 100's NF

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- Sample Main Set:
- 5 x 300 IM; odds = descend 1-3-5
- evens = swim w/fins
- Sendoffs (4:30) or (5:00) or (5:30) or (6:00)
- “Good” IM’ers go 75 each stroke
- Non-IM’ers go 100 IM’s (or IM/fr)

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- Sample Main Set:
- 18 x 100; 4 = 'stroke'; 2 = recov/tech
- Lane 1 – (1:10) fr and/or bk
- Lane 2 – (1:15) fly or fl/fr
- Lane 3-4 – (1:20) IM or mix
- Lane 5-6 - (1:25) breast or br/fr

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- Pull set:
- 6 x 150 fr (or mix) DPS
- on (2:30) or (3:00) or (3:15)
- Kick 18 x 50 (1:00): 1-e/f; 1-f/e; 1-all fast

Warm down – 8 x 50 D/S (1:00) or (1:10)

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- Considerations:
- How many different lanes/sendoffs can you watch EFFECTIVELY?
- Much harder to 'fine tune' sendoffs with widely mixed ability levels

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- Adjustments:
- Different stroke mix – if NF set; stronger do all NF, weaker do NF/fr
- Different equipment mix – if PB/P (or feet tied) set; some do just paddles (faster); some do padd/fins (faster still)
- If kick set – some change strokes, or K/S, or use fins.

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- Adjustments:
- Swim 1 Rest 1, or S2R1, or S3 R1
- best for 25's and 50's

- If 75's; 100's and above,
- just drop a 25 or 50 (etc.)

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- If group too large for pool:
- 40 + kids = split the group.
- Some dryland/some swim (rotate).
- Circuits (in/out of water).
- Have better kids act as instructors for weaker kids.

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- If group too large for pool:
- Consider M-W-F + Tu-Th-Sa (or Tu-Th-F)
- Move part of the group to AM's
- (or another time slot if available)
- Bring that group in at night for dryland
- or 'instructor' help

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- Questions?
- My email: smorsilli@aol.com