IDEAL PREPARATION FOR THE HIGH SCHOOL ATHLETE TO BECOME A COLLEGIATE SPRINTERS

Bill Wadley
OSU Swimming
“Become a well rounded athlete”

- Hand-eye coordination through involvement in other sports / activities
- Ball sports / Frisbee games
- Mountain biking / climbing
- Diving / jumping / playing
• Value: helps teach timing, rhythm, body balance
• Could use items such as metronome / music for teaching
Develop General Total Body Awareness, Strength and Balance

- Do things such as horizontal ladders
- Rope climb
- Pull ups
- Wheels / Wheel Barrel
- Running / Jumping / Hopping
- Tumbling / Tucking / Rolling (mats)
Swimming Focus Ideas and Thoughts

- Focus on DPS while learning at slow/moderate speeds first
- Focus on streamline swimming
- Focus on kicking endurance, strength, speed, underwaters (every type possible)
- Focus on “Body Line” – off wall while learning (stay in one plane/balance/body awareness)
Swimming Suggestions

• Focus on teaching variable distances off the wall while learning ex: 25 -5 m / 25 -10 m/25-15m/ 25 no breath for a 100

This will improve athlete’s ability to swim through turn without oxygen; develops confidence
Focus on Swimming Fast
With Low Stroke Count

Example: 20 cycle per 100 hold 5 cycle per 25 and 52 sec with a low total mindset (low strokes + time) with open turns to begin with working on only strokes and then adding the turn at a later time.
Teach

• Building through the walls / accelerating into the turn and using that speed to come out of turn at a higher faster speed

• Example: 20 Build 35 fast (50’s)
Teach

Racing Skills

1. From ahead: put faster swimmer $\frac{1}{2}$ - 1 body length behind and have race 25s/50/s practice finishing 1st (holding the best stroke possible)
2. From behind: have one swimmer leave wall a second or so ahead and the other has to practice catching by drafting
   • On lane line to catch up
   • Using a fast underwater kick to catch up
   • Using a combination of both in a 50 to race for the win
Teach

- Differing types of finishes depending on the stroke / shoulder flexibility use best guess of coach to
  - Switch to a more straight arm / shoulder driven stroke on the finish
  - Maintain a tighter high elbow recovery (if this is the swimmer’s best stroke) for the finish such as Jimmy Feegan
Teach

- A great grip on water “Hold Water” at top of stroke to help maintain a high body position in the water

- DPS before tempo at a young age
Other Thoughts

• Train for speed
  o If you want to be 43 sec in 100 it is a must to train for that speed

• Take swimmers to various levels of competitions to help develop meet experience and to learn from failure and success
  o Much can be learned from seeing the best and racing the best)
Other Thoughts

• Help swimmers understand the importance of developing mental toughness (not a God-given trait – a learned trait)
Jason Schnur

- The exception proves the rule!
- Never swam year round; 3 months a year, 3000 - 5,000 per day but was a runner, pole vaulter, high jumper on his high school track team
- Difficult to convince him that he needed to continue to add more training to take the next step