

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

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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)



Teach

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
 - 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
 - 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

