

A large, stylized letter 'N' logo. The left vertical stroke is red, the right vertical stroke is orange, and the diagonal crossbar is a gradient from red to orange.

Intro to Nitro...Nitro Swimming's "Bridge" from Lessons to Team

Mike and Tracy Koleber, Owners



Several paths, we're only one way



Agenda

- Description of Intro to Nitro
- Define the Need
- Purpose of the Group
- Evaluations
- Specific Elements for Success
- Other Ideas/Options
- Typical Practice



Group Description

- Intro to Nitro is our entry level TEAM group, introducing young athletes to the world of competitive swimming! Through the application of drills/skills/repeating of sound, basic swimming fundamentals and race strategies, our Intro to Nitro kiddos are taught an appreciation of the sport from an early age! Practices last 45 minutes, and options of once and twice a week are offered. Meets are offered approximately every 6 weeks. All four competitive strokes must be performed legally for 25 yards for entry onto our team groups. Ideal age (but not limited to) is 6-9 yrs of age. If a swimmer cannot yet demonstrate all four strokes legally, we offer the best learn to swim curriculum available anywhere right in the same building at our Nitro Swim School.



Ever Have a Parent on your Board like
this Guy?



The Need

- Entry Level Group
- They have to Start Somewhere
- Several Time/Day Options
- Limited Commitment (Commitment is a relative term)
- Healthy Activity



Purpose of Group

- Fill the Needs previously mentioned
- Prepare for next step up the ladder
- Deliver a Great Product – Daily
- Make them visibly better/improved each practice
- Leave them wanting more



Evaluations

- Every Saturday
- No appt necessary, just sign up on the clipboard
- Two, Three, Four, or Five at a Time
- Make it an “Event”
- This is their 1st Exposure to YOU and YOUR program!
- How do you want them to remember it?



Evals (continued)

- The Greeting!
- Put yourself in their suits/goggles
- Water temp
- Distance
- How long since they were in water?
- Make it a Positive Experience!



Specific Elements of Success

- “Wow” the Parents
- Make the Kids Smile
- Make YOU smile!!
- Make them all Better in 45 minutes
- Make sure they KNOW they got better (recap)
- They’ll want to come back
- They’ll tell their friends



HOW?

- Lanemate Names
- Number the Kids 1-4, 1-5, 1-6
- Rotate the Starting Positions
- Keep things Fast Paced
- Coach “FAST” – They’ll Catch on
- Coach in Water at least Once a Week (one on deck)
- Keep it Simple!



How do you Make it Fun?

- Find a Happy Coach
- “Transitions” “Recovery Speed”
- Use THEIR Language: Tummies, Bellies, T-Rex, Monster Arms, Woody from Toy Story “REACH for the Sky!” Who can be the TALLEST?
- Select winners for specific contests for 25s— for whatever you want to teach



Making it Fun (continued)

- Several “winners” - Keep swimming them
- Deliberate Coaching
- Become a body language EXPERT
- Detect the quivering lip before a tear appears
- Keep things MOVING
- Chris Kubic line: “You have as many seconds to make your point as how old the kids are in front of you.”



Making it Fun (continued #3)

- Practical Examples :
- Rolling the water bottle
- Kickboard “fanning”
- Lifting a boy up to demonstrate Laws of Physics (every action has an equal and opposite reaction). Translation: If something ZIGS, something else is going to _____.
- Resistance / Water/ Walking
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Typical Practice

8 x 25 Kick w/board (freestyle kick) @ 1:00

8 x 25 Kick streamlined position, arm pull every 15-20 kicks @ 1:00

8 x 25 Catch up Stroke Freestyle, One goggle breathing, let's play "hide the goggles" from Coach _____ @ 1:00

2 x 4 x 50's – 25 Freestyle, 25 backstroke (w/flipturns) no interval, contests of who pushes off tightest/longest/strongest/tallest freestyle/quickest breath/Tallest Backstroke/fastest kick, etc., etc.



The Daily Practice RECAP

- Meet with the Kids on the Pool Deck AFTER
- Review what was covered, what they accomplished
- Ask them the TWO QUESTIONS
- 1.
- 2.
- Turn to your teammates, shake their hands, tell them nice job, and USE THEIR NAMES!!
- Wet Hugs
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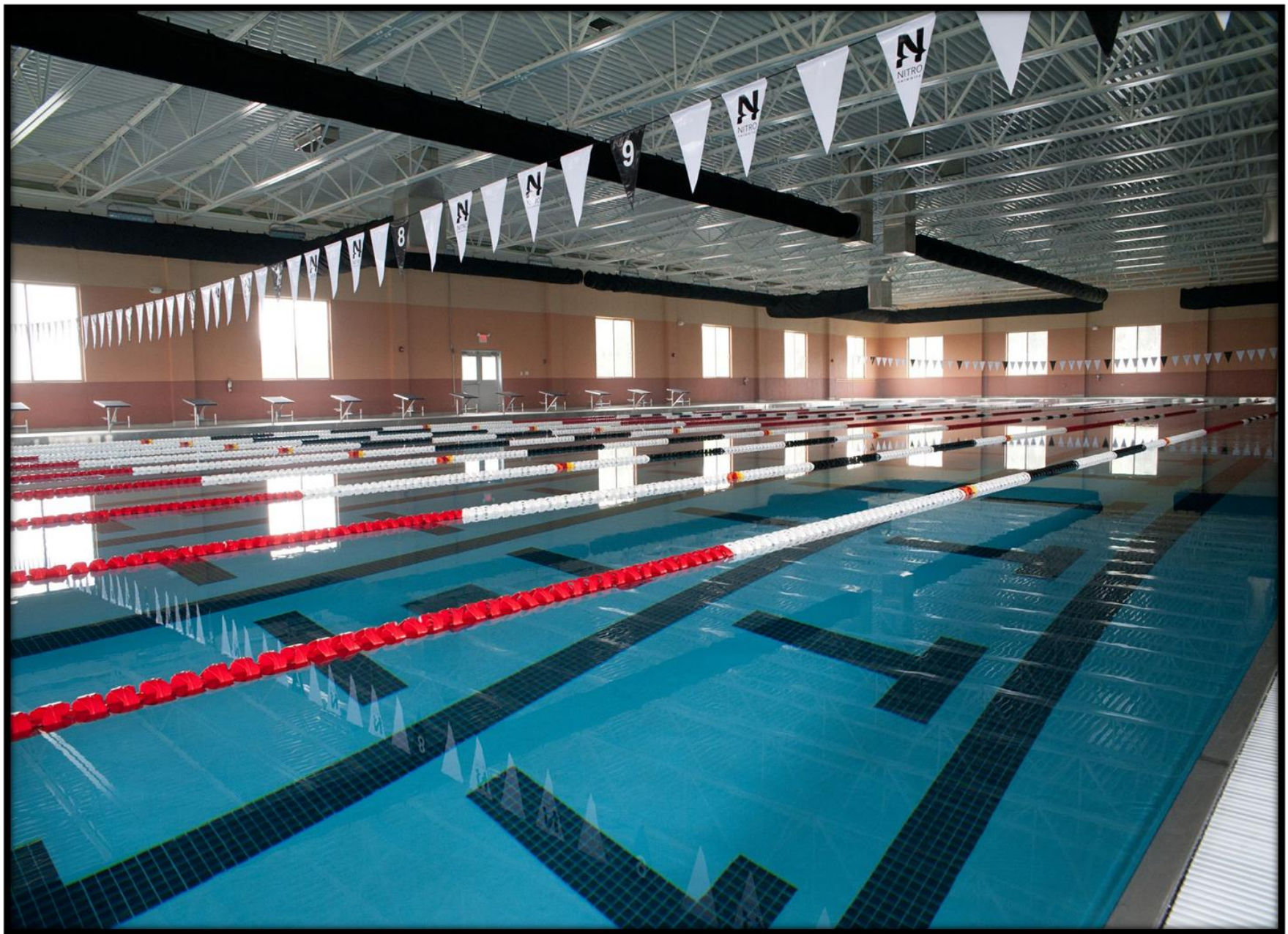
Summer League/Summer “REC”

- Summer Rec helps offset the Summer League exodus every June/July
- Get Ready for Summer League Tune Up Clinic
- Requirements...









Final Thoughts...

- Who are you going to allow to outcoach you today/tonight, from start to finish, warm up to warm down?
- Repeat daily
- Create the program you want – as long as you are willing to put in the work
- If everyone did that, we'd all have wait lists

