The Value of Smaller: Exploring the Benefits of Coaching and Swimming for a Smaller USA Swim Club

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Chicago Latin Swim Club

The Small Club and You

★ Coaches
★ Swimmers
★ Parents
Latin School

Latin School
Chicago Latin Swim Club

- Fall & Winter - 126 athletes
- Spring - 79 athletes
- Summer - 59 athletes
- 7 swim coaches
- 2 strength and conditioning coaches

CLSC Groups - Developmental

- Non-competitive
- Learning strokes and having FUN!
- 1 hour of practice, 4x a week
- 1 to 8, coach to swimmer ratio
CLSC Groups - Blue

- Refines all strokes
- Learns how to swim a “set”
- Enters first competitions
- 1 hour of practice, 4x a week
- 1 to 8, coach to swimmer ratio

CLSC Groups - Orange

- More complex sets
- Longer competitive distances
- Starts doubles 2-3x a week in summer
- Starts a dry-land program
- 1 to 10, coach to swimmer ratio
CLSC Groups- Orange

More specialized events
Doubles every day in summer
Dry-land 4x a week
1.5 hour of practice, 4-5x a week
1 to 10, coach to swimmer ratio

CLSC Groups- Roman
CLSC Groups - Roman

CLSC Groups

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<tr>
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<th>Orange</th>
<th>Roman</th>
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<tbody>
<tr>
<td>Developmental</td>
<td>Swim 8:00-9:00 AM</td>
<td>Swim 8:00-9:30 AM</td>
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<tr>
<td>Blue</td>
<td>Dryland 5:00-5:45 PM</td>
<td>Dryland 5:00-5:45 PM</td>
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<td>Swim</td>
<td>5:00-6:00 PM</td>
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</tbody>
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The Value of Smaller

Small Family Feel
Coaching Staff

Coaching Style
Coaching Style

Communication
Motivation
Motivation

Motivation
Questions?

* [www.teamunify.com/lclsc](http://www.teamunify.com/lclsc)
* [www.latinschool.org](http://www.latinschool.org)
* ChicagoLatinSwimClub on Instagram
* dcarlson@latinschool.org