

# Parents Meeting – 9<sup>th</sup> May 2017

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# Topics of todays meeting...

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1. Introduce myself to you all
2. Communications & Interactions
3. Training observations
4. Competition observations
5. Future meeting
6. Future plans

# Allow me to introduce myself...

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# Allow me to introduce myself...

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- Clubs – Hartlepool SC, Wear Valley ASC, Durham University Aquatics, British Swimming OTC/TSS Aquatics
- Coaches – Steve Cox, Gary Hollywood, Dave Callaja, Chris Nesbit, Graeme Antwhistle, Kevin Renshaw...to name a few.
- Competitive achievements - County, Regional, National, International
- Education – GCSE's, OP level, BSc Sport Performance
- Coaching Career – Learn to swim, Assistant club coach, Assistant performance coach
- Outside interests – Musical theory/performance, Film
- The worlds most supportive partner

# Why does this matter?

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- I understand the daily struggles of training and competition
- I have seen what not to do
- I can empathize with situations

# Communication & Interactions

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- Transparent and honest communication is a must
- Always put the positive first!

How will I be communicating?

- Promptly
- Face to face
- Always calm and positive
- Aspire to educate and provide direction rather than create confrontation

# Communication & Interactions

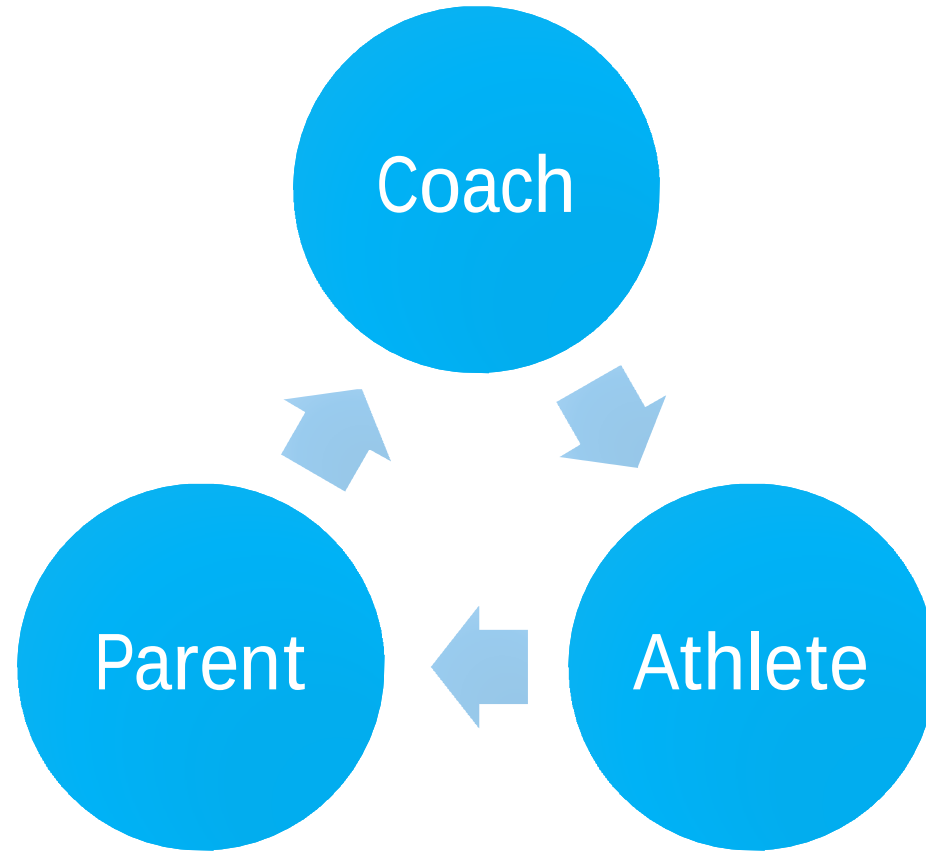
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## Communication at the right times

- Responses to emails between 9am – 5pm, not including weekends
- I am always happy to discuss matters in meetings
- Meeting hours – 45min prior to afternoon sessions, 45min post morning sessions
- Don't ever feel like you cant talk to me – Listen, hear, respond

# Communication & Interactions

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# Training Observations

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## Session Structure

- Arrival – 20min prior to session for pre-pool activation & discussions
- Session briefing – understanding why things are being done
- Pool session – correct kit, fluids, snacks
- Session targets & Measures

# Session Example

|                                                                                                                                                                                                                                                                                                                                                                           |  |                                                                                                                                                                          |                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Monday 10th April 2017                                                                                                                                                                                                                                                                                                                                                    |  | 5.30-7.30pm                                                                                                                                                              | Emphasis: Aerobic Threshold |
| <u>Warm Up</u><br>600 as 300 Free/Bk swim x 50 ---> 300 as 50 Free/50 IM switch x25 (Regional 2 - 400m)<br>300 as Free swim + fins/paddles/snorkel - perfect technique & feel<br><br>12x50 as      1-4 Kick + fins - 15m burst on each 50 on 70<br>5-8 No.1 stroke drill - mix up drills on 70<br>9-12 Choice swim - 15m burst on each 50 on 70<br><div>1300m/1500m</div> |  |                                                                                                                                                                          |                             |
| <u>Aerobic Threshold</u><br>30x100 on 2.10/2.20 - as follows:                                                                                                                                                                                                                                                                                                             |  |                                                                                                                                                                          |                             |
| <u>National Group</u><br>2 on/1 off<br><i>* Free swim - Hold pb + 10 (2000m of work)</i>                                                                                                                                                                                                                                                                                  |  | <u>Regional 1</u><br>2 on/1 off<br><i>* Free swim - Hold pb + 10 (2000m of work)</i>                                                                                     |                             |
| <u>Stella/Ben</u><br>1 on/2 off<br><i>* Free swim - Hold pb + 10 (1000m of work)</i>                                                                                                                                                                                                                                                                                      |  | <u>Charlie/Laura</u><br>2 on/1 off/1 on/2 off<br><i>* Free swim - Hold pb + 10 (1500m of work)</i>                                                                       |                             |
| <u>Regional 2</u><br>3x Free pb +20/+15/+10 on 2.20<br>1x Bk swim on 4.40<br><br>3x Free + fins pb +15/+10/+5 on 2.20<br>1x Bk swim + fins on 4.40                                                                                                                                                                                                                        |  | <u>Raced at Weekend</u><br>(1) Free swim                      (4) Pull<br>(2) IM swim                        (5) IM<br>(3) Fly kick (Sides)              (6) Choice kick |                             |
|                                                                                                                                                                                                                                                                                                                                                                           |  | x3                                                                                                                                                                       | x5                          |
| <i>* If you have raced both days over the weekend - Maintain 4-5/10 effort through out w/ perfect skill &amp; technique</i><br><i>* (Option of opting into the main set at any point)</i><br><br><i>*If you have raced over the weekend &amp; racing this current weekend - Maintain 4-5/10 effort as above</i><br><div>2400m/3000m</div>                                 |  |                                                                                                                                                                          |                             |
| <u>Swim Down</u><br>500 loosen as 200 Free/bk swim + fins<br>200 Kick + fins - include 4x15m bursts<br>100 Choice swim (No fins)<br><div>500m</div>                                                                                                                                                                                                                       |  |                                                                                                                                                                          |                             |
|                                                                                                                                                                                                                                                                                                                                                                           |  | National Group<br>Regional Group 1<br>Regional Group 2                                                                                                                   | 5000m<br>5000m<br>4200m     |

# Training Observations

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## Consistency – No.1 Factor

- Consistency is the hallmark of class
- Skill/Technique/Targets/Training sessions – all require consistency
- Training improvement is not a constant up hill trajectory – there are peaks and troughs
- Fatigue is a part of training, it is inevitable and must be met with consistent messages
- Missing training because of fatigue will reduce the effect of training

# Getting The Best Out Of Everything

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# Getting The Best Out Of Everything

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- I fully support the education of every swimmer in the program
- Education & swimming are all part of the process of creating great people
- How can we communicate to get the best out of both?

# Competition Observations

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- Training is developed around the competition calendar
  - Session prior to meets adjusted
  - Session post meet adjusted
- Communication prior to entries is always welcome and encouraged
- If you enter, swim! The costs can mount up.
- Chasing results from meet to meet does not guarantee anything but the loss of potential training effects & illness
  - Promotes the right performance processes

# Future Meetings

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- Is there anything you want me to cover?
- Theme sessions
- Meetings through out session to update on all of the positive things happening in the club

# Future Plans

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# What are the Goals with the new structure?

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1. Clear development pathway through club – Criteria based & ability to evolve
2. Stronger links with network clubs – Individual club agreements
3. Individualized development – Process, not outcome focused
4. Clear expectations for swimmers & parents throughout process
5. Create a platform for well training, well educated swimmers to move forward into senior programs/NTC's/University/Competition

# Transition Squad

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|                  |        |                                                                                                                        |
|------------------|--------|------------------------------------------------------------------------------------------------------------------------|
| Transition Squad | Tier 1 | 2 Home Club sessions<br>2 Transition Squad sessions                                                                    |
|                  | Tier 2 | 3 Home Club sessions<br>2 Transition Squad sessions<br>(or vice versa if Home Club does not have sufficient pool time) |
|                  | Tier 3 | 3 Home Club sessions<br>2 Transition Squad sessions<br>1 Development Squad session                                     |

# Transition Squad

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## Transition Squad

| Monday      | Tuesday | Wednesday | Thursday      | Friday | Saturday | Sunday                                               |
|-------------|---------|-----------|---------------|--------|----------|------------------------------------------------------|
| 17:30-18:30 |         |           | 06:00-07:30am |        |          | <b><u>Tier 3</u></b><br>16:00-17:00<br>Land Training |
|             |         |           |               |        |          | 17:00-19:00                                          |

# Transition Squad

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- Based on 9-12 year old
- Strong links with home clubs maintained
- Skill/Technique focused
- Education on fundamental training principles/techniques & learning how to train
- Allows for extra-curricular activity/combining training and education
- Early education on training & exam processes
- Tier 3 links to potential group
- Moving towards/already hit regional qualification

# Potential Squad

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|                 |        |                                                               |
|-----------------|--------|---------------------------------------------------------------|
| Potential Squad | Tier 1 | 1 Home Club session<br>5-6 Development Squad sessions         |
|                 | Tier 2 | 6-7 Development Squad sessions                                |
|                 | Tier 3 | 6-7 Development Squad sessions<br>1 Performance Squad session |

# Potential Squad

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## Potential Squad

| Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday                                      | Sunday                       |
|-------------|-------------|-------------|-------------|-------------|-----------------------------------------------|------------------------------|
| 17:30-19:30 | 18:00-20:00 | 17:00-19:00 | 06:00-07:30 | 18:00-20:00 | <b>Tier 3</b><br>08:00-10:00<br>Land Training | 16:00-17:00<br>Land Training |
|             |             |             | 18:00-20:00 |             | <b>Tier 3</b><br>Land Training                | 17:00-19:00                  |

# Potential Squad

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- Based on 12-16 years old
- Adjusted expectations – Moving towards performance behaviors
- Skill/Technique based – Beginning to develop key capacities
- Understanding quality workloads
- Tier 3 links to performance squad
- Moving towards/already hit national qualification

# Performance Squad

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|                   |                                                                                                                                                  |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Performance Squad | Individual structure depending on age/events<br>6-9 sessions<br>Coach discussion with individual swimmers to agree which key sessions to attend. |
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# Performance Squad

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## **Performance Squad**

| Monday                       | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday                     | Sunday |
|------------------------------|-------------|-------------|-------------|-------------|------------------------------|--------|
| 17:15-18:15<br>Land Training | 06:30-07:30 | 06:00-07:30 |             | 06:00-07:30 | 08:00-10:00<br>Land Training |        |
| 18:30-19:30                  | 18:00-20:00 | 17:00-19:00 | 18:00-20:00 | 18:00-20:00 | 10:00-12:00                  |        |

# Performance Squad

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- Based on 14+ years old
- Adjustment towards performance mindset & lifestyle
- Training based upon individual needs
  - Event/Maturation specific
- Increased land work/Specific quality
- National Qualification/British champs
- Moving towards National team selection & national finals-medals

# Group Movements

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- Individual development process
- Swimmers, Parent, Coach – will evaluate performance every 3-6 months
- This must be a swimmer centered process

Questions?



Patrons: Sharron Davies MBE, Stephanie Millward MBE

## Squad structure from September 2017

Tiered system to enable a more personal development process

|                   |                                                                                                                                                  |                                                                                                                        |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Transition Squad  | Tier 1                                                                                                                                           | 2 Home Club sessions<br>2 Transition Squad sessions                                                                    |
|                   | Tier 2                                                                                                                                           | 3 Home Club sessions<br>2 Transition Squad sessions<br>(or vice versa if Home Club does not have sufficient pool time) |
|                   | Tier 3                                                                                                                                           | 3 Home Club sessions<br>2 Transition Squad sessions<br>1 Development Squad session                                     |
| Potential Squad   | Tier 1                                                                                                                                           | 1 Home Club session<br>5-6 Development Squad sessions                                                                  |
|                   | Tier 2                                                                                                                                           | 6-7 Development Squad sessions                                                                                         |
|                   | Tier 3                                                                                                                                           | 6-7 Development Squad sessions<br>1 Performance Squad session                                                          |
| Performance Squad | Individual structure depending on age/events<br>6-9 sessions<br>Coach discussion with individual swimmers to agree which key sessions to attend. |                                                                                                                        |

Key sessions will be identified for Potential and Performance squads.