

Swim England Masters Conference

What to expect from your Swim
Coach

A little background info...

I'm a
SWIM

Coach

What is YOUR
Superpower?

A little background info...

- Coach with Swim England Performance Squad 2018/2019 – OW Lead Coach
- Coached on Swim England Talent Pathway Camps (Phase 1 to Phase 3) since 2014
- London Region Head Coach of Development Camps since 2015
- Coaching Masters squads at club level since 2010

A little background info...

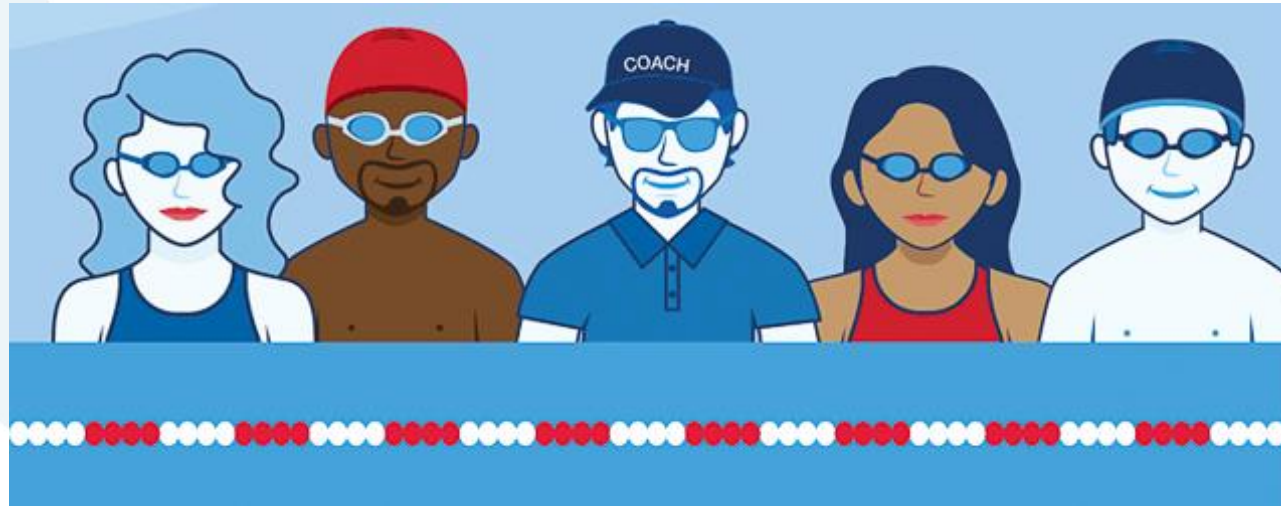
Involved with Masters swimmers since 2010...

- Success at County, Regional, National & International Masters events
- Success with getting groups involved in Masters T-30
- Best personal success has been getting new adults involved in Masters swimming

So... what to expect from your Masters Coach....

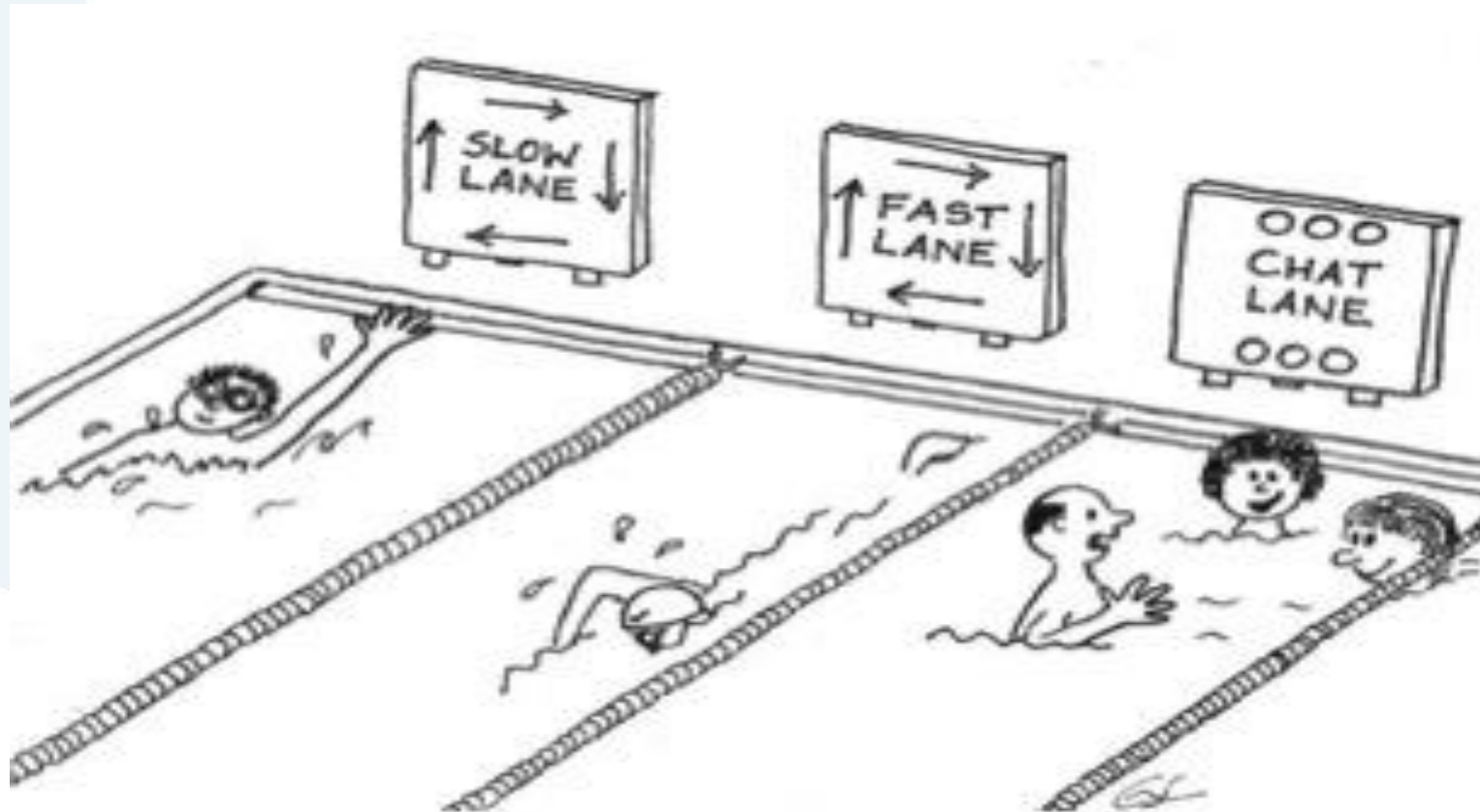


- The Team
- The Coach
- The Programme



The Team

Who are your Masters Swimmers...



Who are your Masters swimmers?

- Previous age group / youth swimmers
- Previous national / international swimmers
- New to squad swimming – previous casual / learn to swim
- Tri-Athlete
- Swim for fitness
- Social swimmer

Who are your Masters swimmers?



- As with any group of athletes – get to know them
- The approach needs to be as individual as possible – these are adults, treat them as such

Who are your Masters swimmers?

- All ages and types of backgrounds
- Why are they swimming?
- What are their goals?
- What is their commitment level?
- What is their swimming background / history?

The Coach



Your Coach...

- Qualified
- Engaged and Enthusiastic
- Positive Motivator
- Flexible
- Approachable

What Masters Swimmers are not....



AGE GROUP SWIMMERS



PROFESSIONAL SWIMMERS

ALTHOUGH...



They may have been both, thus having, in my opinion, a very wide range of training possibilities

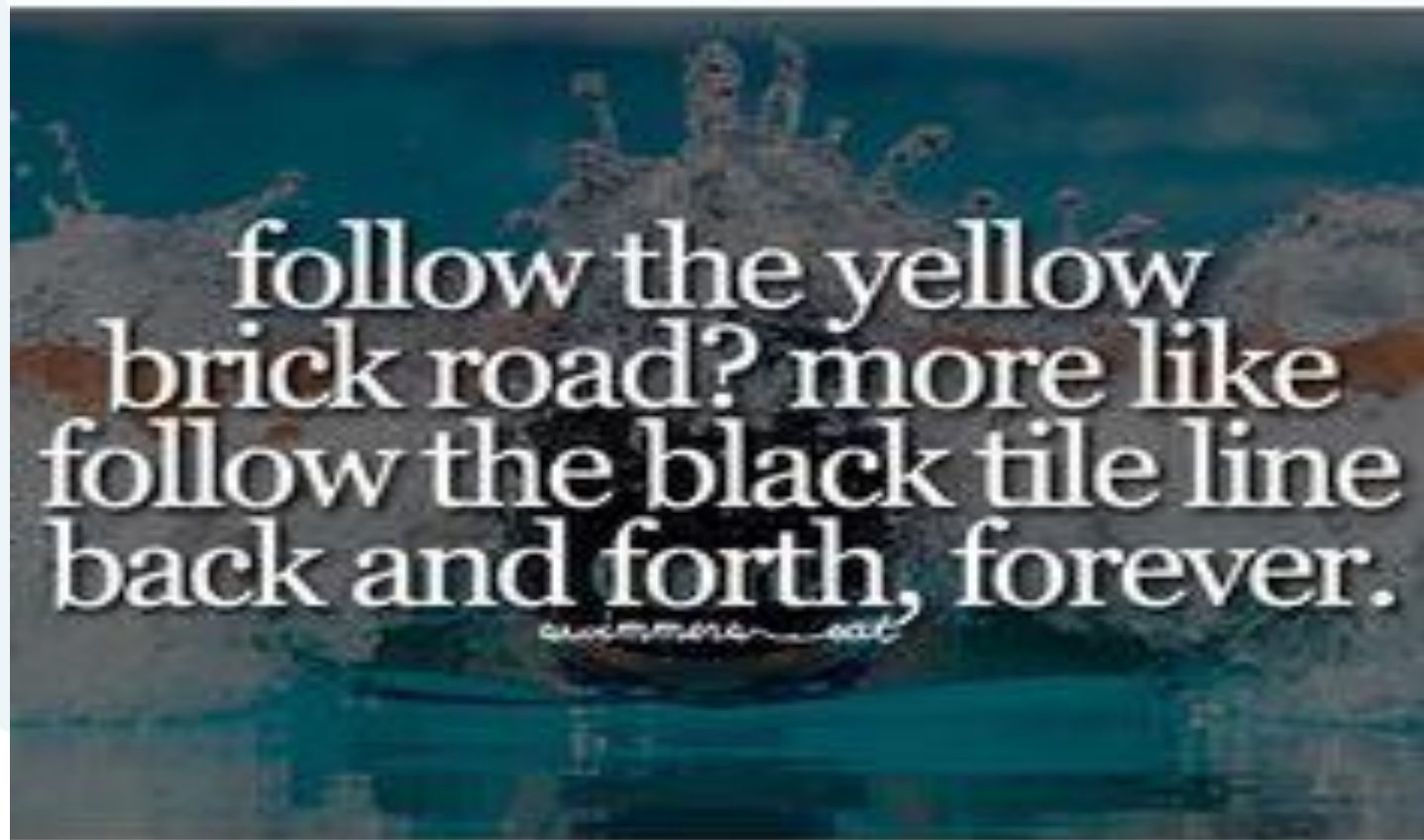
Coach needs to...

- Understand why Masters swim – to keep fit, for social reasons, for fun, to destress and unwind from their day/week, to compete
- Have a good technical knowledge on all strokes, and open to learning
- An ability to see the strokes from different angles and that there is no one size fits all approach
- Ability to adapt strokes to suit the needs of the swimmer – and to understand that the “perfect” stroke may not be suitable

Coach needs to...

- **Identify individual needs** – Competition / Training / Commitment / Rate of Progress / Enjoyment
- **Communicate Effectively** – Learning styles / Training History / Listen
- **Build a Relationship** – Two-way approach; Swimmer & Coach
- **Honest, Adaptable, Positive** – Mistakes / Challenges

The Programme



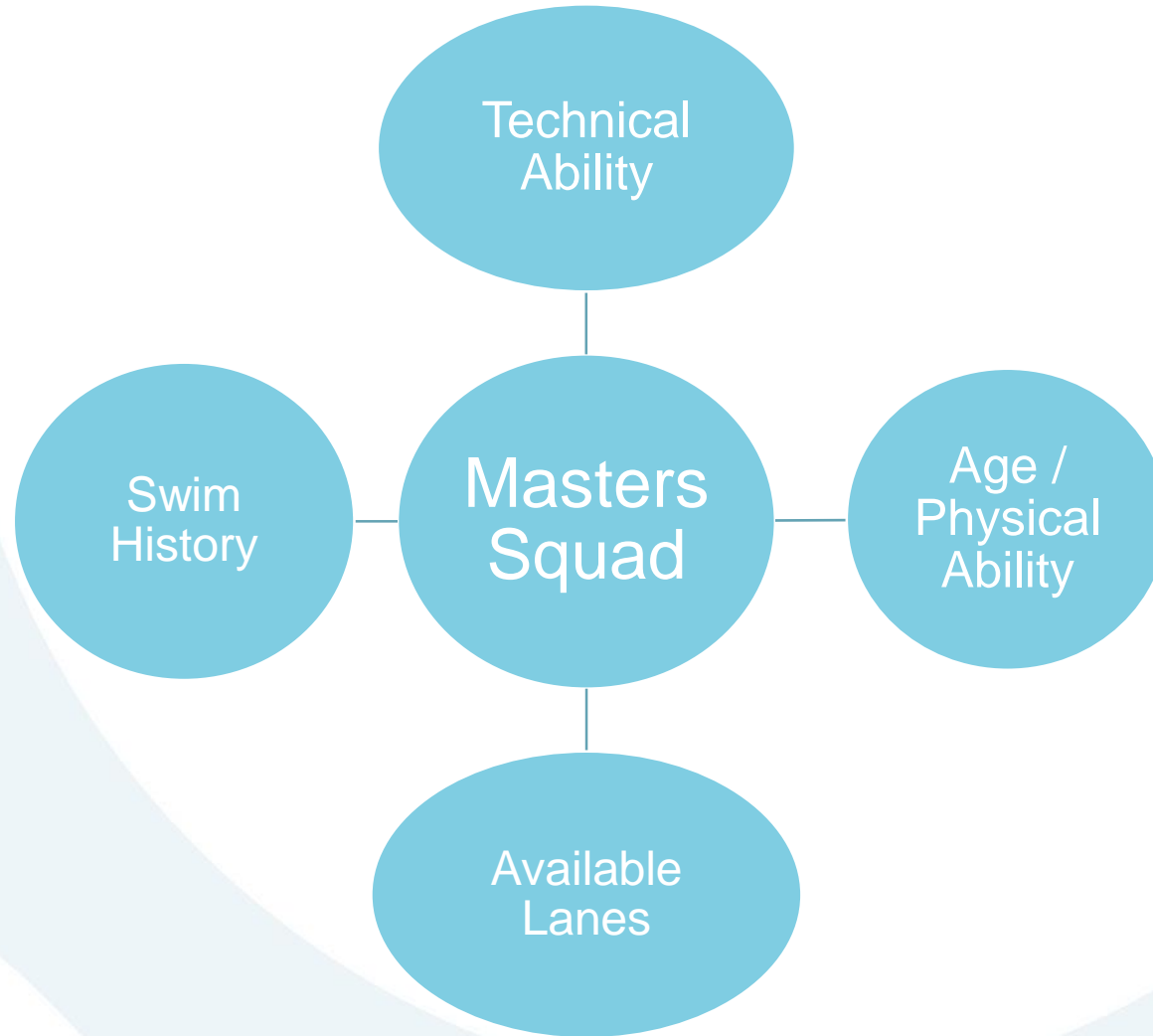
The Programme

- **Social / Fitness Swimmers** – approximately 70% of masters don't compete.
- **Competitive Swimmers** – open meets to World Masters
- **Open water swimmers** - may include both of the above
- **Triathletes** – freestyle, sprint to Olympic distance

The Programme



Programme Components



		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
OTTER SWIMMING CLUB	TRAINING	1 Hr 33.3				1 Hr SC	90min LC	
	POOL	A1, S3 Skills & Drills	NO SESSION	NO SESSION	NO SESSION	A1, S3 Skills & Drills, KICK	A1, A2, A3, S1 DIVES	NO SESSION
	TRAINING	90min SC	90min SC	90min SC	90min SC			90min SC
	POOL	A2, PULL	A1, A2, KICK	A2, S3 Skills & Drills	A2, A3, KICK / PULL	NO SESSION	NO SESSION	A1, A2, A3, S1
ENERGY ZONES		<u>A0</u>	<u>A1</u>	<u>A2</u>	<u>A3</u>	<u>S1</u>	<u>S2</u>	<u>S3</u>
		Recovery Technique Drills	Aerobic Capacity Basic Endurance / Maintenance	Aerobic Capacity Threshold Endurance	Aerobic Power Overload Endurance	Anaerobic Power Lactate Tolerance	Anaerobic Capacity Lactate Production	Anaerobic A-Lactic Speed PC-

Programme Content...

- Technical Development
- Aerobic Development
- Competition Planning – Taper
- Creativity in season planning; T-30 / SC pool / LC pool / OW
- Group Cohesion

Technical Development

- As we age, our bodies and flexibility change.
- The swimmer may not be able to complete a pull in the same way they used to, or have the same strength in their kick.
- How can we maintain or improve performance
 - Streamlining, Body Position, Stroke Position, Stroke Length
- Coach and swimmer together discuss adaptations and decide how to make the swimmers stroke as efficient as possible.
- Video

Aerobic Development

- As older athletes, Masters need to train smart with good coaching
- Listen to our bodies – aches, pains, injuries, reduced flexibility – coach and athlete find a way around to keep the athlete active
- Different lanes on different distances / turn around times / target times / RPE

Competition

- Now looking for Season Best times rather than Personal Best
- Same times – easier swimming / more efficient
- Improved placing in Masters Age Group
- New Challenges – different distances / strokes / discipline (OW)

Group Cohesion

- Build a TEAM
- Make every person feel valued
- Fun in sessions – laugh
- Social Events – in or out of the pool – as a coach, look to get involved

