



BEFORE	LOVELL	WITH	LOVELL
50 FR	26.4		24.8 50 FR
100 FR	56.7		52.5 100 FR
200 FR	2:04.1		1:56.9 200 FR
100 FL	1:01.8		57.9 100 FL



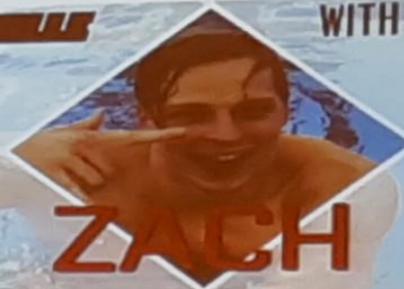
Mallory

BEFORE	LOVELL	WITH	LOVELL
50 FR	26.4		24.7 50 FR
100 FR	57.5		53.8 100 FR
100 FL	1:00.5		56.3 100 FL
200 FL	2:17.3		2:08.6 200 FL



Kelsi

BEFORE	LOVELL	WITH	LOVELL
100 FL	55.2		52.0 100 FL
200 FL	2:00.1		1:55.0 200 FL



ZACH



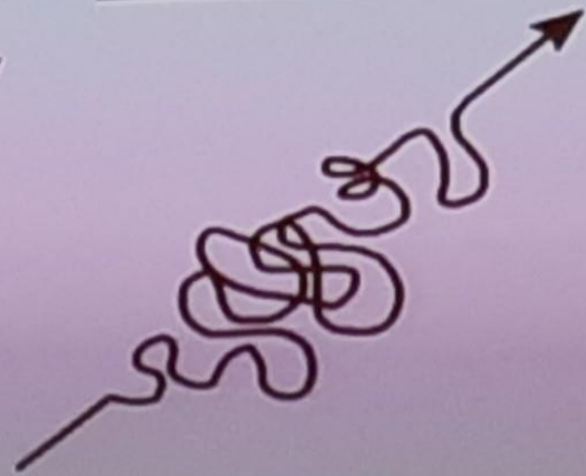
TRUTH

SUCCESS

SUCCESS



what people think
it looks like



what it really
looks like

Continuing to move in the spectrum

- ▶ Program is tailored individually
- ▶ Not necessarily based on events
- ▶ Much more focused on individual skill development
- ▶ Addressing strengths and weaknesses

What is the program's "secret" for success?

Worrell

Communication, belief in the process, and shift in culture. I don't think it's anything extraordinary, but when it all comes together, big things can happen.

Harting

There is no secret. It is working smart and hard with a clear purpose.

Comerford

Every day we are just trying to get a little bit better. If I had to pick one thing that has helped me the most is the people and absorbing all the information thrown at me. Searching for ways to get better and always using the resources that are being thrown at me. It isn't rocket science (wise words of Arthur Albiero). I just think I have had an amazing opportunity here with a staff and team that believes in my crazy dream!

How would you describe the Louisville swimming program?

Worrell

“...intentional chemistry...From retreat the first weekend at school where we take any walls down and are truly vulnerable to one another then set team goals and expectations for the year, to the positive and encouraging practice environment. Our team culture has completely transformed to a 24/7 athlete mindset”.

Harting

No one forces you to get better. But that is the **expectation** coming in...that each athlete has that “want”. And you have every means at your disposal to get better.

Comerford

The Louisville program is special...the atmosphere and culture that has been set forth continues to build on itself. **Everyone can make their own special impact**, whether it's in the pool or outside, but it all makes a big difference!



Worrell

Comeford

Weekly Plan

Worrell – Week 11 Plan

- ▶ Monday
 - ▶ AM – Kick FL, Pull FS
 - ▶ PM – FS A3, FL A4
 - ▶ WTS
- ▶ Tuesday
 - ▶ AM – Water Wup, Water Power
 - ▶ PM – VO2 FL
 - ▶ WTS
- ▶ Wednesday
 - ▶ AM – Off
 - ▶ PM – Recovery (Technique Work)
- ▶ Thursday
 - ▶ AM – FS A3, FL A4
 - ▶ PM – IM A3, FS A4
 - ▶ WTS
- ▶ Friday
 - ▶ AM – Water Wup, Water Power
 - ▶ PM – Kick FL, Pull FS
 - ▶ WTS
- ▶ Saturday
 - ▶ AM – FS/FL

Comeford – Mid FS Stake

- ▶ Monday
 - ▶ AM – Kick FS, Pull FS
 - ▶ PM – FS A3, FS/FL A4
 - ▶ WTS
- ▶ Tuesday
 - ▶ AM – Dryland, Water Power
 - ▶ PM – VO2 FS (200/500 FS)
 - ▶ WTS
- ▶ Wednesday
 - ▶ AM – Off
 - ▶ PM – Recovery (Technique Work)
- ▶ Thursday
 - ▶ AM – FS A3, FS A4 (100/200 FS)
 - ▶ PM – FS A3, FL A4 (500 FS)
 - ▶ WTS
- ▶ Friday
 - ▶ AM – Dryland, Water Power
 - ▶ PM – Kick FL/FS, Pull FS
 - ▶ WTS
- ▶ Saturday
 - ▶ AM – FS/MIX Work

"Ability is what you're capable of doing. Motivation determines what you do. ATTITUDE determines how well you do it." - Lou Holtz

MONDAY AM - LC

1) 1000 Wup	1000	1000
2) 8 x 50 FINS - 25 Kick UNDER, 25 Swim Sprint last 15!! 1:05	400	1400
3) 2300 KICK SP Series	2300	3700
- 1 x 100 A1 on 2:30, 1 x 100 A4 on 1:30/1:40/1:50		3700
- 1 x 100 A1 on 2:30, 4 x 50 A4 on :45/:50/:55		3700
- 1 x 100 A1 on 2:30, 3 x 100 A4 on 1:30/1:40/1:50		3700
- 1 x 100 A1 on 2:30, 8 x 50 A4 on :45/:50/:55		3700
- 1 x 100 A1 on 2:30, 3 x 100 A4 on 1:30/1:40/1:50		3700
- 1 x 100 A1 on 2:30, 4 x 50 A4 on :45/:50/:55		3700
- 1 x 100 A1 on 2:30, 1 x 100 A4 on 1:30/1:40/1:50		3700
PULL SP		3700
FSD= 2 Rds of [600 A2 on 7:00; 6 x 100 A4 on 59 (M); 1:01 (W)]	2400	6100
FS/BK/FL= 3 Rds of 4 x 150 (1A2, 2A3, 1A4) on 2:00/2:10/2:20		6100
BR= 4 Rounds of 1 x 200 A2, 2 x 100 A3/A4...4th rd w FINS)		6100
on 3:40/1:50 (FINS 3:20/1:40)		6100

2017 Louisville Swimming - SPRING INDIVIDUAL Schedule (UPDATED Jan 9th)



Event	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
800m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
1600m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
3200m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
6400m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
12800m Freestyle	2017	2018	2019	2020	2021	2022	2023	2024	2025
50m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
800m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
1600m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
3200m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
6400m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
12800m Breaststroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
50m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
800m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
1600m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
3200m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
6400m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
12800m Backstroke	2017	2018	2019	2020	2021	2022	2023	2024	2025
50m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
800m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
1600m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
3200m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
6400m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
12800m Butterfly	2017	2018	2019	2020	2021	2022	2023	2024	2025
50m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
800m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
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12800m Individual Medley	2017	2018	2019	2020	2021	2022	2023	2024	2025
50m Relay	2017	2018	2019	2020	2021	2022	2023	2024	2025
100m Relay	2017	2018	2019	2020	2021	2022	2023	2024	2025
200m Relay	2017	2018	2019	2020	2021	2022	2023	2024	2025
400m Relay	2017	2018	2019	2020	2021	2022	2023	2024	2025
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12800m Relay	2017	2018	2019	2020	2021	2022	2023	2024	2025

University of Louisville Swimming - Training Level Chart

LEVEL	Color	Energy Source	Important for:	Lactate Level	Fat %	Speed-Lactate	Effort Duration	Suggested Postings
WU-R	CLEAR	Aerobic Energy	Formal, Absence of Fat	< 2	< 12%	Low	Variable	Very Fast
TEG	CLEAR	Aerobic Energy	Formal, Absence of Fat	< 2	< 12%	Low	Variable	Very Fast
A-1	WHITE	Aerobic Energy	Formal, Absence of Fat	1-3	12-18%	Low	< 20 Sec	Good to Very Fast
A-2	PINK	Aerobic Energy	Formal, Absence of Fat	2-4	12-15%	Low-Mid	< 20 Sec	Medium
A-3	RED	Aerobic Energy	Formal, Absence of Fat	2-5	14-18%	Mid-High	< 20 Sec	Fast
A-4	ORANGE	Aerobic Energy	Formal, Absence of Fat	2-7	15-20%	Mid-High	< 20 Sec	Fast
VOR	BLUE	Aerobic Energy	Formal, Absence of Fat	5-6	18-20%	Mid-High	15-20 Sec	Very Fast
AN-1	PURPLE	Aerobic Energy	Formal, Absence of Fat	6-10	18%	High-Mid	20-45 Sec	Fast, Post-Workout
AN-2	PURPLE	Aerobic Energy	Formal, Absence of Fat	11-22	18%	High-Mid	< 2 Min	Fast, Post-Workout
B-1	GREEN	Aerobic Energy	Formal, Absence of Fat	7-8	15-20%	Mid-High	< 5 Min	Fast
B-2	GREEN	Aerobic Energy	Formal, Absence of Fat	7-8	15-20%	Mid-High	< 5 Min	Fast
TEG	CLEAR	Aerobic Energy	Formal, Absence of Fat	< 2	< 12%	Low	Variable	Very Fast
WU-RFC	CLEAR	Aerobic Energy	Formal, Absence of Fat	< 2	< 12%	Low	Variable	Very Fast
A-1	WHITE	Aerobic Energy	Formal, Absence of Fat	1-3	12-18%	Low	< 20 Sec	Good to Very Fast
A-2	PINK	Aerobic Energy	Formal, Absence of Fat	2-4	12-15%	Low-Mid	< 20 Sec	Medium
A-3	RED	Aerobic Energy	Formal, Absence of Fat	2-5	14-18%	Mid-High	< 20 Sec	Fast
A-4	ORANGE	Aerobic Energy	Formal, Absence of Fat	2-7	15-20%	Mid-High	< 20 Sec	Fast
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AN-1	PURPLE	Aerobic Energy	Formal, Absence of Fat	6-10	18%	High-Mid	20-45 Sec	Fast, Post-Workout
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B-1	GREEN	Aerobic Energy	Formal, Absence of Fat	7-8	15-20%	Mid-High	< 5 Min	Fast
B-2	GREEN	Aerobic Energy	Formal, Absence of Fat	7-8	15-20%	Mid-High	< 5 Min	Fast

Source: Adapted from University of Louisville Swimming

Many thanks...

- ▶ ASCA
 - ▶ John Leonard
 - ▶ Guy Edson
- ▶ CSCAA
 - ▶ Greg Earhart
 - ▶ Joel Shinofield (now USA Swimming)

"Thank You" (cont.)

- ▶ Coaching Staff
 - ▶ Ryan Rougeux - Diving (3 years)
 - ▶ Chris Lindauer (14 Years - 10+4)
 - ▶ Vlad Polyakov (9 Years - 8+1)
 - ▶ Stephanie Juncker (10 Years - 6+4)
 - ▶ Kameron Chastain (8 Years - 4+4)
 - ▶ Kevin Arakaki (2 years)

- ▶ My Family

"Thank You"

- ▶ University of Louisville Athletic Administration
- ▶ TYR (Brandon Reed, Steve Furniss)
- ▶ Many Mentors...most influential:
 - ▶ Mirco Cevales – Estilo Clube (1st coach)
 - ▶ Ernie Maglischo – Cal State Bakersfield
 - ▶ Pete Hovland – Oakland University
 - ▶ Jim Steen – Kenyon College
 - ▶ David Marsh – Team Elite

Albiero Family

Wife (25yrs):

Amy

(Swim Coach,
Safe Splash/SwimLabs
Swim School Owner)

Children:

Estefan (24)

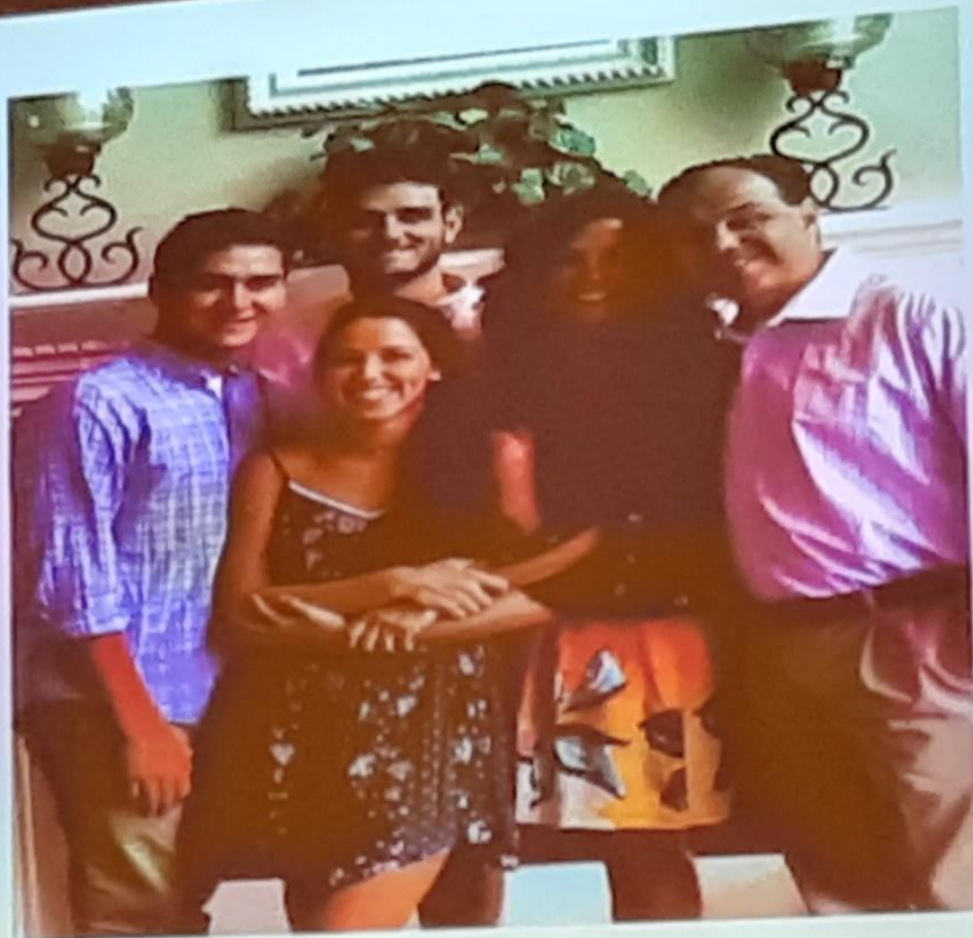
[Fmr Swimmer...now Business
Professional]

Nick (20)

[2017 US JR NAT Team, 2019 National
Team]

Gabi (17)

[2017 US JR NAT Champion]



Thank You and God Bless

ARTHUR@GOCARDS.COM

INSTAGRAM – ARTHURALBIERO

FACEBOOK - ARTHURALBIERO







JON DUNCAN

- Swam at Purdue 1998-2002
- Coaching History:
 - 2002-2003 Boilermaker Aquatics Interim Head Coach
 - 2002-2003 Assistant Coach West Lafayette High School
 - 2003-2005 Assistant Coach DePauw University
 - 2005-2011 Head Coach Rhodes College
 - 2011-current Head Coach Southwestern University
- 2017 Georgetown, Texas-Dad of the Year



JAMES WINCHESTER





The development of coaches under 30

Disclaimer!

The materials provided in this presentation and any comments or information provided by the presenter are for educational purposes only.

Statements of fact and opinions expressed are those of the participant(s) individually, and are not the opinion of ASCA, USA Swimming, or any other governing board, swimming or athletic association.

This talk is not a "how to coach" talk. Today is about development, and developing the coaches of tomorrow today.

TM

Introductions

- Macro – “The Big Picture”
 - Play The Long Game
 - Education & Relationships
 - Non Coaching Roles
 - Sacrifice

- Micro – “The Day to Day Stuff”
 - Common Mistakes
 - With supervisors (Head Coaches, Board Members etc.)
 - With athletes
 - Develop your brand
 - Keep “The Long Game” in mind

Format for today:

- Questions at the end
 - 15-20 minutes
 - “Open Book”
 - Workouts / Development / Recruiting / College questions?



macro - "The Big Picture"

1) Play The Long Game

- Vision for your life / career
 - Will give you direction for all other decisions
- What's your purpose?
 - What's your why? Your day to day direction? What motivates you?
- Always Adapting
 - Your vision & goals will continually change



macro - "The Big Picture"

2) Education & Relationships

- We love your enthusiasm... but you don't know it all
- "Sharpen your blade"
 - Training is an ongoing responsibility
- Develop a peer group
- Find a guru / mentors (Networking)
- Making Enemies
- Education
 - Podcasts, Books, Courses, Degrees – continual learning

macro - "The Big Picture"

3) Non-Coaching Roles / Development

- Today's Coaching = not coaching
- If you want to lead, you have to do the behind the scenes stuff
 - Board Meetings, Finances (personal & business), public speaking, TeamUnify, website,
- Communication:
 - Maintain a paper trail
 - Answer your emails professionally (and timely!)
 - Texts are not the solution to everything.
 - Talking is better than texting.

CREATOR
of the
BESTSELLING
WORKOUT
PROGRAM
P90X

THE BIG PICTURE

11 LAWS THAT WILL CHANGE YOUR LIFE

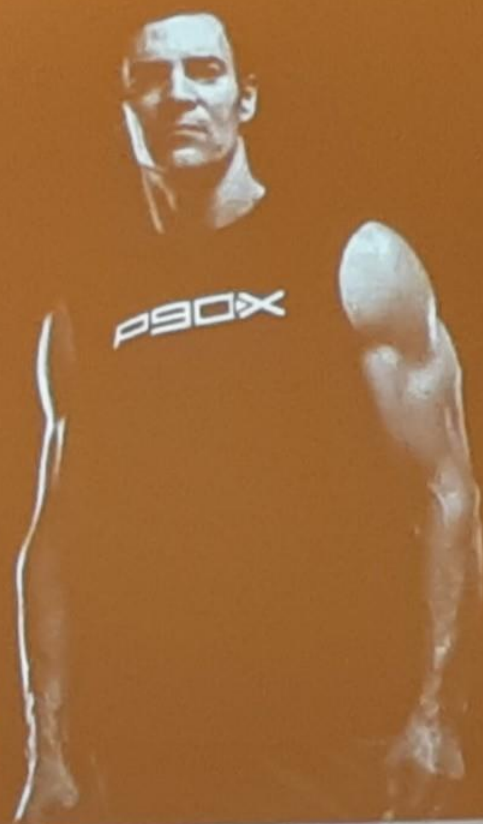
TONY HORTON

"The Big Picture ventures beyond the gym, offering advice for finding one's purpose in life. This book allows you to exercise a completely different kind of muscle." — Los Angeles Times

TONY HORTON'S 11 LAWS THAT WILL CHANGE YOUR LIFE

- 1 - Do Your Best and Forget the Rest
- 2 - Find Your Purpose
- 3 - Have a Plan
- 4 - Variety is the Spice of... Everything
- 5 - Consistency Reigns Supreme
- 6 - Crank Up the Intensity
- 7 - Love It or Leave It
- 8 - Get Real
- 9 - Find a Balance
- 10 - Stay Flexible
- 11 - Recharge, Recover, Relax

Find out more: <http://bit.ly/THBigPicture>

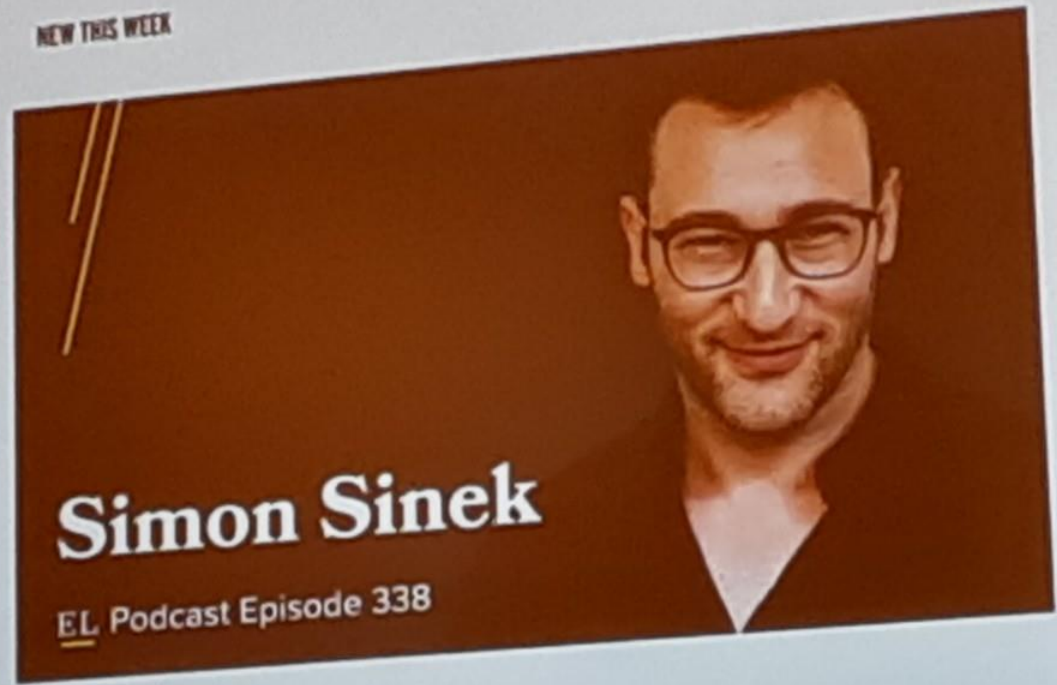


INTRODUCTIONS

- Disclaimer
- "Show of Hands"
- Why is development important?
- Volunteer Panel
 - 3 Volunteers from the crowd
 - Aim: Some "real" feedback on topics we'll cover today

Search the site ...

NEW THIS WEEK



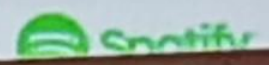
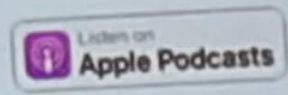
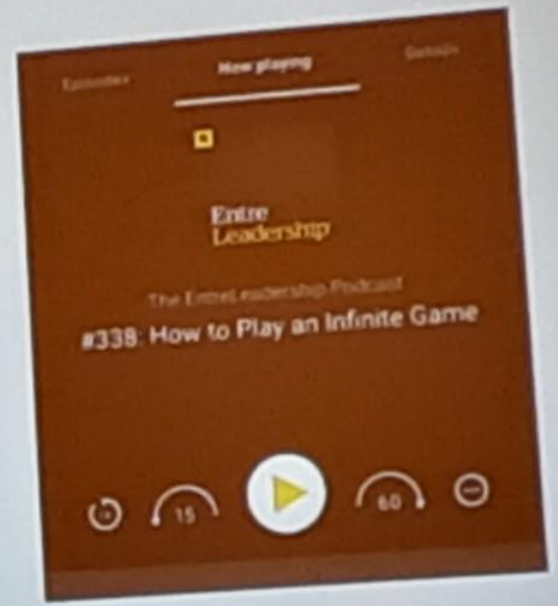
September 2, 2019

#338: Simon Sinek—How to Play an Infinite Game

Forget winning or losing. Bestselling author and leadership expert Simon Sinek says the most important thing is to determine what kind of game you're playing. For example, baseball is a finite game—a game with known players, fixed rules and an agreed-upon objective. Business, on the other hand, is an infinite ...

[Continue Reading](#)

PODCAST ARCHIVE



'The First XV' 15 ALL BLACK PRINCIPLES

By James Kerr, Legacy, 2015

1.

Sweep the Sheds

Never be too big to do the small things that need to be done

Before leaving the dressing room at the end of a game, all the players stop and tidy up. They literally and figuratively sweep the sheds, an example of personal humility, a cardinal All Blacks value



2.

Go for the Gap

When you're on top of your game, change your game

The philosophy and focus on continual improvement and continuous learning leaves no room for complacency



3. Play with Purpose Ask 'Why?'

Better people make better All Blacks is a core belief, and understanding Why? identifies the purpose of being an All Black. The power of purpose galvanises individuals in an organisation, what's the purpose of yours?



4.

Pass the Ball

Leaders create leaders

Shared responsibility means shared ownership, a sense of inclusion unites individuals, and collaboration means advancement as a team



5. Create a Learning Environment

Leaders are teachers

For the All Blacks, leaders are learners, are teachers, as Jack Hobbs, former captain said: Get up everyday and be the best you can be. Never let the music die in you

6. No Dickeheads

Follow the whanau

The All Blacks select on character over talent, which means some promising players never pull on the black jersey - because they don't have the right character

**No one is bigger than the team
The team always comes first**

JAMES KERR LEGACY

WHAT THE ALL BLACKS
CAN TEACH US ABOUT
THE BUSINESS OF LIFE

micro - "The Day to Day Stuff"

1) Common Mistakes

- Not asking for help!
- Being afraid to speak up (appropriately)
- Drinking too much at functions
- Goofing off
- Dressing inappropriately
- Gossiping / Drama
- Being late for work

Are you preparing to succeed? Are you preparing to meet your vision?

Micro - "The Day to Day Stuff"

2) With supervisors (Head Coaches, Board Members, Admin etc.)

- Be humble and learn
- Be patient. Your time will come.
 - Learn from others "mistakes"
- Be loyal and supportive (or move on).
- Be proactive in taking on responsibilities
 - Especially in non coaching roles
- Take responsibility for your errors / failures
 - Don't point fingers!
 - Apologize. It's okay!

Just remember what I taught you...it's always someone else's fault.



your  cards
someecards.com

micro - "The Day to Day Stuff"

3) With Athletes

- Friendly, Not Friends
 - *"But coach, everything I read today is about relationship building, and relationship building is talking the cool lingo"*
 - Peer leading, not in the peer group.
- Be the Adult in the room
- Inspire, Inspire, Inspire



micro - "The day to day stuff"

4) Develop your brand

- How do you present yourself?
 - How do you act?
 - How do you dress?
 - How do you talk to people?
 - Do you listen? Or do you talk "at" people?
- Does your social media match your desired perception of yourself?
 - Drinking, smoking, vaping?
 - Red solo cup? Partying?
 - Are you a professional or a wannabe?
 - Will you accept feedback?



Micro - "The Day to Day Stuff"

5) *Keep the long game in mind*

- Effort & Attitude
 - With the long game in mind
- Be willing to fail
 - With the long game in mind
- Be a great example (whatever your role is)
 - With the long game in mind
- Self Reflect.





FORM
SWIM GOGGLES WITH A SMART DISPLAY

FORM
SWIM GOGGLES WITH A SMART DISPLAY

S
SHERWOOD
GROUP

CAROL CAPITANI

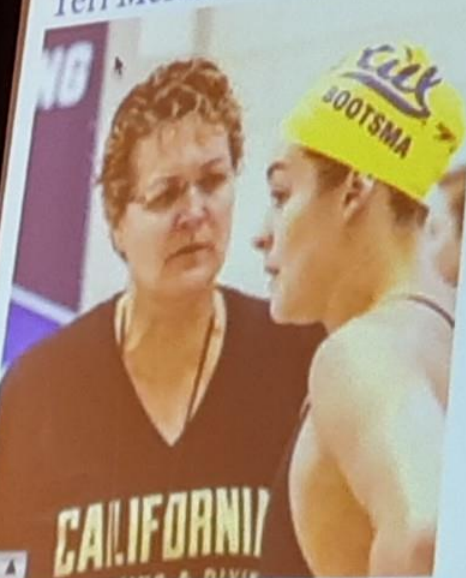


ASCA World Clinic 2019:
Coaching from your strengths

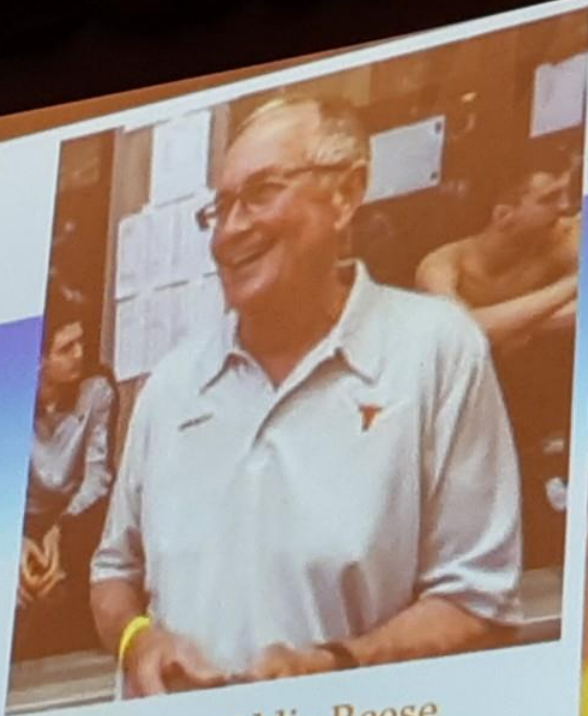
Carol Capitani, Head Coach
Texas Women's Swimming



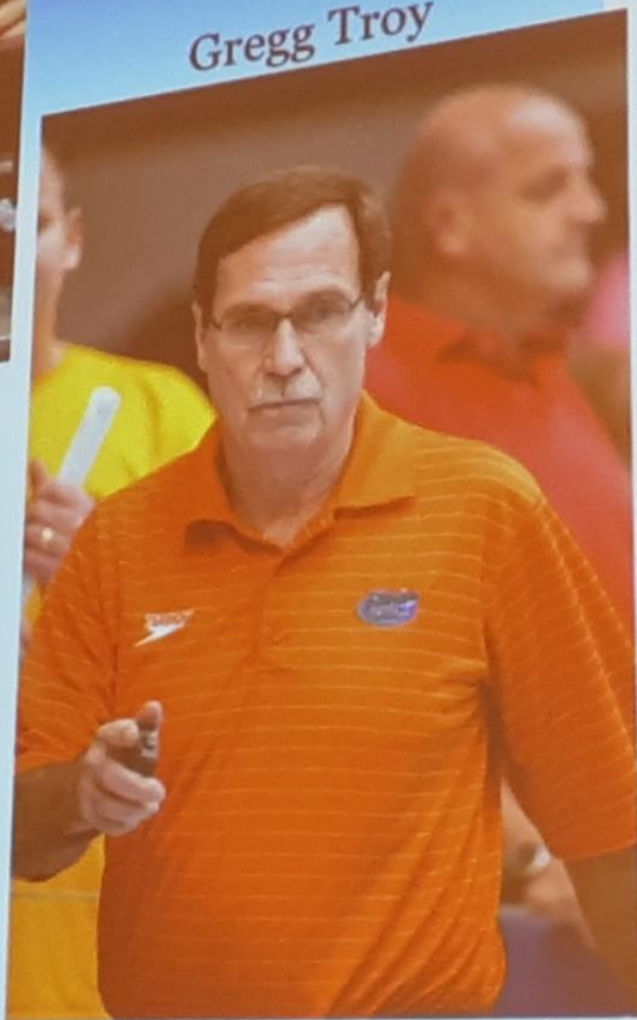
Teri McKeever



Eddie Reese



Gregg Troy



John Wooden's Pyramid of Success:

The building blocks, bottom to top:

Industriousness, Friendship, Loyalty, Cooperation, Enthusiasm

Self Control, Alertness, Initiative, Intentness

Condition, Skill, Team Spirit

Poise, Confidence

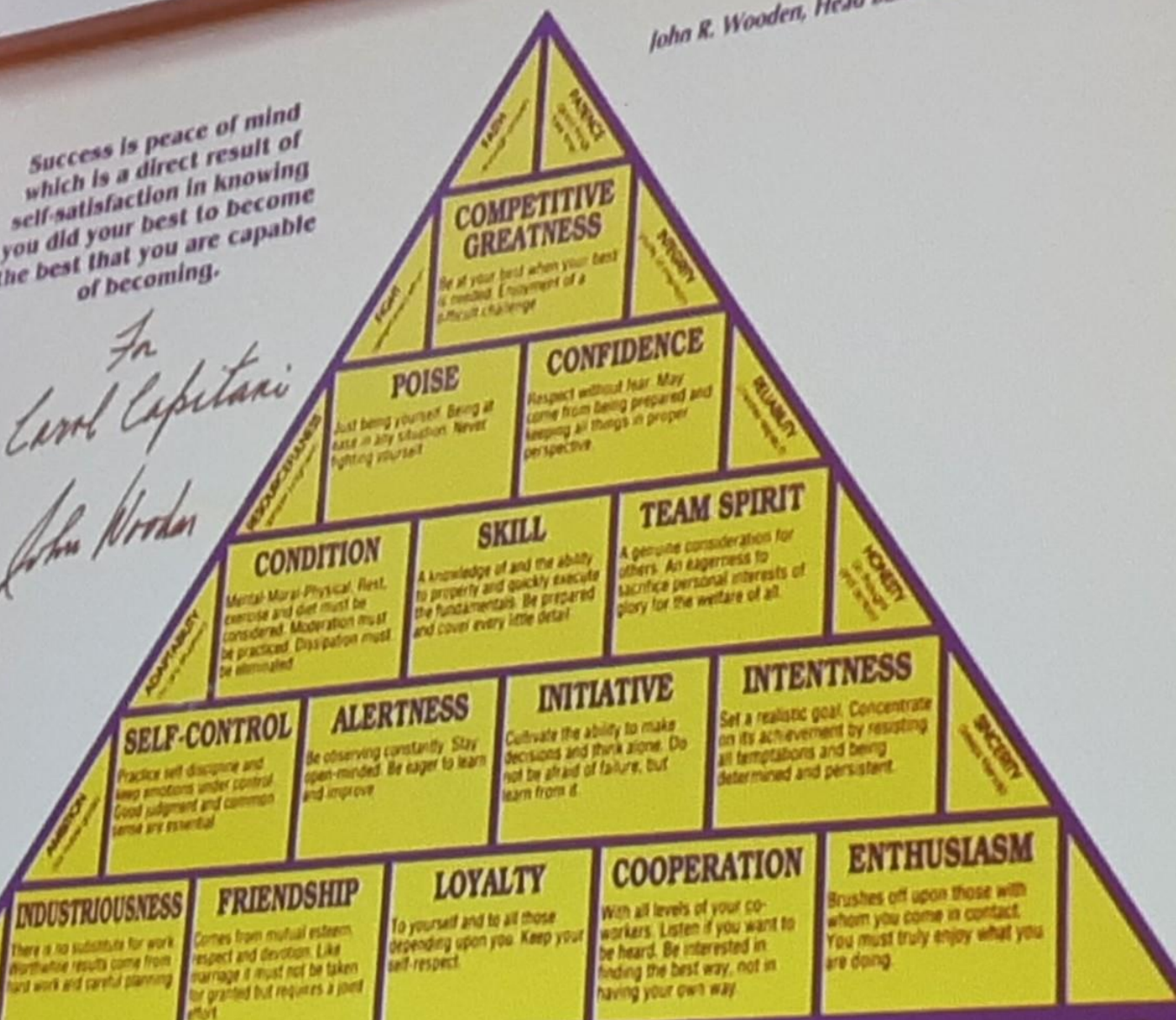
COMPETITIVE GREATNESS

Supporting the pyramid:

John R. Wooden, Head Basketball Coach, Emeritus, UCLA

Success is peace of mind
which is a direct result of
self-satisfaction in knowing
you did your best to become
the best that you are capable
of becoming.

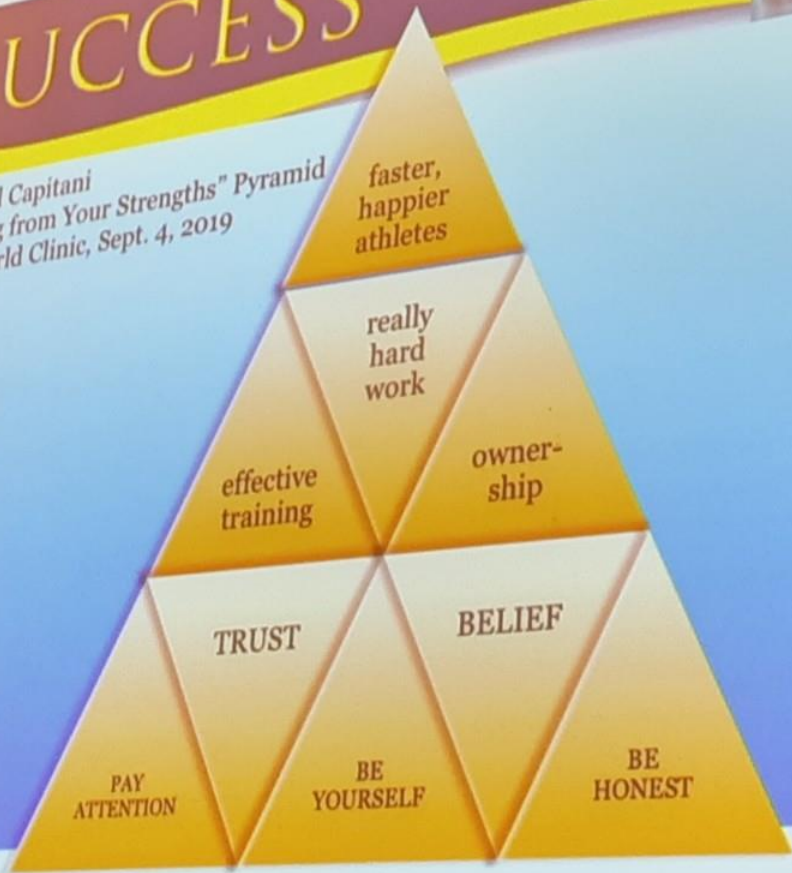
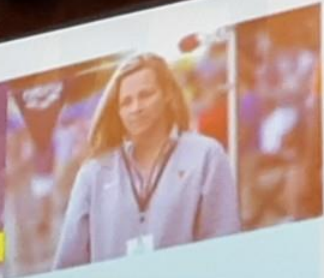
In
Carol Capitani
John Wooden



THE PYRAMID OF SUCCESS

SUCCESS

The Carol Capitani
"Coaching from Your Strengths" Pyramid
ASCA World Clinic, Sept. 4, 2019



BE YOURSELF

- Kids are very smart, they see through the crap. This generation values authenticity and meaningful interactions. They do not believe in perfection.
- It takes a lot less energy to be yourself than to be someone else. Your emotional energy is a finite thing, and you need every drop of it to fuel your work, your family, and all of the other things you want to do well.
- Being yourself means you are more vulnerable and open. Our athletes reflect what they see. If you are vulnerable and honest with them, they will be more vulnerable and honest with you. Model the behavior you want to see!



Peak Performances:

tips for transferring belief & building confidence:

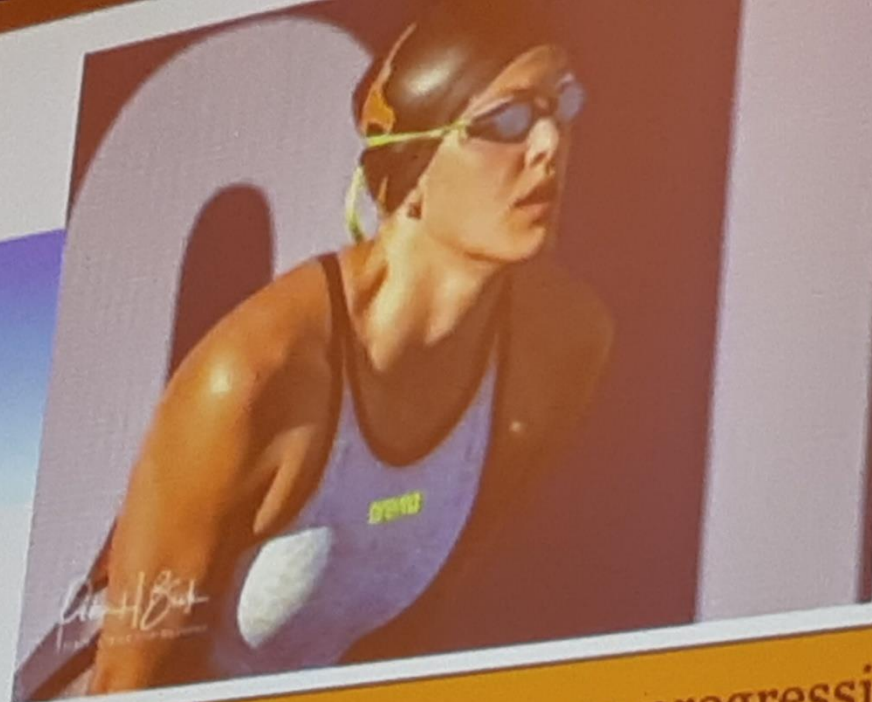
- Start with their strengths & then imagine them at their best. Build upon this. (Remember: there are countless ways to convey our expectations and belief to others.)
- Get permission! The relationship *must* go two ways.
- Be clear with positive reinforcement, constructive criticism, and expectations. Help hold them accountable to their goals!
- If things need to be perfect to achieve their goal, it is very unlikely to happen. Build room for failure and setbacks in your plan!

Tips for having successful hard conversations:

- Don't trample on people. You can be honest without being a jerk.
- Be direct. Say it. Rip the band-aid off.
- Be authentic.
- Reminder: having these conversations means we care enough to be uncomfortable.
- Reminder: They will most likely get upset, with what they hear and also with you. It's OK!
- Timing is important. Environment is too. Choose both wisely.

Effective training & things that contribute to it:

1. Organization & a plan (season plan, weekly plan, a system you believe in).
2. Teach as much as possible - let them know the purpose behind the sets.
3. Help them understand the value of ownership and how it relates to training: the difference between going through the set and "working hard" vs. training with purpose and with a goal in mind.
4. Get a feel for the group mindset, *making adjustments when necessary.*

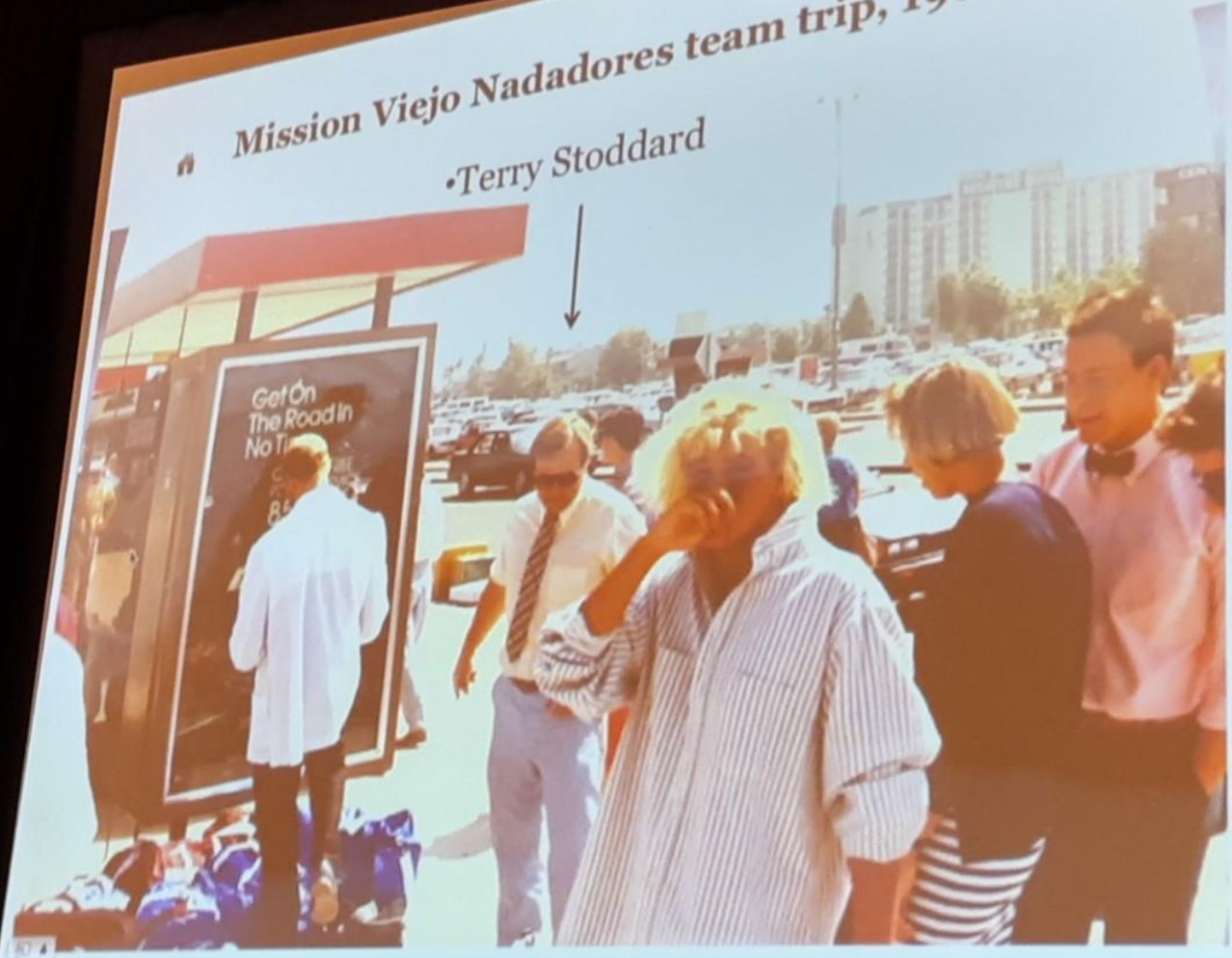


Evie Pfeifer, short & long course progressions

SCY	500 free	200 IM	200 free	400 IM
2017	4:39.48	1:58.53	1:45.97	4:12.89
2018	4:36.96	1:56.82	1:43.18r	4:05.32
2019	4:36.04	1:56.79	1:43.73	4:08.96
LCM	400 free	200 IM	200 free	400 IM
2017	4:16.16	2:14.47	2:01.45	4:47.41
2018	4:12.01	2:11.53	1:58.54	4:38.68
2019	4:11.77	2:12.70	2:00.62	4:40.16

Mission Viejo Nadadores team trip, 1986

• Terry Stoddard



Thank you!



MICHAEL ASHMORE



2019 ASCA World Clinic

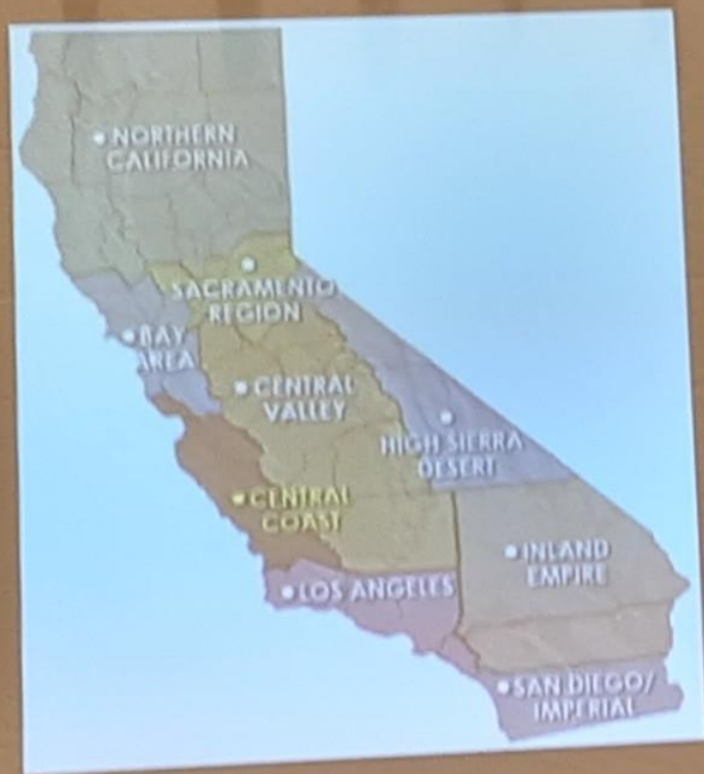
The Development of Josh Prenot & Lessons Learned



Mike Ashmore
Santa Maria Swim Club

santamariaswim@gmail.com

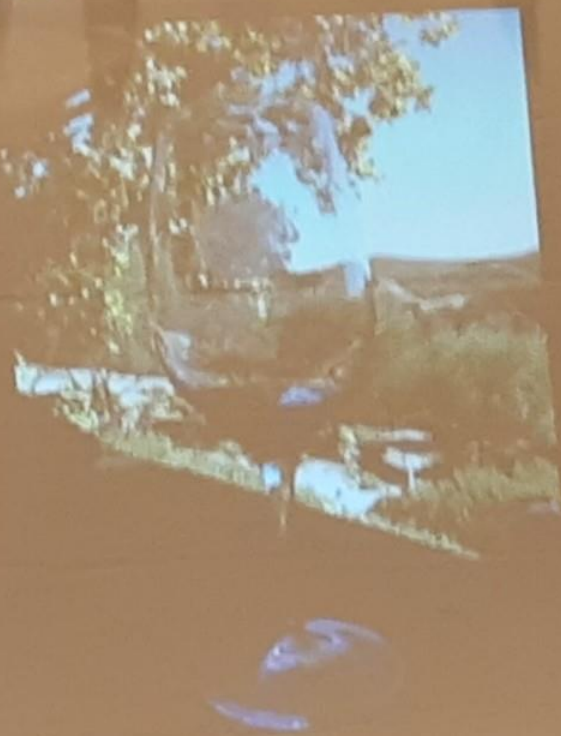
Santa Maria Swim Club



Strawberries

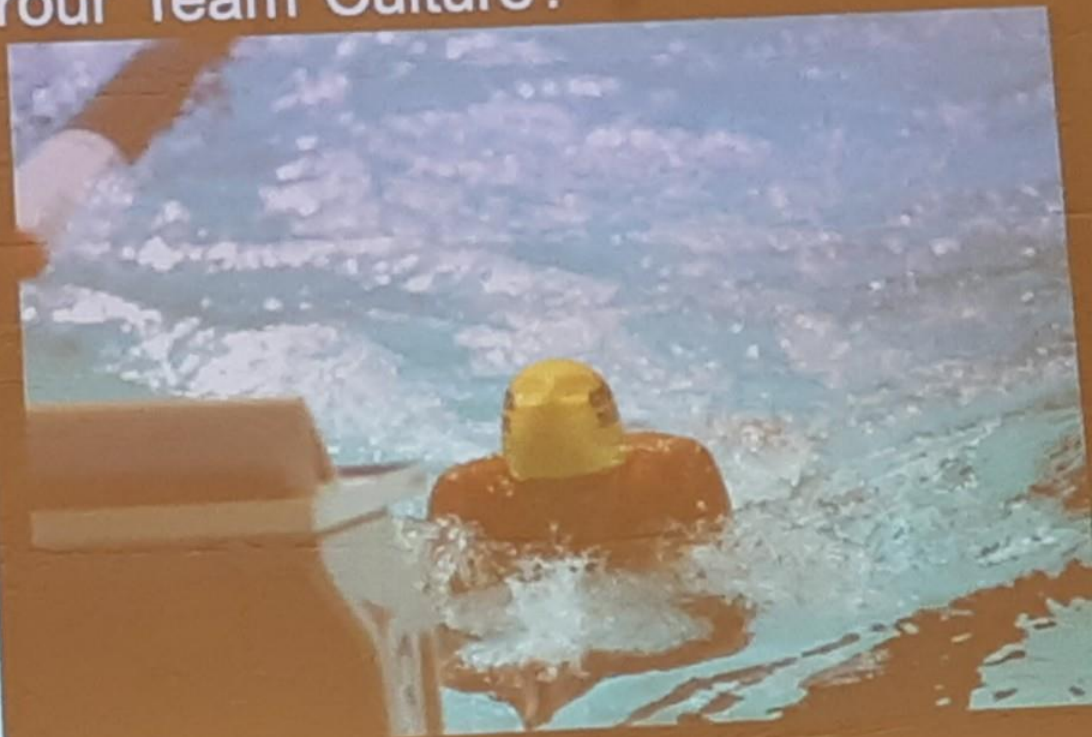
Tri-tip BBQ

Wine



Development of Josh Prenot

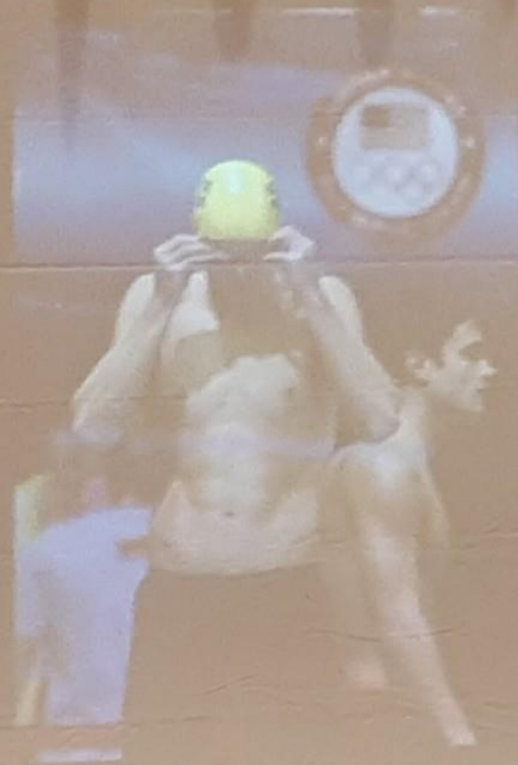
What's Your Team Culture?



Development of Josh Prenot

Ages 4-9 years old

- Played multiple sports
- Moved around the country often
- Baseball, Soccer, Piano, Swimming



Development of Josh Prenot

Ages 9 -11 years old

- **Moves to SMSC (First meeting)**
- **Gold Group (5 days * 90 minutes)**
 - **IM focused (he says BR)**
 - **Baseball, Soccer**
 - **Active**

Development of Josh Prenot

Ages 9 - 11 years old

- **Age 11 to Presenior Group**
 - **IM focused (200 IM / 200 F)**
 - **Pretty aerobic in nature**
 - **6 days * 120 minutes**
 - **Dumps soccer**
 - **Still playing baseball**

Development of Josh Prenot

Ages 12 - 13

- Light years ahead of his training group - so allowed to move into Senior group:
 - 6 days * 120 minutes
 - 1 morning * 90 minutes
 - Dryland*



Development of Josh Prenot

EVENT	2008 (14)	2009	2010	2011	2012 (18)
100 BR	1:10.3	1:09.7	1:07.4	1:04.2	1:02.89*
200 BR	2:37.1	2:30.1	2:24.6	2:15.2	2:12.21*
100 FL	1:01.3	58.1	56.2	56.0	55.4
200 FL	2:12.2	2:06.3	2:02.5	2:01.0	2:01.64
200 IM	2:14.3	2:08.9	2:05.3	2:02.2	2:02.17*
400 IM	4:37.6	4:33.2	4:22.8	4:18.4	4:22.77*

Development of Josh Prenot

Typical Mid-Season Cycle - 2010-2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Fly Pink/Red FR Kick (5.0LCM)	Mixed IM PT (FL/BK) Speed (4.5LCM)	OFF	Fly Big Pull (5.0LCM)	Mixed IM PT (BR/FR) Speed (4.5LCM)	Fast, Brokens or Rainbow (7.0LCM)
PM	Kick Fly / Dolphin K Red/Blue FR (8.0SCY)	Mixed IM - Back Focus (7.0SCY)	VERY FAST (6.0SCY)	Red/Blue Free (8.0SCY)	Mixed IM Dive 25/50's BR Focus (6.0SCY)	OFF

@60,000 / week



Development of Josh Prenot



2012 Olympic Trials - 200 Breast

	Splits	Stroke Count	Tempo
50	30.7	17	~1.5
100	33.6	18	~1.6
150	34.0	19	~1.5
200	33.7	22	~1.3

2016 Olympic Trials - 200 Breast

	Splits	Stroke Count	Tempo
50	29.2	14	~1.7
100	32.4	17	~1.6
150	32.5	18	~1.5
200	32.9	22	~1.2

2:12.21 National Age Group Record

2:07.17 American Record

Development of Josh Prenot

JANUARY 26, 2012 (Random Thursday PM, SCY)

3x [300 @ 3:30 Free
[8 * 50 @ 45 Fly

3x [300 @ 3:30 Free
[4 * 50 @ 50 Fly

Descend 300's 1-6 [3:00 → 2:45]

Rounds of 8 = Solid & Controlled; Rounds of 4 = Push

Development of Josh Prenot

Saturday, 3/24/12 - Random Saturday, LCM

3x [12*50 @ 60 Best Avg + 400 IM Pull]

Back: Held 31's
Brst: Held 34.0 - 33.0
Free: Held 28.8....26.6

Broken 200 IM (4*50 @ 1:30) = 27.6 / 31.0 / 33.4 / 27.1

Development of Josh Prenot

A Saturday (5/8/12) Set...LCM

5 * 300 IM (50-100-100-50) @ 4:15
(3:30 / 3:28 / 3:27 / 3:30 / 3:31)

5 * 150 BKBRFR @ 2:15
(1:43 / 1:41 / 1:40 / 1:40 / 1:38)

Broken 200 IM (4*50 @ 1:30)
(27.5 - 30.9 - 33.4 - 26.4) = 1:58.2



Development of Josh Prenot

"The Taco"

300 FRIM	@ 4:00 Pink
150 BR	@ 1:40 (Add up for 200BR, d1-4)
100 FR	@ 1:15 Cruise
50 BR	@ 1:00 (Add up for 200BR)

X4 rounds

R1: 1:37.1 / 29.3

R2: 1:32.7 / 29.4

R3: 1:31.7 / 29.2

R4: 1:30.1 / 28.0

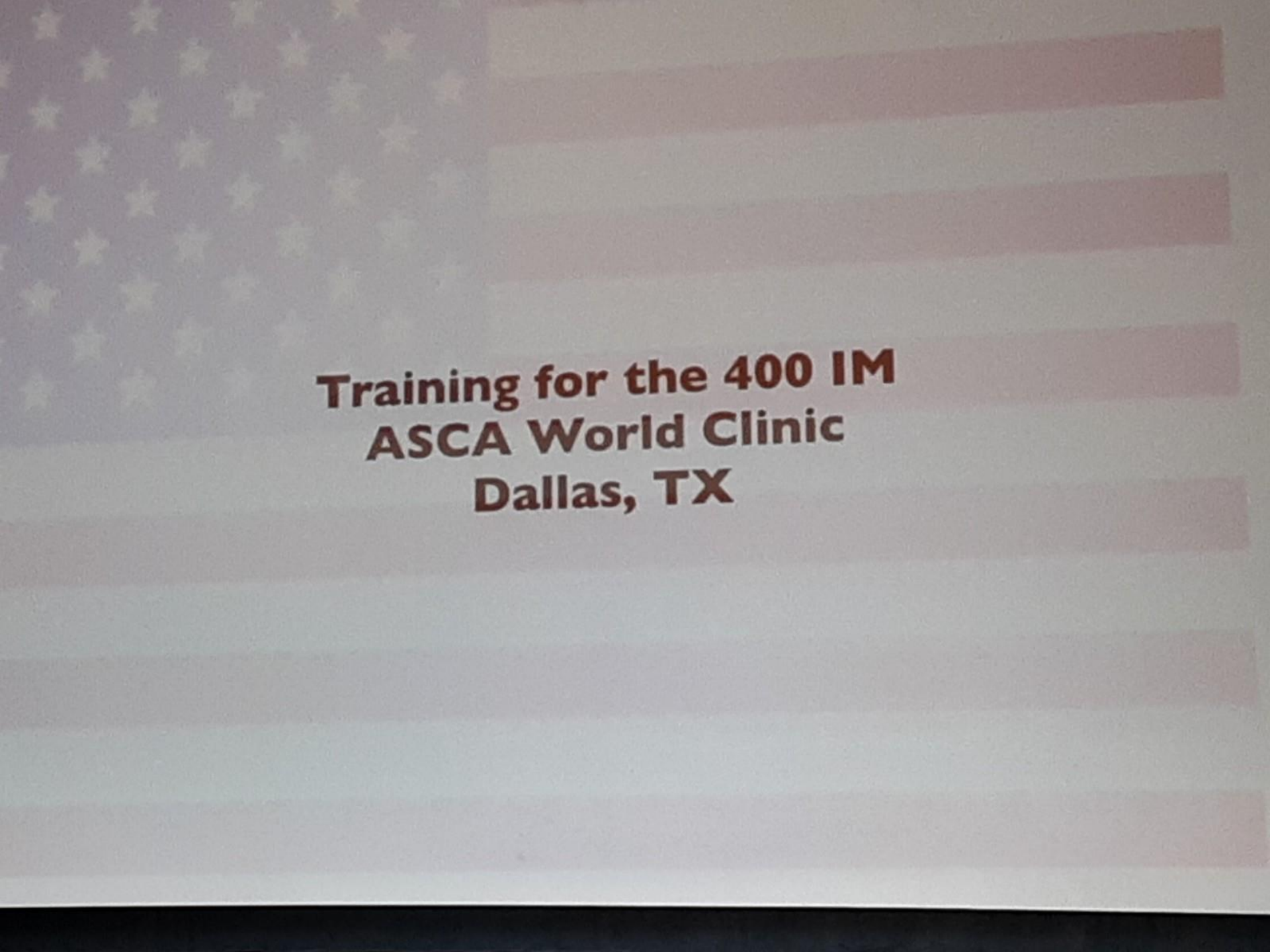
Development of Josh Prenot

CAPACITY vs. UTILIZATION

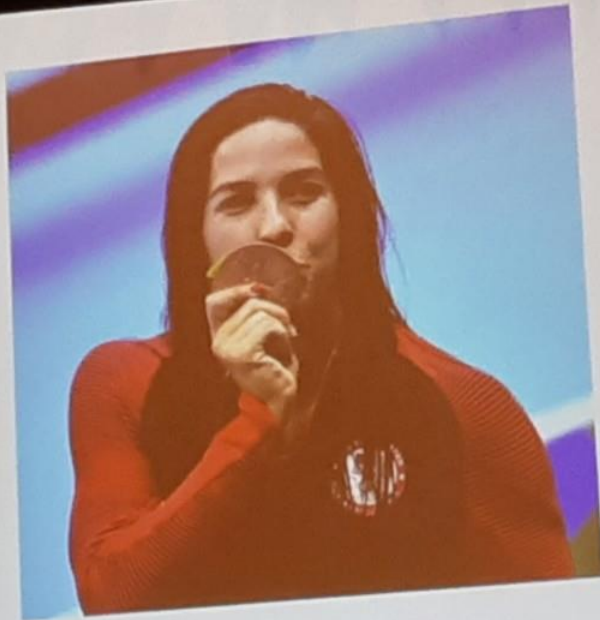


GREG MEEHAN



The background of the slide is a stylized American flag, featuring a field of stars in the upper left corner and horizontal stripes across the rest of the page. The colors are muted, with a light blue for the stars and soft red and white for the stripes.

Training for the 400 IM
ASCA World Clinic
Dallas, TX



"If you swim the 400 IM right, you should want to throw up about halfway through the race. And to be able to race it properly, you need to be getting to that point multiple times a week in training, if not more" - Maya DiRado

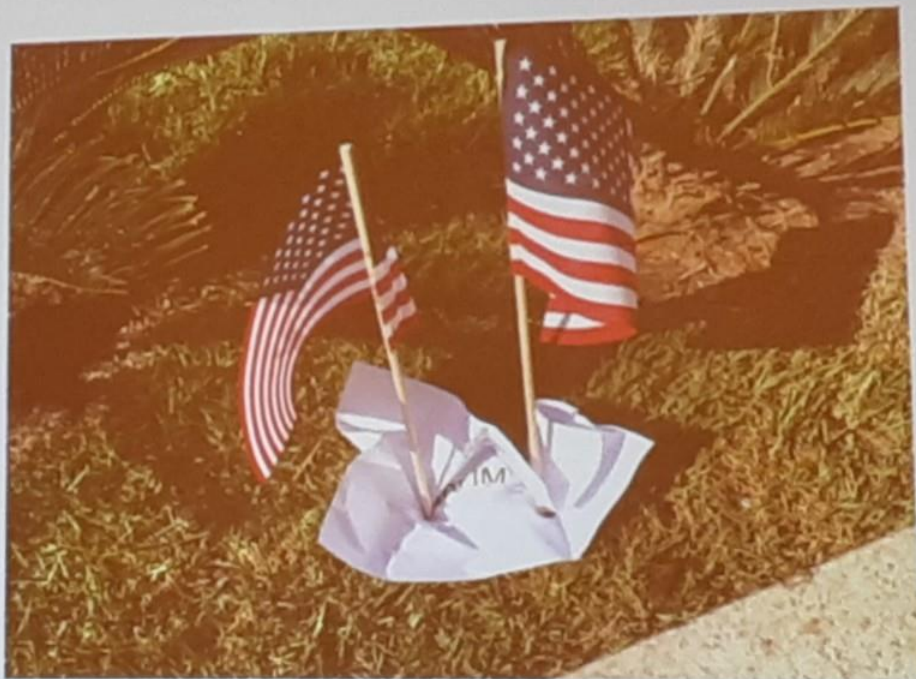
400 IM TRAINING - BELIEFS AND POINTS OF EMPHASIS

- Train all 4 strokes on 400 IM day
 - Less transition work, more sets
- Always incorporate lots of fast freestyle and kicking
 - Sample sets on next few slides
- Train how they will race:
 - Fly = smooth, efficient, but not soft.
 - Backstroke = negative split or build.
 - Breaststroke = Move it! Pay attention to stroke counts



400 IM TRAINING - BELIEFS AND POINTS OF EMPHASIS

- Great Correlation between middle distance free and IM
 - Almost every great IM'er is a great freestyler (Phelps, Lochte, Beisel, DiRado, etc).
- Ofentimes they are the best trainers on your team.
 - Stanford 2018 - Eastin, Ledecky, Forde, etc
- Everyone has a weak stroke.
 - Identify it and train it (not just in IM sets).
 - Be patient with stroke changes in weaker strokes; it takes a little longer for strokes that don't come as naturally.
- Develop and race all 5 strokes.
 - Racing 100's and 200's of stroke are an easy way to do "IM training."
 - Kicking is the 5th stroke...need a great kick on free!
 - Under H2O shouldn't be ignored



2016 "Homestead Act"

WEEKLY TRAINING BREAKDOWN

COLLEGE SEASON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:15-8:00 - LCM Moderate Aer Free Kick, Kick/Swim		6:15-8:00 - LCM Primary Stroke focus <u>Fly:</u> Ella, Brooke, Hannah <u>Breast:</u> Allie, Allie <u>Back:</u> Katie L, Katie G, (Maya)		6:15-8:00 - LCM Moderate Aer Free Team Kick Set	High Intensity / Quality VO2 Max or Lactate
		OFF		OFF		
PM	2:30-3:15 - LIFT 3:30-5:00 - SCY <u>200 IM Group</u> <u>(Power Towers):</u> Ella, Brooke 1/2 time, Allie Raab, (Maya) <u>500 Free Group:</u> Katie L, Brooke 1/2 time,	3:00-3:10 Activation 3:10-5:00 - SCY 5:15-5:45 - Dryland 40 Minute Team Kick set followed by 2 nd stroke work	2:30-3:30 - LIFT 3:45-5:00 - SCY <u>Weak Stroke focus</u> Kick, Pull, Drill, Swim	3:00-3:10 Activation 3:10-5:00 - SCY 5:15-5:45 - Dryland <u>400 IM Set</u>	2:30-3:30 - LIFT 3:45-5:00 - SCY <u>Power Work</u> Power towers, short fast bursts, detail focus.	

Thursday, JANUARY 11

Hate Am: 8:30 AM

WEEK 1

PM-SCY

w/v - 9:00 - Every 2nd 100 Kick

4x { 4x 50 Kick, D=50, 0/s 0:35, S=0:150 - Mix 200
2x 100 0:10 - Fast Run Back 1-4

JM

4x 50 Fly - 1 Swim, 1 Kick @ 1:50
2 P^a " " " "
3 P " " " "
4 Fly " " " "

200 Hyperic Poles - 3 Bars @ 25

9x 100 Br - 1 Bar, 1 Kick
2 P/P " 1 Kick
3 P/P " 1 Kick
0:1:30 1:40

200 Hyperic Poles - 3 Bars @ 25

14:50 Bar - Same Pattern
0:55, 1:60

200 Hyperic Poles - 3 Bars @ 25

4x 300 50 Br / 100 Br / 100 Br / 50 Br
0:4:15

- *1 - Fast Lane SD
- *2 - Fast Lane 1SD
- *3 - Fast Lane 2SD
- *4 - Fast

K/S

3x 25 Kick/Swim 0:1:35
1x 25 Sw + Swim 0:1:35

2x { 2 0:05
3 0:05 = 0:30

125 P^a, 75 P, 25 F
0:1:35 0:1:05

75 0:05 Backstroke

1:00 0:1:15 - Smooth
1:50 0:00 - Kick ↑

2:50 0:1:40 - Fast
3x { 1:50 0:1:00 - Kick
4:25 0:1:20 - Fast Turn
1:50 0:00 - Kick

100 ER

1:50
0:55

5.6 w/D

68

w/D

Don't forget
some long swims
from time to
time!

32 } 100 KILL
2
2.1
400 IM

5 x 800. @ 12:00^{*1} / 13:00^{*2}

#1 FINS → 50 FL / 100 FREE SMOOTH

#2 FINS, PAD → 100 BACK N.S. / 50 FREE

#3 Ø EO → 50 BREAST PACE / 50 FREE

#4 PULL → 50 FAST FREE / 50 EE

#5 IM COMBO → GET IT!

4.0

G2

LCM - Pre-Taper Thursday

4x50, 0:50 - Fly → 2 Da, 1 P, 1 P
4x100, 0:1:30 - BACK → Builo. #4 P-
4x50, 0:1:00 - Ba → PACE " "
2x { 4x100, 0:1:20 - FREE BEST AVG!
1:40
100 Kick Fast - 100 EZ

3x150, 0:3:00 - FAST!

50 Fly - 100 Builo
50 BK - 100 BK
50 BK - 100 FR

7/17/16 AM-LCM THURSDAY

400 IM FOCUS

MAYA D. RAO
LEAH SMITH
KATE LEBEY
HARRY ANDERSON

23
DAYS!

WU - 4, 3, 2, 1

3 x { 100 @ 1:30 - Kick
100 @ 1:15 - Back
2:00, O/S

1/11

600 → { 50 DRILL
50 SWIM
50 CALISTO FAZE } GUNNERS

1/25

Main Work:

4 x 50', @ 50 - Fly → 2 DR, 1 SWIM, 1 PACE

200 @ 2:50 - FREE NEB SPLIT

100 Fly FAST + .15 REST + 50 Kick FAST

150 ET

3 x 100', @ 1:30 - BK. DRS 1-3 To Pace -

150 @ 2:10 - FREE NEB SPLIT (STRONGER)

100 BACK FAST + .15 REST + 50 Kick FAST

100 ET

4 x 50', @ 60 - DRAGON - *1 DR, *2-4 PACE

100 @ 1:30 - FREE NEB SPLIT (STRONGER)

100 FRONT FAST + .15 REST + 50 Kick FAST

150 ET

3 x 100', @ 1:15 - DRS TO STRONG

50 @ 60

100 FREE FAST + .15 REST + 50 Kick FAST

Rio Camp - LCM

3 x 50' Fly + 100' Free + 50' Kick

JOM DUNCAN



JON DUNCAN

- Swam at Purdue 1998-2002
- Coaching History:
 - 2002-2003 Boilermaker Aquatics Interim Head Coach
 - 2002-2003 Assistant Coach West Lafayette High School
 - 2003-2005 Assistant Coach DePauw University
 - 2005-2011 Head Coach Rhodes College
 - 2011-current Head Coach Southwestern University
- 2017 Georgetown, Texas-Dad of the Year

SOUTHWESTERN UNIVERSITY

- Georgetown, Texas
 - 27 miles North of Austin
 - 7th fastest growing city in the US
- Founded in 1840 - Oldest University in Texas
- 1500 students
- #1 Private liberal arts school in the state of Texas
- Division 3 athletics
 - No athletic scholarships
 - Academic aid based on GPA



SU SWIMMING AND DIVING

- Roster
 - 2011- 13 women and 8 men
 - Today- 24 women and 31 men
 - 2013- first full men's roster
 - 2019- first full women's roster
- Coaching History
 - In the span of 12 years 3 coaches
 - 2 coaches in the span of 3 years
- Team began in 1998
- 6 lane pool
- First few years was all about just getting numbers
- $\frac{1}{3}$ of our swimmers are Greek and most are involved in another group on campus

PROBLEMS AND ISSUES IN THE PAST

- Leadership
 - Captains not doing their jobs
 - No leadership from upperclassmen- getting passed down
 - Low level commitment
- Coaching Structure
 - Too lenient on guidelines and rules
 - Letting those who are not good teammates continue to swim
 - Coaching staff being overworked- double practices every afternoon, teaching classes, weightlifting, etc
- Recruiting
 - Recruiting in mass numbers and not being selective on who was brought on to the team
 - Team not engaging recruits

WHAT WE DO NOW

Recruiting

- Being selective on not only talent but also character
 - What would your teammates and coaches say about you?
 - Identify a weakness and how they are improving on it
 - How do you want to be remembered after you leave Southwestern?

Recruiting Visits

- Limit number of recruits on campus for recruit visits (6 women/ 6 men)
- Letting the team know recruiting weekends at the beginning of the year
- Expectations of full team being involved during recruiting weekends
- Having current swimmers planning full team activities
- Prepping the team on how to be recruiters and being excited about potential future teammates
- Talking to team post visit about their thoughts

WHAT WE DO NOW

- Alumni

- Engaging alumni

- Texting 2-3 alum per week
- More involved alumni weekends
- Contacting them regularly and paying attention to big events in their lives
- Created a facebook group to stay in contact and have conversation
- Utilizing alumni relations at school
- Connecting current students with them for future jobs, internships etc

- Social Media

- Having a larger presence in general to connect with fans, parents, and alumni
- 5 for 15
- Freshman intros
- Show that we love to have fun

WHAT WE DO NOW

- Leadership
 - NO captains
 - Having more focus on underclassmen
- Coaching Structure
 - Making sure that everyone understands and follows expectations
 - 15 minute meeting Mondays
 - Identifying the bad attitudes and trying to work with them but also having focus on the great leaders and hard workers
 - Beginning of the season practices at Williams (full team practices)
 - Team warms up together almost every practice
 - Volunteer coaches to have more eyes on deck
 - Contact 2-3 successful college coaches in the spring to talk to them about new ideas (program development, practices, etc)

