





PRACTICE SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	Weights	Swim Practice		Weights	Swim Practice	
6:30 AM	Swim Practice	Swim Practice			Swim Practice	
7:00 AM	Swim Practice	Swim Practice			Swim Practice	
7:30 AM	Swim Practice	Swim Practice			Swim Practice	
8:00 AM						Swim Practice
8:30 AM						Swim Practice
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM		Swim Practice		Swim Practice	Swim Practice	
2:30 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
3:00 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
3:30 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
4:00 PM	Swim Practice	Dryland		Swim Practice	Swim Practice	
4:30 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
5:00 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
5:30 PM	Swim Practice	Swim Practice		Swim Practice	Swim Practice	
6:00 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	
6:30 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	
7:00 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	
7:30 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	
8:00 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	
8:30 PM	Swim Practice	Diving Practice		Swim Practice	Swim Practice	

	SWIM PRACTICE
	DIVING PRACTICE
	DRYLAND
	WEIGHTS

THE CULTURE SHIFT

- Swimmers having fun and better attitudes
- The team wanting to succeed and holding each other accountable to do so
- Increase in energy at practice and at meets
- More interest in recruits to better the team
- Leadership has gone up even without captains
- More parents wanting to be involved and help out
- SEVEN C's: The 7 C's to Building a Winning Team -Jon Gordon

= overall success in and out of the pool



"Every player wanted to be a part of a winning culture but how many are willing to call out fellow teammates on poor behaviors or standards that have been violated? In the end, the strength of your team culture comes down to how many are willing to stand up and fight for it." - Allistair McCaw

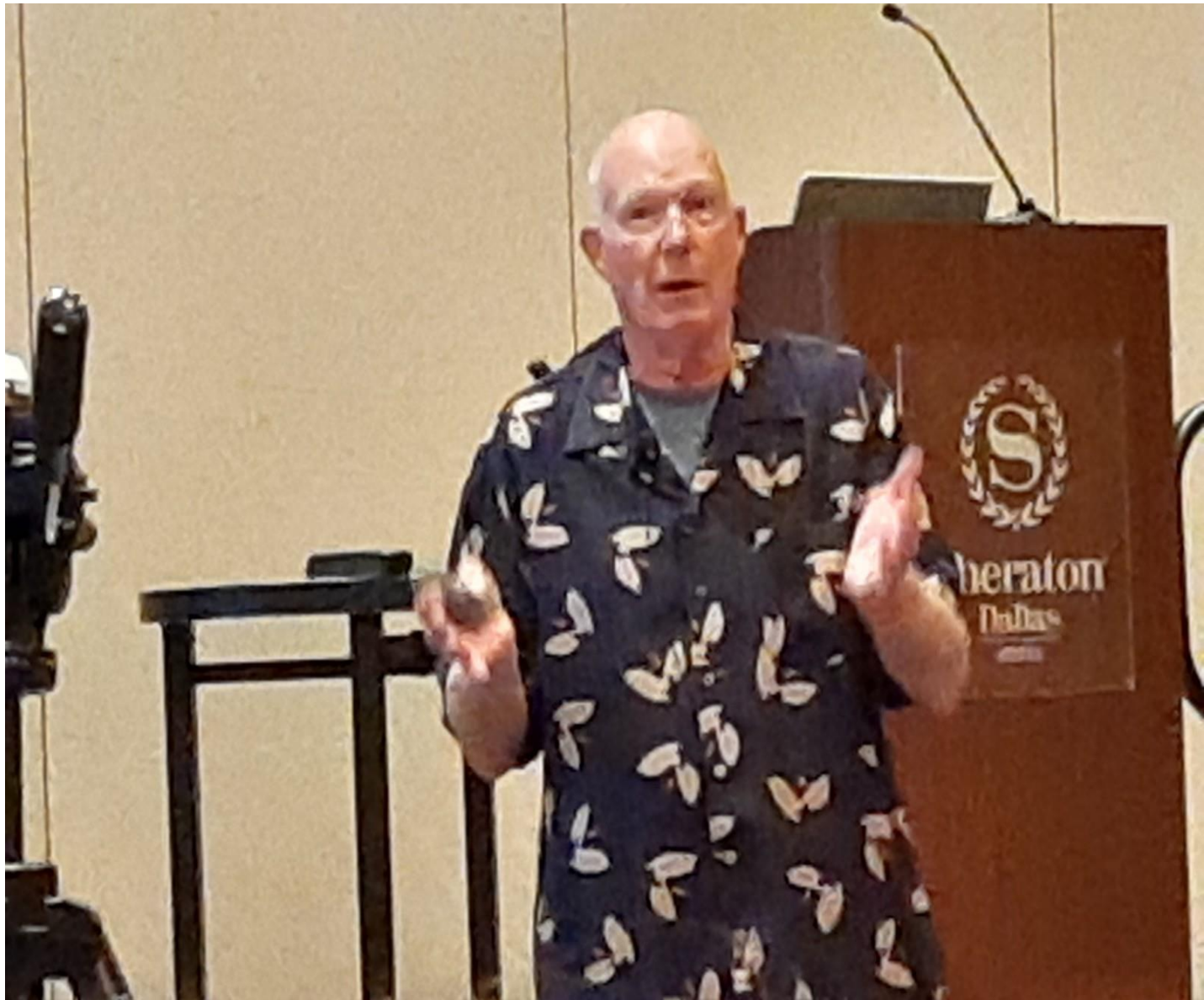


JON DUNCAN

- 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



DON SWARTZ



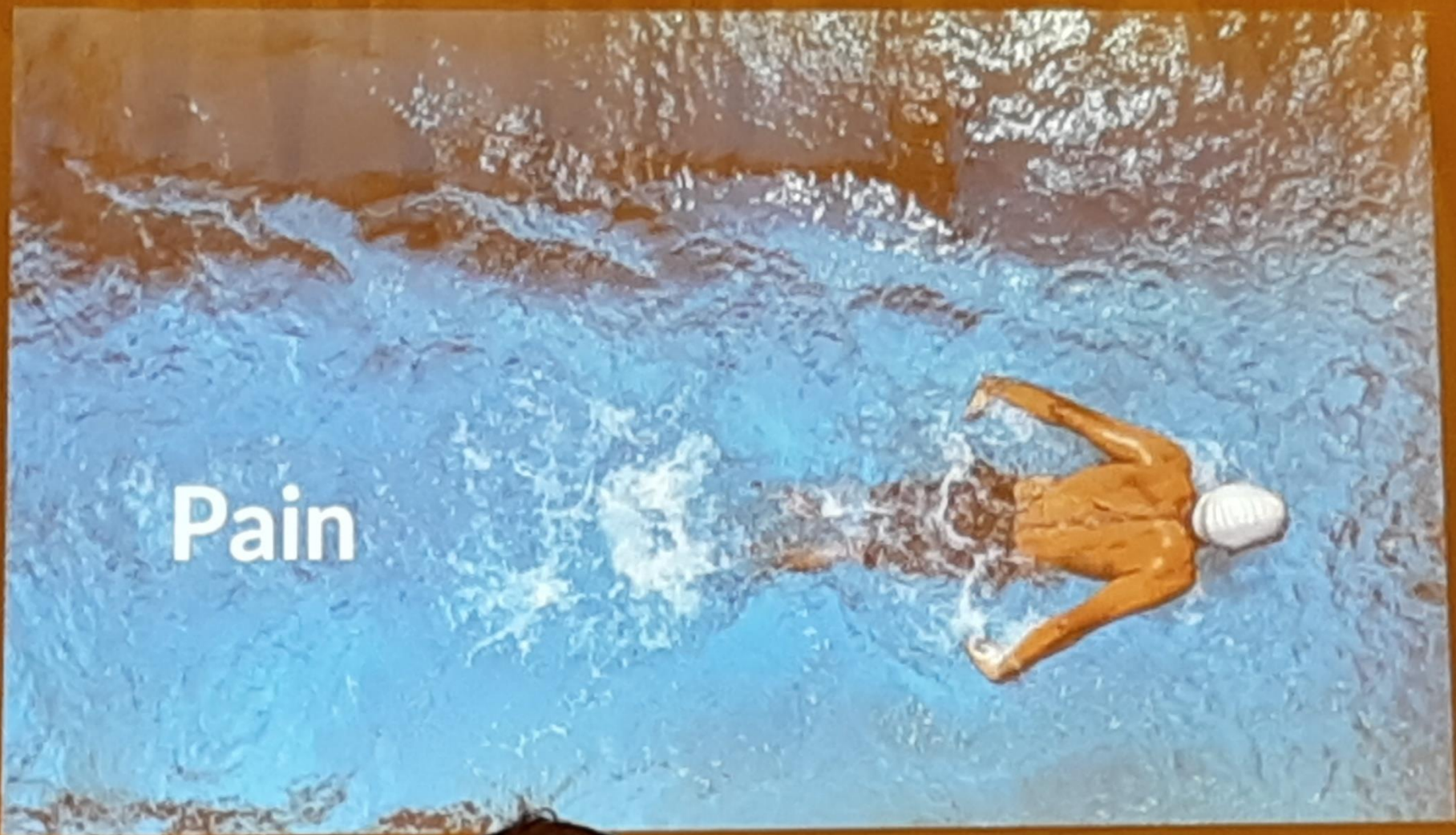
Coach Greatness

Watch – Listen – Learn

Reward Grit – Teach Flow

**Humans perform best
when in their comfort zones**

Pain



We will discuss pain as a “sensation” and the value of those types of sensations

Reconciling the Element of "PAIN"

Will include the different types of pain:

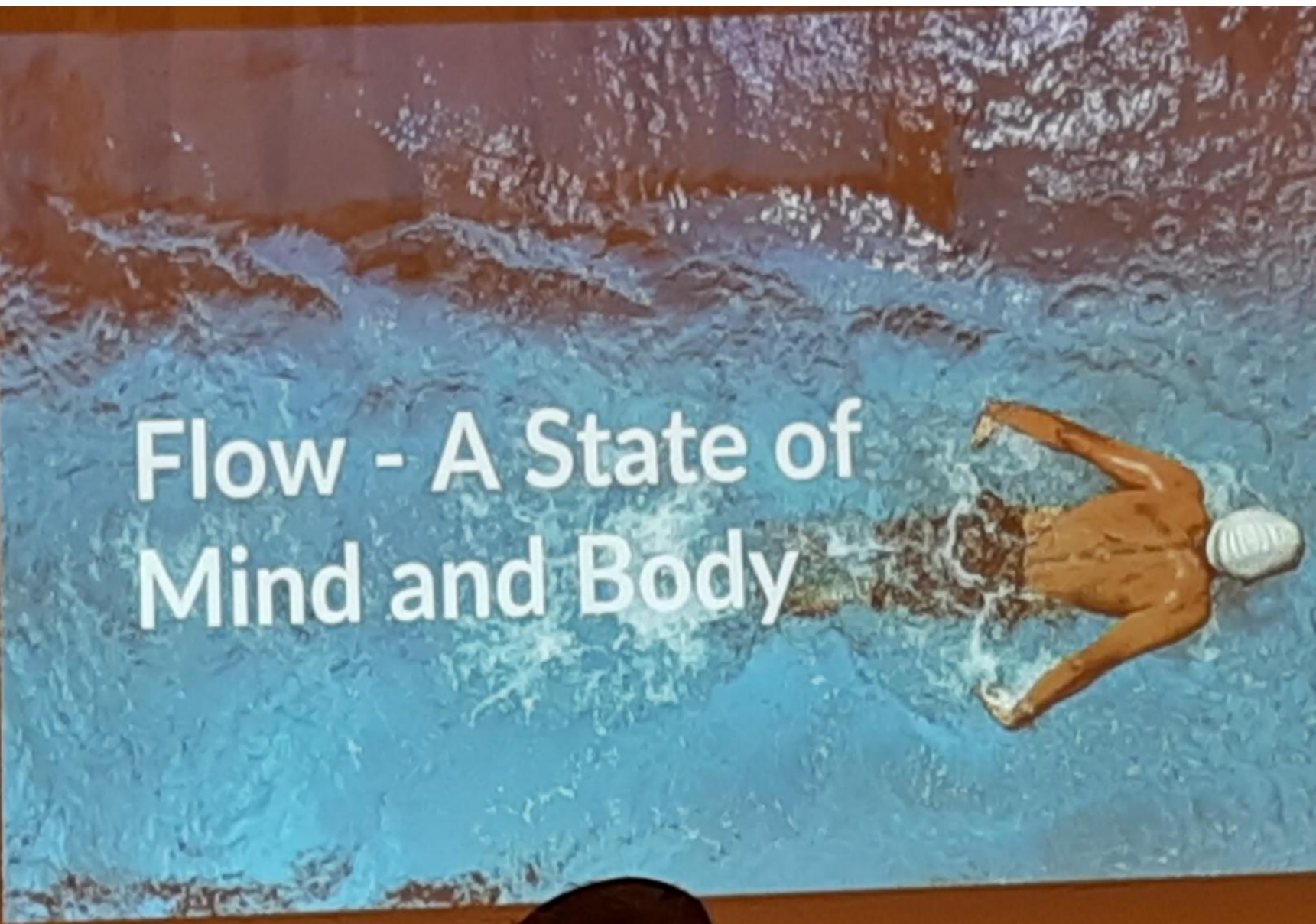
- Physical Discomfort
- Mental Anguish
- Emotional Heartbreak

The trick is to get each of us to be comfortable
being uncomfortable



Goes for athletes and coaches alike

Flow - A State of Mind and Body

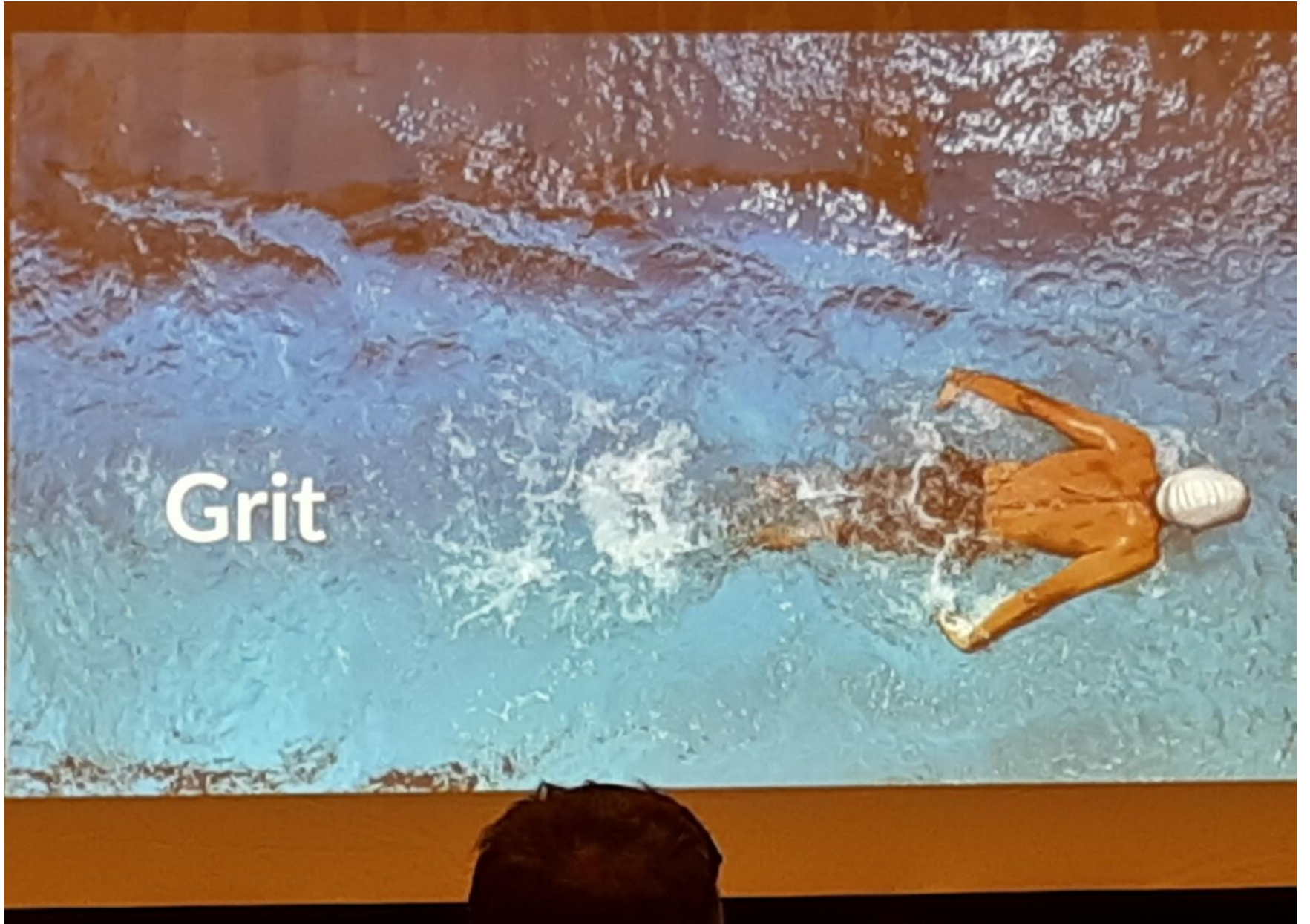


In Flow All Things Are Possible

Major Contributors to Flow:

- Risk
- Perceived Danger
- Being Totally Present
- Being Non-judgmental

Grit



**A passion for a long term goal or end state,
coupled with a powerful motivation to achieve
your respective objective**

You Can Improve!!

Orig Time M:S	4% Improvement	
	Imprvmt	M:S:H
02:30	06.00	02:24.00
02:29	05.96	02:23.04
02:28	05.92	02:22.08
02:27	05.88	02:21.12
02:26	05.84	02:20.16
02:25	05.80	02:19.20
02:24	05.76	02:18.24
02:23	05.72	02:17.28
02:22	05.68	02:16.32
02:21	05.64	02:15.36
02:20	05.60	02:14.40
02:19	05.56	02:13.44
02:18	05.52	02:12.48
02:17	05.48	02:11.52
02:16	05.44	02:10.56
02:15	05.40	02:09.60
02:14	05.36	02:08.64
02:13	05.32	02:07.68

Orig Time M:S	4% Improvement	
	Imprvmt	M:S:H
01:46	04.24	01:41.76
01:45	04.20	01:40.80
01:44	04.16	01:39.84
01:43	04.12	01:38.88
01:42	04.08	01:37.92
01:41	04.04	01:36.96
01:40	04.00	01:36.00
01:39	03.96	01:35.04
01:38	03.92	01:34.08
01:37	03.88	01:33.12
01:36	03.84	01:32.16
01:35	03.80	01:31.20
01:34	03.76	01:30.24
01:33	03.72	01:29.28
01:32	03.68	01:28.32
01:31	03.64	01:27.36
01:30	03.60	01:26.40
01:29	03.56	01:25.44

Orig Time M:S	4% Improvement	
	Imprvmt	M:S:H
01:02	02.48	00:59.52
01:01	02.44	00:58.56
01:00	02.40	00:57.60
00:59	02.36	00:56.64
00:58	02.32	00:55.68
00:57	02.28	00:54.72
00:56	02.24	00:53.76
00:55	02.20	00:52.80
00:54	02.16	00:51.84
00:53	02.12	00:50.88
00:52	02.08	00:49.92
00:51	02.04	00:48.96
00:50	02.00	00:48.00
00:49	01.96	00:47.04
00:48	01.92	00:46.08
00:47	01.88	00:45.12
00:46	01.84	00:44.16
00:45	01.80	00:43.20



Thank you!

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DEBATE -TÉCNICOS OLÍMPICOS






Sheraton
Dallas
HOTEL

USA OLYMPIC HEAD COACHES







OLYMPIC GAMES - 1896-1912

Athens 1896

Rank	Nation	Gold	Silver	Bronze	Total
1	 Hungary (HUN)	2	0	0	2
2	 Greece (GRE)	1	3	3	7
3	 Austria (AUT)	1	1	0	2
Totals (3 nations)		4	4	3	11

Athens 1906 - Intercalated

1	 Great Britain (GBR)	1	2	2	5
2	 Hungary (HUN)	1	1	0	2
3	 Austria (AUT)	1	0	1	2
4	 United States (USA)	1	0	0	1

St Louis 1904

Rank	Nation	Gold	Silver	Bronze	Total
1	 Germany (GER)	4	2	2	8
2	 United States (USA)	3	6	5	14
3	 Hungary (HUN)	2	1	1	4
4	 Austria (AUT)	0	0	1	1
Totals (4 nations)		9	9	9	27

LONDON 1908



July 13-25

Nations: 14

Athletes: 169

World Records: 5

TOP-3 MEDALS

GBR 4 2 1

HUN - 2 -

AUS - 1 1



STOCKHOLM 1912



July 6-15

Nations: 17

Pool: 100m

World Records: 8

TOP-3 MEDALS

GER 2 3 2

AUS 1 2 3

GBR 1 2 3



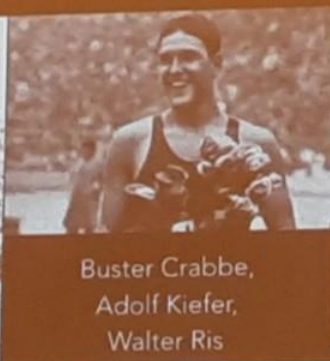
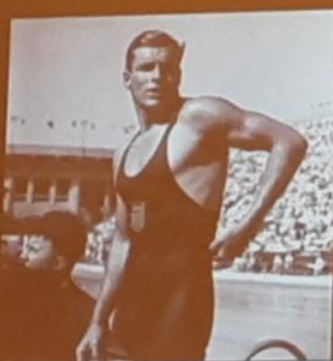
DUKE AND THE BLAZERS

SOURCE: THE OLYMPICS

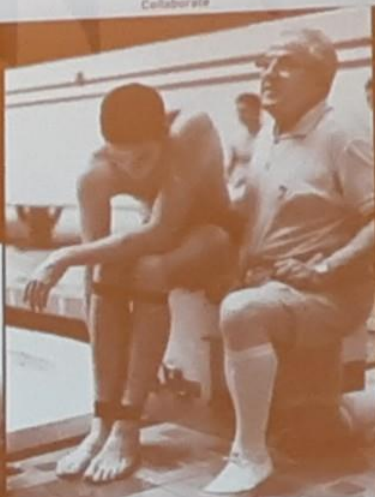


HE WOULD THEN GO ON TO WIN
5 OLYMPIC MEDALS IN SWIMMING,
INCLUDING **3 GOLDS,** FROM 1912-1924.

1932-1936-1948



Buster Crabbe,
Adolf Kiefer,
Walter Ris



BERLIN 1936



August 8-15

Nations: 36

World Records:

1 (M: 1)

TOP-3 MEDALS

JPN 4 1 4

NED 4 1 -

USA 2 3 3

LOS ANGELES 1932



August 5-13

Nations: 21

World Records:

3 (M: 1; W: 2)

TOP-3 MEDALS

JPN 5 5 2

USA 5 2 3

AUS 1 1 -



Helene Madison and coach Ray Daughters

LONDON 1948



July 30-August 7

Nations: 34

World Records:

1 (M: 1)

TOP-3 MEDALS

USA 8 6 1

DEN 2 2 -

NED 1 - 2

1972-1980

MUNICH 1972



Aug. 28 - Sept. 5
Nations: 52
World Records:
30 (M: 16 W: 14)

TOP-3 MEDALS

USA	17	14	7
AUS	6	2	2
GDR	2	5	2

MONTREAL 1976



July 18-25
Nations: 51
World Records: 29
(M: 18 W: 11)

TOP-3 MEDALS

USA	13	14	7
GDR	11	6	2
URS	1	3	5

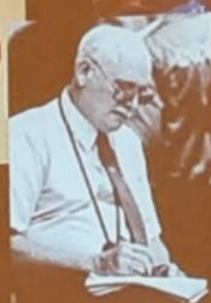
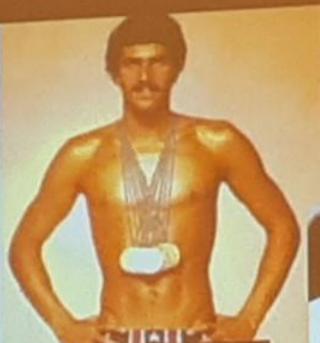
MOSCOW 1980



July 21-27
Nations: 41
World Records:
10 (M: 1 W: 9)

TOP-3 MEDALS

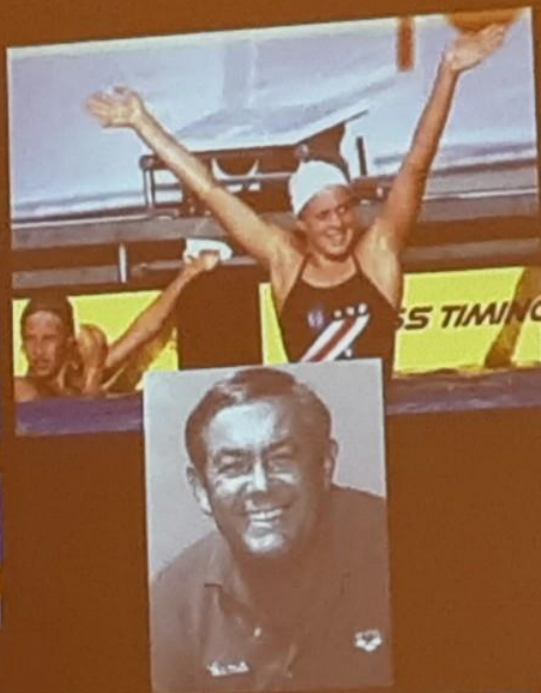
GDR	12	9	7
URS	9	8	5
AUS	2	1	6



SWIMMING WORLD



LOS ANGELES 1984



LOS ANGELES 1984

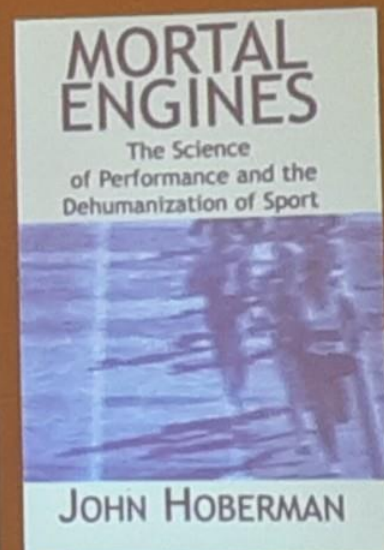
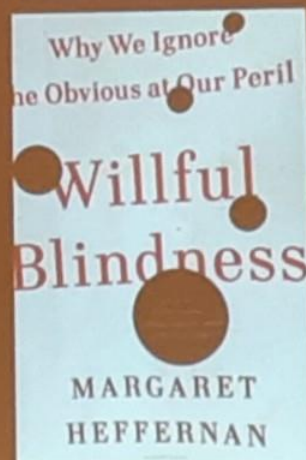
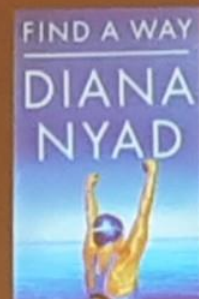
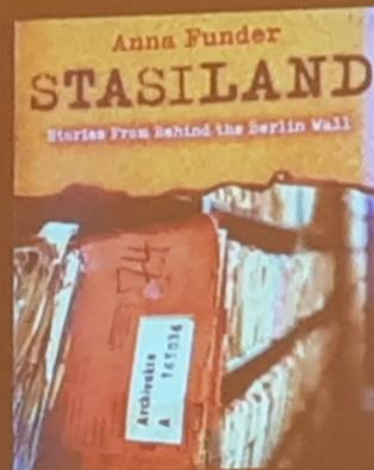
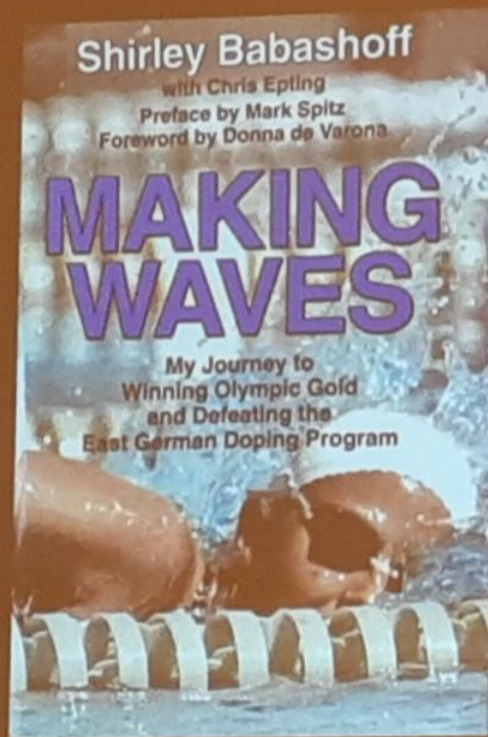


July 28 – August 12
Nations: 66
World Records: 11
(M: 11 W: 0)

TOP-3 MEDALS		
USA	21	13
CAN	3	2
FRG	2	3



HORRIBLE HISTORY THE OTHER SIDE OF THE STORY



SYDNEY 2000

SYDNEY 2000

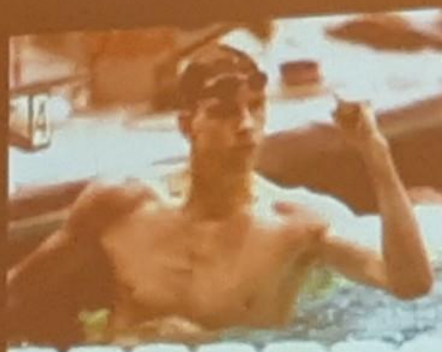
September 16 - September 23

Nations: 148

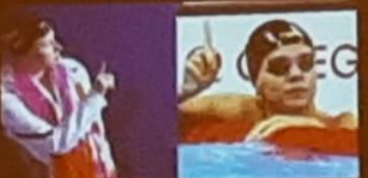
World Records: 15 (M: 9 W: 6)

TOP-3 MEDALS

USA	14	8	11
AUS	5	9	4
NED	5	1	2



RIO 2016



1	United States	16	8	9	33
2	Australia	3	4	3	10
3	Hungary	3	2	2	7
4	Japan	2	2	3	7
5	Netherlands	2	0	0	2
6	Great Britain	1	5	0	6



PREPARAÇÃO OLÍMPICA IDEAL



ASCA WORLD
CLINIC 2019
Keynote
Address

**WHAT WE NEED
IN THE OLYMPIC YEAR**

• **Dennis Pursley**

- USA National Team Director, 1989-2003
- Great Britain National Team Director, 2008- 2012

• **Mark Schubert**

- Coach of 53 USA National Team Club Championships
- USA National Team General Manager (National Team Director), 2006-10

• **Jon Urbanchek**

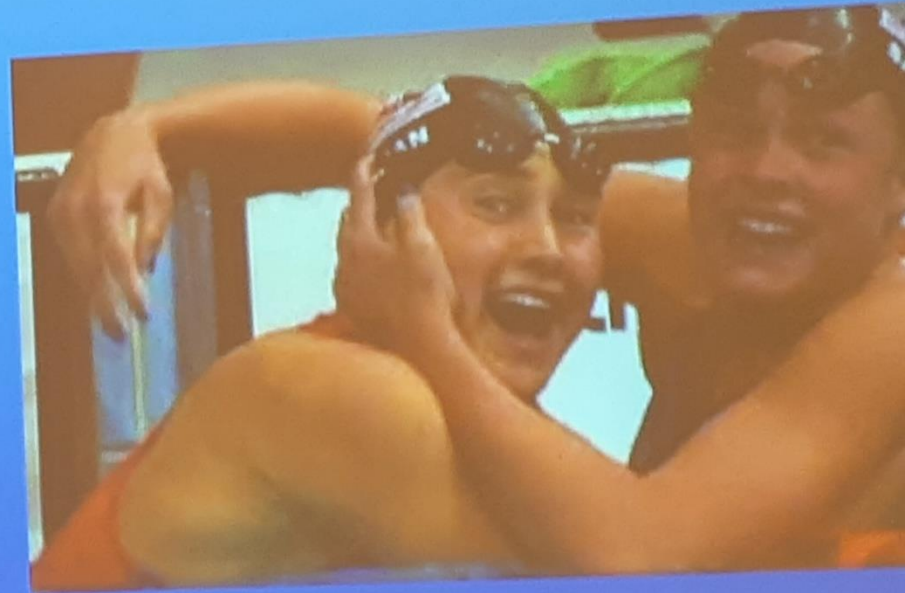
- USA Olympic Coach or Staff Member, 1992, 1996, 2000, 2004, 2008, 2012
- USA National Team Technical Advisor, 2018-20

...with Chuck Warner, ARETE Aquatic Services

WHAT DO WE NEED?

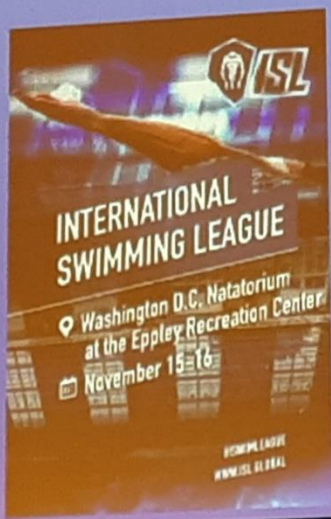
- A DREAM
- PREPARATION (TRAINING)
- OLYMPIC TRIAL'S KEYS
- TRAINING CAMP
- OLYMPICS
- AUDIENCE QUESTIONS
- 2024

A DREAM



PREPARATION (Training)

- Trials dates?
- Higher % of professional athletes on Olympic Team.



USA Trials to Games History

	2020	2016	2012	2008	2004	2000	1996	1992
Medal Count	--	33	31	31	28	33	26	27
Swims Improved Trials to Games	--	63%	63%	51%	40%	59%	45%	38%
Days betw Trials and Games	25	33	25	33	30	30	129	140
- Days at Processing	0	1	--	--	--	--	--	--
- Days at home	5	7	4	0 ^a	0-4 ^b	4	2 camps	3 camps
- Days at Processing	--	--	--	--	--	--	2	--
- Days at Domestic camp	7	10	8	19	14-18 ^b	14	5	4
- Days at Processing	--	--	--	--	3	--	--	--
- Days at International camp	8	10 ^c	8	9	6	?	--	8
- Days at Olympic city before start	4	5	5	5	4	4?	4	5

Trials

2020 June 21 - 29 (9 days)
2016 June 26 - July 3
2012 June 25 - July 2
2008 June 29 - July 6
2004 July 7 - 14
2000 August 9 - 16
1996 March 6 - 12
1992 March 1 - 6

Games

July 25 - August 3 (10 days)
August 6 - 13
July 28 - August 4
August 8 - 17
August 14 - 21
September 16 - 23
July 20 - 26
July 26 - 31

TRIALS KEYS

- Expectations
- Managing your team & individuals

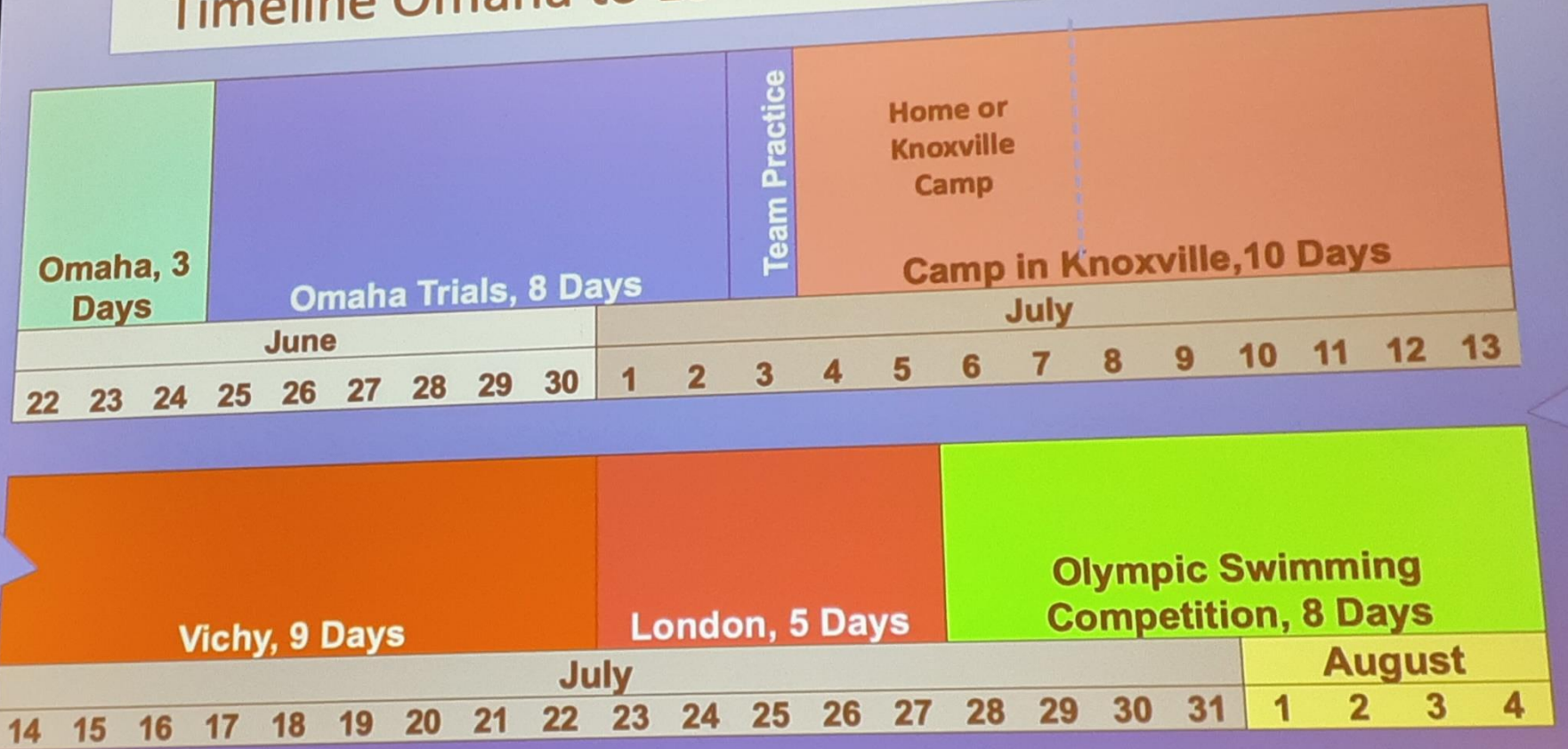
TRAINING Camp - Team USA Culture



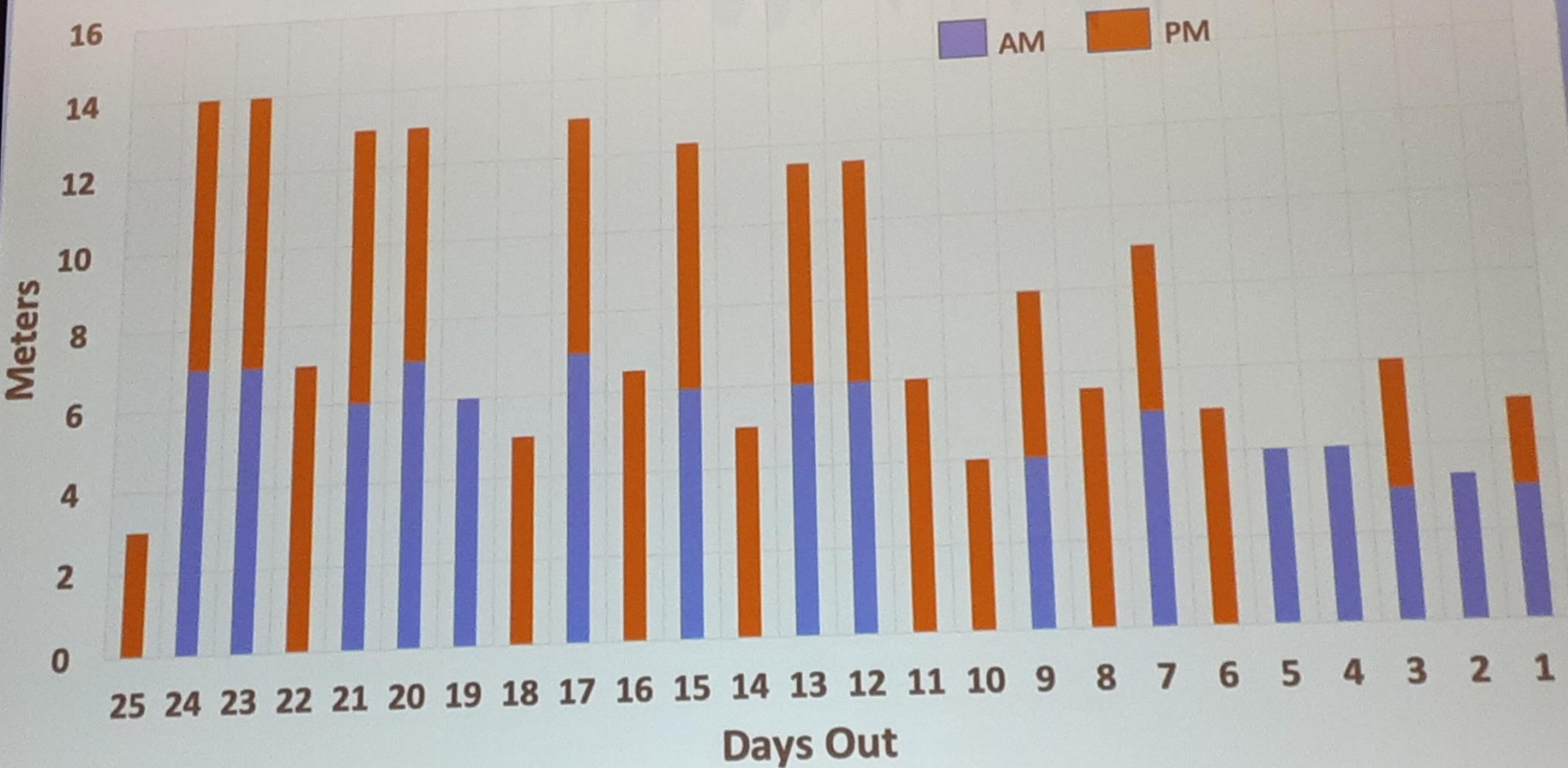
USA TRAINING CAMP

- Team Discipline vs. Fun
- Training Groups
 - *“As difficult as it may be, in the international arena, swimmers who are coached to be independent and self-reliant will be advantaged over those who are not. This level of trust is hard to come by, but it is very powerful when it is achieved” – Dennis Pursley*
- Rebuilding training after Trials to the Olympics.

Timeline Omaha to London Games – 26 Days



800 TAPER (LEDECKY)

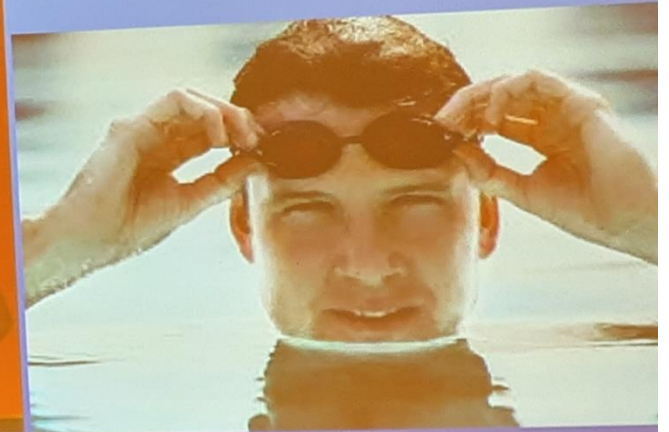
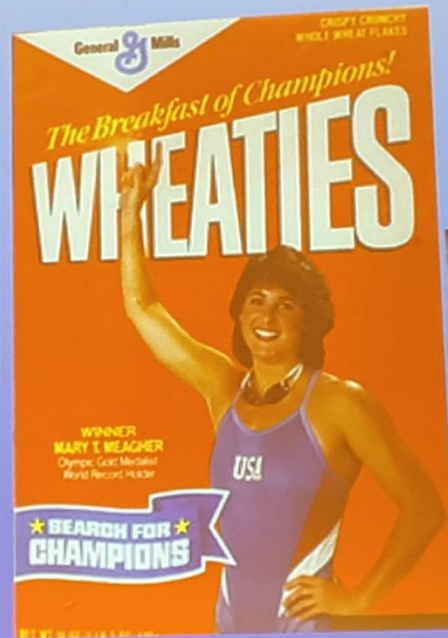


OLYMPICS

- Relay Selection
- Performer or publicist?
- Whole team at finals?
- Handling disappointment

MAIS NADADORES PROFISSIONAIS

2024 – How fast is fast?



DICA FINAL

Your key advice to a coach who has an up-and-coming Olympic hopeful?

“Train for the Olympics until six weeks before Trials” - Richard Quick

