

What Coaches of World Ranked H.S. Swimmers Do and Could...

*Paradigm Shifts Create Success**

SENIOR SWIMMERS

1. You're doing the right things; however, ALWAYS create and look for NEW ideas.
2. Monitor Threshold physical improvements monthly using Urbanek's Threshold Pace Tables AND Instructions. Download at www.gamesgimmickschallenges.com.
3. Use Periodization Table to monitor aerobic and anaerobic yardage/ week.
4. Use Block Planning for progressive changes in 10 week periods.
5. Use gear to force change. Verbal 28% - Visual 70% - Kinesthetic 90%
6. Compare practice times to Olympian's from Swimming World or USA-S www.usaswimming.com.
7. Monitor training of ALL swimmers daily and test set improvements.+
8. Compare Senior swimmers' Race Analyses to Olympians.
9. Relate Training Times to Goals times for training purpose.+
10. Increase use of Anaerobic Sets from day one and monitor improvements with number of reps increasing as fitness improves and average times plateau.
11. Challenge swimmers to attempt and do things they have not done before.
12. Practice and time starts and turns with different underwater kicks to 15 M and REQUIRE 15M breakouts on kicking and training sets.
13. Infuse fun and rewards in challenging sets. Here are a few I really enjoy. +
 - a. Gator 100 at EOP or NB/BO
 - b. Fastfeet Sets
 - c. Relay Rundowns
 - d. Beat the Clock
 - d. Rock Band or Race Horse
 - e. Lochte IM Set
14. Use monitored, structured, specificity oriented dry-land program for H.S. kids.
15. Require morning practices only for those swimmers that are ready for AM's.
16. Require clock reading skills and an ability to figure exact averages on straight sets.
17. Workshops educate swimmers, parents, and coaches on skill, fitness, and mo.
18. Have kids share knowledge and experience with each other as partner coaches.
19. Make certain all staff members have access to personal improvement clinics.
20. USA-S Toyota Virtual Club Championship to analyze your team's event and age specific strengths and weaknesses. Conduct dual meets with unknown teams across country for measurement and exciting competition experience in your pool.
21. Teach Early Vertical Forearm (EVF) catch as 16 of 20 Golds and 43 of 60 medals.
22. Do not give instructions unless kids are listening with their eyes. (Expect Respect)!
23. Have team presentation (gear, fonts, logos) by staff, swimmers, and parents.
24. Wear collared coaching polo shirts.
25. Build Meyelin through; explanation, DEMONSTRATION, practice for mastery, evaluation, CORRECTION, practice.....until learned.
26. Don't coach the way you were coached. If you don't change things when you get home from a clinic, you haven't been to a clinic with an open mind, with a desire to improve.
27. Have a coaching idol. Study their ways and implement their routines and responses.
28. Require every squad to teach Race Analysis components to a required level of achievement for swimmers to move.
29. Encourage coaches to use Race Analysis Phone/App or Stopwatch to help swimmers.
30. Use USA-S on-line presentations as a staff and if uncertain have designated staff member watch and report on the program.
31. Develop an incentive program for expected levels of coach achievement; recruiting, retention, improvement in skills, fitness and motivational programs on every squad.

32. TECHIE AND NEW THINGS TEAMS ARE BUYING

Finis Tempo Trainers

Drag Socks

Digital Pace Clocks

Dolphin Wireless Stopwatch

I pads in waterproof cases – drop below the surface, video compare, telestrate

Hero 3 Black edition cameras

Vasa Trainer Pro - ergometer

CTS Wireless Timing System

IKKOS Training

Avida Sport Technology - shedges@avidasports.com

Dartfish

Gambetta's GAIN Dryland

Garmin Forerunner

Concept 2 Rowing Machines

TRX Power Straps

Ropes

Finis Turnmaster

Sprint Trainer System

Viewsonic Projector

Waterproof Ipad case

Telestrator that can be made and emailed to kids....

Polar HR Monitors (some get PE credit for AM practice by putting their watch on the H.S. PE computer

Ubersense.com - it's a video app with the ability to analyze a swimmer in slow motion frame by frame both above n below the water do voice over corrections as well as video analysis with the athlete n mail to the athlete for later review. right on the pool deck. Make bio mechanical annotations on the screen(big word for drawing lines on screen to denote entry angles , body n head / spinal positions) for the swimmer to review n make adjustments.

Parametrix race analysis for I phone and team computer parametrix.org

swimoptimum.com - RA and video

seethespeed.com - shake your phone for tempo

Go Swim TV

Total Performance Power Tower

Crossfit Dryland

SWIMPRO video system

System 6 Sports timer

Pace Pal Timing display – pacepal.com

Pro Swim Workouts - nico@proswimworkouts.com

SUCCESS – Doing what needs to be done, when it needs to be done whether you like it or not. Visit www.gamesgimmickschallenges.com for FREE newsletters, coaching resources, stroke-building gear and more...