

Coaching Philosophy @ Biddulph A.S.C.

The club is growing so fast at the moment with a lot of new members. I thought it would be a good idea to give parents and swimmers information regarding the coaching philosophy and how children progress through the groups and tips for good training habits.

The training programme at the club is based on medley work which means working all four strokes with a strong emphasis on technique and practicing certain drills. All the groups work on the same drills whether you are seven or seventeen, so that there is continuity when moving from one group to another. This is one of the main reasons why we are so successful in producing so many of our own swimmers to a very high standard.

Every session your child does whichever group they are in is planned, recorded and evaluated so that there is variety in the programme with certain test sets that swimmers complete. If any parent would like to see the sessions their child does they are welcome, please have a word with me. Attendance is also recorded for each child.

As your child moves through the different groups at the club the long term development of the swimmer is the main concern making sure that swimmers are assessed properly and are moved up at the right time. This is not done on age but is my decision based on experience as to when I think it is right. That is why I coach the young swimmers as well as the senior swimmers so that I am aware and involved in what is going on in every group throughout the Club. The coaching of the youngest section at the between 7 years and 12 years is very important as this is when a coach can make the biggest impact on their future development.

The Academy Squad is the top group at the Club and is open to any swimmer 12 years and upwards who will be given an opportunity if they want to commit. This is different to most other Clubs who insist on swimmers achieving certain times to go in the top group. The philosophy at Biddulph is different as from my experience of coaching during the last thirty years I have seen swimmers who take their opportunity can improve very quickly and we have quite a number of swimmers in the Academy Squad at the moment who are proof of this.

TOP TIPS FOR PARENTS SQUAD / DEVELOPMENT SWIMMERS

1. Consistency in attendance is by far the biggest factor in a swimmers improvement- i.e. you can be on the best training programme in the country but if you only attend 50 % of the sessions you will not reach your full potential.
2. Try and include as many morning sessions in your training as possible as you get older- morning training is essential if you are aiming to compete at a high level.
- 3 Always take responsibility for your own actions in the sessions for example on starts, turns, drills – what you do in training is what you will do when you compete – i.e. sloppy streamlining in training usually means the same in racing – there are seven turns in 200m swims !!!
4. Always work at the right intensity heart rate level on main sets i.e. if you turn up for training but do not work at the right level you will not benefit from the session.
5. Set yourself achievable targets and goals short term and long term in training and for competitions i.e. to achieve a certain time or position within a period of time or aim to be selected for the County Team.
6. Do not compare yourself to other swimmers who have a different physical make up i.e. a good 5 foot 8 ins 13 year old boy will more than likely beat a good 5 foot 3 ins 13 year old boy - not because he is better but stronger at that particular moment in time.
7. Age Group swimmers will not keep swimming personal best times every time they swim – sometimes it can be for physical reasons i.e. growth spurt or adapting to an increase in training due to moving up a group.
8. Do not do too many competitions – always discuss with your coach to make sure that you have prepared for that event.

Peter Abbott
Director of Swimming - October 2017