

COACHING PHILOSOPHY @ BIDDULPH A.S.C.

The club is growing so fast at the moment with a lot of new members during the last twelve months, 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 which is unique in this area. Every session your child does whichever group they are in is planned and recorded so that there is variety in the programme and the coaches can evaluate any test sets that certain groups 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 28 years experience as to when I think it is the right time. That is why I coach the young swimmers on a Sunday so that I am aware and involved what is going on throughout the club which again is unique and another reason why we are producing so many swimmers. The coaching of the youngest section at a club between 7 yrs – 12 yrs is very important as this is when a coach can make the biggest impact on their future development. The Scorpio Squad is the top group at the Club and is open to any swimmer 11 yrs upwards who wants to commit and meets the attendance criteria, again we are unique in doing this as other clubs insist on swimmers achieving certain times to go in the top group. My philosophy is different as again from experience I have seen swimmers who are committed can improve very quickly and we have quite a number of swimmers in the top group at the moment who have benefited from this but would not have been given a chance at other clubs.

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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 - morning training is essential if you are aiming to compete at a high level as you get older.
- 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 yr old boy will more than likely beat a good 5 foot 3 ins 13 yr old boy at freestyle - 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 to many competitions – there should always be a reason why you compete – always discuss with your coach to make sure that you have prepared for that event.
9. Do not hop from club to club always discuss with your coach first there are no magic answers out there coaches help swimmers but **swimmers make swimmers !!!!** - Thanks Peter

