

Blooming Starfish

Challenges and Strategies for Designing
a Junior Competitive Program

By

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Background

Former member of UBC Thunderbirds and Canadian National Team

Retired 2008

Administrator Canadian Sport Center Pacific

Coach with Vancouver Pacific Swim Club – 6 years

- 11 & under coach – 3 years
- BC Coaches Association Top 10 & under Coach 2009/10 & 2010/11
- Currently Assistant Head Coach

Vancouver Pacific Swim Club



- 200+ members
- Operates out of 3 pools
- Approximately 110 Competitive swimmers and the rest are Junior Development
- Member of the Vancouver Dolphins Association
- Top team at 2012 BC SC Provincial Championships

Current Role

Coach top 11 to 14 year olds in program

Administrator for club which includes web design, registration, communication with parents, scheduling, meet set up, organizing volunteers, fundraising

Oversee Junior program - scheduling, communication, staffing, program goals and guidelines

10 & Under Swimming

Exciting, Energetic, Evolving

Goals of 10 & Under swimming should always
revolve around

- Having FUN
- Developing a love for the sport
- Developing a strong technical base

GOALS

Year

What does a swimmer/group look like at end of year or to get to next level?



Monthly

What are tests used to determine if reaching goals?

Test sets?

Meet results?

Technique?



Weekly

How do you make focus FUN and educational on a day to day basis?

CHALLENGES

- Pool operation / scheduling
- Many coaches with various levels of training and ideals
- Extreme levels of swim abilities among kids
- Commitment levels
- Parents

How do you streamline a program and get everyone on board?

STRATEGY

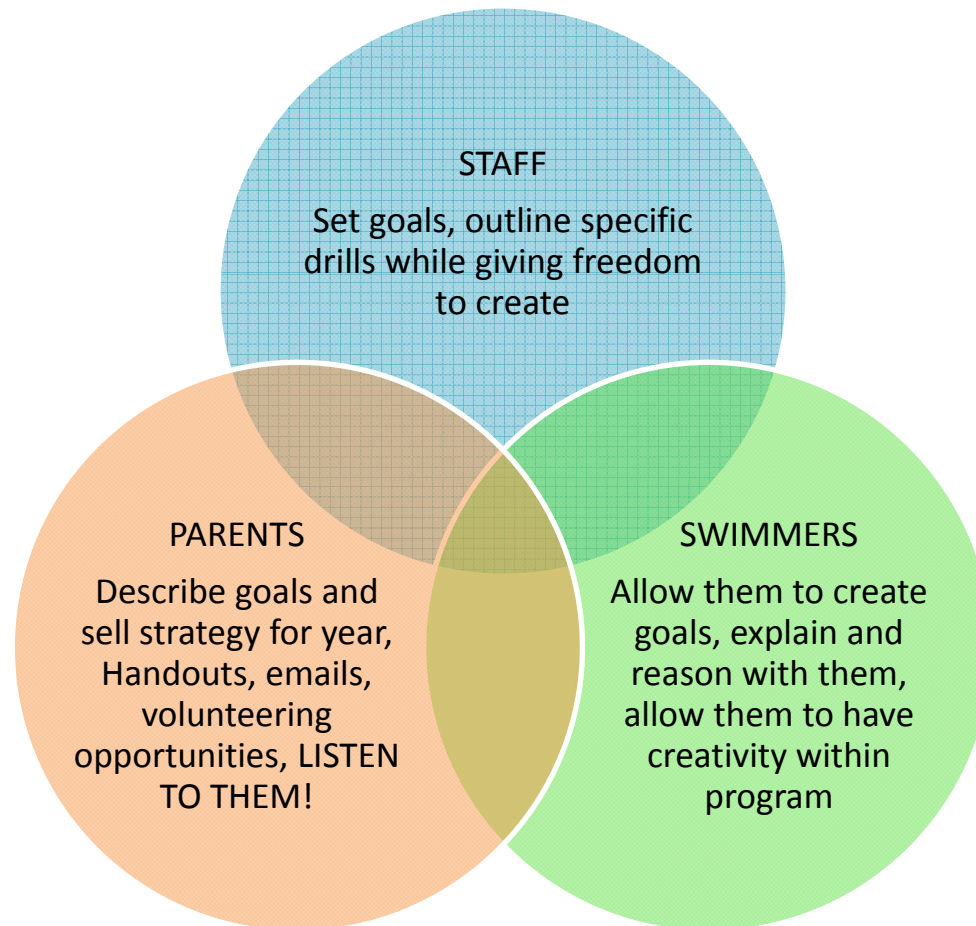
Keep It
Simple

Repeat,
Repeat,
Repeat

Be
Creative

COMMUNICATE!

COMMUNICATION



Know Your Goals and
Challenges

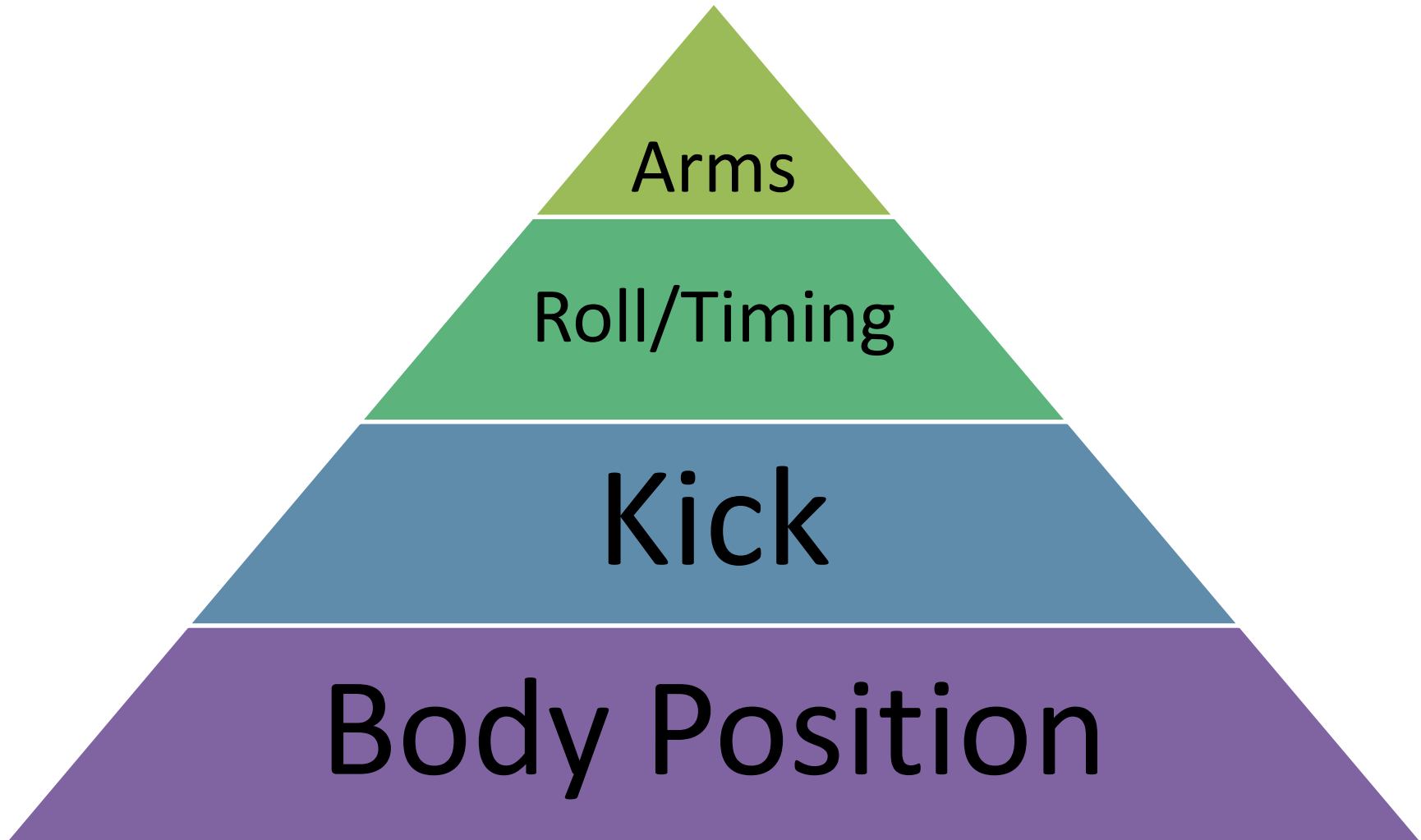
A light blue downward-pointing arrow with a subtle grid pattern, indicating a flow from the first step to the second.

Break It Down Into
Simple Steps

A light blue downward-pointing arrow with a subtle grid pattern, indicating a flow from the second step to the third.

Get It Right

Solid Foundations



Year Plan

Sept - Dec

- 50% Kick
- 30% Drills
- 20% Swim

Dec - March

- 40% Kick
- 30% Drills
- 30% Swim

April - June

- 30% Kick
- 30% Drills
- 40% Swim

Focus Technique



Gradually add speed

Workout Progression

October free set

200 free

8 x 50 kick on 1:15/1:20
4 on board/4 streamline

200 free

16x25 with fins on 45
4 streamline kick
4 10 beat
4 single arm
4 swim

8 x 25 swim with a flip at each end
on 40

June free set

20 x 25 on 45

4 - 10 beat

4 - Single arm

4 - Double Dog Paddle

4 - Cheeseburger drill

4 - Lightbulb

12 x 25 swim with a flip at each
end on 25/30

6 x 100 kick/swim

2 on 2:00/2 on 1:55/ 2 on 1:50

4 x 25 fins FAST

How do you make TECHNIQUE and WORKFUN?

DRILLS

- Double Dogpaddle
- Cheeseburger
- Lightbulb
- Boatrowers
- P.T.
- Circuits
- Blooming Starfish
- Progression Sets
- Fire Hydrants

GAMES

- Tag
- Swim-o-poly
- Flip turn game
- Penguin
- Relays – speed, equipment
- Bucket Fills
- Animal Game

CHALLENGES

- Breathe holding
- Turn Speed
- Back with rings or cup
- Test Set Improvement
- 25s Day
- Chase 25s
- Reaction Drills
- Stopwatch Game

Be creative and have fun

to achieve

used to

Goals

