

BCSSA
BC Summer Swimming Association
SWIMMING • DIVERS • WATER POLO • CANOEING



BCSSA 2016 COACHES
CONFERENCE

SEASON PLANNING

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**IF YOU FAIL
TO PLAN
YOU PLAN
TO FAIL**

THE IMPORTANCE
OF PLANNING

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- A 25 repeat is related to
- The set which is related to
- The day which is related to
- The week which is related to
- The phase which is related to
- Your season plan

There is no meaningless swimming



It's all connected...

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- 16 WEEKS
- WHO YOU'RE WORKING WITH
- WHERE YOU WOULD LIKE TO GO
- FOCUS ON WHAT IT TAKES TO DEVELOP YOUR SWIMMERS TO THE NEXT LEVEL
- DEVELOPING YOUR IDENTITY AS A COACH
- KEEPING EVERY DAY FRESH



PREPARE:
*THINGS TO
THINK ABOUT*

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- What were your goals?
- Did you meet them?
 - Technically
 - Training wise
 - Performance at the end of the season

PREPARE:
*EVALUATE PRIOR
SEASONS*

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- Goals need to be objective and SMART!
- *Specific*
- *Measurable*
- *Attainable*
- *Realistic*
- *Timely*



PREPARE:
*COMING BACK
TO GOALS*

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SEASON
↓
WEEK
↓
DAY



PREPARE:
START WITH
THE END IN MIND

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- Have goals for everything!
- Share with other coaches, your swimmers, parents!
- Create excitement and buzz around things that you have set priority on!
- Make sure everyone is on the same page!



PREPARE:
COMPETITIONS
AND PRACTICES

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When are your major competitions?

- Plan backwards
- How often do you have competitions?
- Link to training and use meets as training opportunities



PREPARE:
COMPETITION
SCHEDULE

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When are your major competitions?

- Laying out week to week
- Where are your key dates?
- What are your goals at each point in the season?

Month	Event	Week	Comp.	Notes	Expectations
April	2016-04-01	1	BC		
May	2016-05-01	2	BC and White	3 Swims	Start Sprint
May	2016-05-01	3	BC		
May	2016-05-01	4	BC	3 Day	Events
June	2016-06-01	5	BC		Admission Event
June	2016-06-01	6	BC		Meet BC Provincial
June	2016-06-01	7	All Star Event	Night Racing	Set Pace
June	2016-06-01	8	BC	BC	Provincial Swimming
June	2016-06-01	9	BC	BC	Meet BC
July	2016-07-01	10	BC	BC	Provincial
July	2016-07-01	11	BC	BC	Meet Vancouver
July	2016-07-01	12	BC	BC	Meet Prince George
August	2016-08-01	13	Provincial	BC	2016 Top 8
August	2016-08-01	14	BC		
August	2016-08-01	15	Provincial	BC	BC All

SEASON LAYOUT

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Five Phases:

1. General/Prep Phase
2. Aerobic Phase
3. Anaerobic Phase
4. Race Specific Phase
5. Competition Phase

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General/Prep Phase:

- Weeks 1-4
- Use general endurance and basic speed work (turns, starts, fast 25's) to get the athlete back into swimming shape
- Lots of kick!
- IM work
- Building stroke technique
- Not sloppy, not slow, good correct swimming

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Aerobic Phase:

- Weeks 5-8
- Use general endurance, tougher-longer lasting sets (anaerobic threshold), wide variety of speed work to get the athlete into great shape during this phase
- Emphasis on kick
- IM work
- Not sloppy, not slow, good correct swimming

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Anaerobic Phase (Challenge):

- Weeks 9-13
- Challenging!
- Performing at race-pace speeds
- Good way to incorporate speed work is through starts, turns, relays, mini 100's, etc...

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Race Specific Phase:

- Weeks 14-15
- Fine tuning
- Speed work reaches peak – high quality → performance driven
- Linking athlete's goal time to specific pieces in workout
- Race skills

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Competition Phase:

- Week 15-16
- Preparing to swim FAST!
- 14 yrs and younger don't need as much rest
- Decrease in the volume of fast swimming but not the intensity
- Kick less → pull and scull more
- Feeling confident

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Three levels:

GREEN
-Sets focused on push offs, proper body position, holding stroke count, being efficient in the water

YELLOW
-Sets that are uncomfortable, but manageable, specific to the race, longer sets with more difficult swimming

RED
-Sets that focus on MAX effort, race mentality, pushing limits, there will be failure
- "Sets that are like riding a rodeo bull"

WEEK LAYOUT

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Thoughts?

- Creating balance
- Linking days together
- Creating consistency from week to week → progress from week to week
- Addressing what you are trying to do in that phase and week
- Build speed in
- Use meets as part of your training

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			Green			Meet	Meet
PM	Green	Yellow	Red	Green	Yellow	(Red)	(Red)

WEEK LAYOUT

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What am I focusing on?

- Green, Yellow, or Red?
- Let's take a 60 minute practice...
- Main focus = 50% of practice
 - 30 minutes
- Secondary Focus = 35% of practice
 - 20 minutes
- Maintenance Focus = 15% of practice
 - 10 minutes

PRACTICE LAYOUT

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Thoughts?

- Use every minute
- Be prepared prior to the start of practice
- Talk with group before practice and after
- Be creative
 - Video analysis, using activation as a meaningful tool, challenge and connect with your swimmers

PRACTICE LAYOUT

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- EVERY SWIMMER - EVERY WORKOUT - EVERY WEEK - EVERY MEET
- Repetitive = Insanity
- Plug In = Risky and Reactionary
- Progressive = Patience → Process Driven

EVALUATE: REFLECTING

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- Creating Connections
- Ups and downs within the season
- Building confidence
- Meet excitement
- Summer Swimming World Championships hype

EVALUATE: BEYOND SWIMMING

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- Coaches in your club, coaches in your region, coaches in BCSSA, coaches elsewhere
- Find a mentor – talk to them often
- Questions are good!
- Use the internet – twitter, facebook, Swim Swam, swimming.boards.net, etc...
- Constant reflection

RESOURCES: BE A STUDENT OF THE SPORT

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