

Parent Information Session

Summer 2012-2013

My Coaching Philosophy

- 'Our aim is not to produce champions, but create an environment where champions are inevitable.'
- Very grandiose – but important wording
 - Not just for swimming

Taken from Forbes and Ursula Carlisle and their vision for the swim school and squad.

The coaches' aim to create an environment of excellence, regardless of each swimmer's ability. We want to work towards creating an environment where personal excellence is achievable and every swimmer strives to reach their potential.

What we value and praise (hard work, dedication, attention to detail) is not only useful for swimming but also useful for the school, the workplace etc...

Squad and club

- Squad is run by City of Swan
 - Concerns directed to me before 3.30 or after 7.00
 - Alternatively email [will.scott\[AT\]swan.wa.gov.au](mailto:will.scott@swan.wa.gov.au)
- Club is an independent community organisation
 - Social activities and competitive swimming

The squad and the club are two distinct entities.

The club chooses the City of Swan as its coaching provider, and does not influence coaching decisions or squad structure.

The City does not influence the club, as it is an independent community organisation. The Head Coach does provide a club direction in terms of competition.

All squad concerns are to be directed to the Head Coach.

All club concerns are to be directed to the Swan Hills Committee.

General Squad Info

- Required sessions
 - Planning is designed around a minimum number
 - Helps avoid injury
 - Aids in the smooth running of the squad
- Punctuality
 - Being prepared to train
- Approaching coaches on pool deck
 - Please make a time to see coaches

The required sessions are designed to aid in day to day running of the squads. The planning for all squads is structured around the minimum number of sessions, i.e. improvement is driven by following these guidelines and it also helps in avoiding injury by having swimmers gradually exposed to increasing workloads.

Although punctuality is sometimes not practical (rushing to arrive after school etc...) it is important for swimmers to arrive prepared and willing to train and again helps with the smooth running of the squad by allowing swimmers to get the most out of every session.

Please don't approach coaches on pool deck as this detracts from their ability to coach effectively. Any questions or concerns can be addressed to the head coach before 3.30 or after 7.00pm, alternatively an email can be sent to the head coach at will.scott@swan.wa.gov.au.

General Squad Info

- Coaches
 - I will not always have direct coaching contact with your swimmer
 - Each squad is generally run by a different coach (and always has been)
 - They are excellent at what they do and remain up to date with latest information
- 'Wendy's story'

One of the most effective aspects of our coaching program is having dedicated coaches for each squad, whose main focus is one particular squad. This means the head coach will not always have direct coaching contact with every swimmer, however the head coach does endeavour to monitor every swimmers' progress, and is in continual discussions with all squad coaches about the best choices for each swimmer.

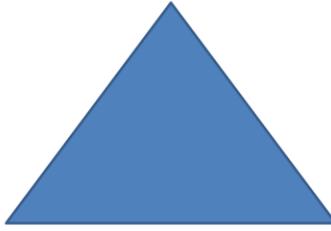
Each coach takes immense pride in their work, and they are continually updating their knowledge to ensure they bring the best coaching possible to each squad. The assistant and junior coaches have been running their respective squads throughout the entire winter season without programming input from the head coach.

'Wendy's' story

Wendy (assistant coach) met a mother from another club who wanted to move. Wendy asked why she didn't come to Swan Hills, to which the mother replied because you don't get the Head Coach coaching juniors, to which Wendy replied 'no you get me!'

This is the kind of mentality that limits most squads. It is not practical to have the head coach take every squad. It is more effective to have exceptional assistant and junior coaches to run the program. This is what makes us a superior program to those around us.

Trusting Coaches Decisions



- Moving through the squads
 - Not based on competition
- No two swimmers are the same
- Trust is vital

The triangle symbolises the relationship between the swimmer, the coach and the parents. The swimmer only benefits when the coach and parents have their best interest at heart.

The key to the triangle being successful is trust. Swimmers and parents need to trust the coaches' decisions, knowing that the coaches act in the best interest of the swimmers. No two swimmers are the same and there will be many differences between your swimmer and the other swimmers in the squad.

This includes moving through squads, where coaches make decisions based on numerous factors (age, ability, mental skills, training ethic, etc...). Moving through the squads is not based on competition and is based on the coaches' judgement for each individual swimmer.

This also includes how the coaches interact with each swimmer, at different times some swimmers will need more feedback, more intense training, longer training or the opposite of any of these things. Again no two swimmers are the same and the coaches must decide what's best for each individual swimmer's benefit.

Training Program

- IM and distance freestyle focus
- All five competitive strokes (dolphin kick)
- Not specialist swimmers until (approx. 17+)
- Development model

Our training program is focused on all five competitive strokes (fly, back, breast, free and dolphin kick). The focus is on enabling swimmers to swim a distance freestyle event (800 or 1500 fs) and a 400 IM within approximately 4 years after starting competitive swimming, if the swimmer started in the squads at approx. 8 years old (this is a rough guide).

The swimmers do not specialise their training until they are much older (usually around the time they finish school, but again this is only a rough guide). Even when swimmers are excelling in one particular stroke/distance as a junior or even age national level swimmer they will still focus on all the strokes and distances.

Please see the Australian Swimming Development Model handout.

Questions?