



North West Athletics

presents

9th Annual Echuca Swimming Intensive

Sat. / Sun. March 17—18, 2007

YMCA Echuca War Memorial Aquatic Centre

Cnr. High & Service Streets, ECHUCA, 3564

Leaders .. General Information and Expectations

Parents MUST view and read all details .. please ensure the information is available to them

1. **Meeting:** 2/72 Hopwood Street, 7.00 p.m. Friday, March 11 (1 hour duration)
Annie Bourke, Peta Clark, Laura Eason, Kate Weller, Jordana and Ellia Pellegrino
2. For all activities .. Don't be on time ... be early
3. Attached are the following:
 - Formal Notification Sheet that has been sent to all swimmers; this sheet contains all session time details.
 - What Leaders Do?
 - Standard Strategies
 - Sample Tags for Junior swimmers: Tags for Squad and Skills groups will be available to leaders at the meeting.

Please read all details very carefully.

Be sure you know and can talk about all drills shown on the DVD provided for you earlier in the year.

Bill Sweetenham's .. 4 Important Rules

1. **Slow ► Fast.**
2. **When the Head is Down - the Hips are Up.**
3. **"Feel" the water.**
4. **Apply force after the hips have rotated (F/S, B/K)
or, after the hips have lifted (B/R, FLY).**



www.nwaswimaths.com

NWA Swimming & Athletics Programs

**Hear something, and you'll forget it;
See something, and you'll remember it;
DO something and you'll understand it !!**

www.nwaswimaths.com

Russell Parsons, OAM, North West Athletics, 2/72 Hopwood Street, ECHUCA, 3564

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This is your formal notification
of group and session details:

**SQUAD
SKILLS**

1. Please be 15 minutes early; i.e. the scheduled starting time of your session is the **in-the-water start time**.
2. Have a full water bottle. Kick boards will be provided, but all swimmers **MUST** have **goggles** (and preferably a spare set) and **fins** (flippers) .. **no exceptions**. Such equipment will not be available for loan or hire on the day.
3. The precise details of each session will be finalised as the experience of the group becomes apparent; however, in general:

Saturday, a.m. Session 1: B/K, F-S and Starts and Finishes

Saturday, p.m. Session 2: Relays, Turns, specific drills & exercises

Sunday, a.m. Session 3: B-R and Butterfly

Swimmers will receive (no extra cost) laminated cards in each session to help remind them of the skills and drills they have completed.
Coaches are welcome to be involved on pool deck .. support materials available.

Demonstrations and assistance to swimmers will be provided by senior members of the NWA swimming group

The intensive is **not** a lap swimming program .. it **is** a great opportunity to explore skills, work with efficient demonstrators, in a focused but fun environment, and, have your endeavour recognized and rewarded.

How fast you swim is not important .. the focus is **how well you swim**.

Session Times .. **ALL** sessions will be led by **Russell Parsons**, and participating coaches;
Demonstrations and assistance to swimmers will be provided by senior members of the NWA swimming group

	SQUAD	SKILLS
Saturday, March 17:		
1	7.00—8.15 a.m.	8.15—9.30 a.m.
2	4.00—5.15 p.m.	5.15—6.30 p.m.
Sunday, March 18:		
3	7.00—8.15 a.m.	8.15—9.30 a.m.

Sunday (only)

Special junior sessions will be conducted, each 30 minutes (3-5 swimmers/group). These sessions will be led by Geelong Swimming Club specialist coach **Fiona Skinner** .. Swimmers will be advised separately of their involvement where appropriate:

8.00—8.30 a.m. 8.30—9.00 a.m.
9.00—9.30 a.m.

Which group is appropriate for me? (General Guidelines .. Leading Coach discretion on all placements)

SQUAD: proficient in all strokes; and capable of completing efficiently a 100mIM;

SKILLS: swimmers have basic skills in F-S and B-K, and are developing skills in B-R and FLY.

Swimming groups may change, but swimmers have been initially allocated to the group in which it is felt they will receive the most appropriate assistance.

All swimmers must be **15 minutes early** for **all** sessions, and, have **all** necessary gear ready, including **FINS** .. some of the drills are not able to be completed effectively without fins.

All swimmers must also have a **full water bottle** at all sessions.

This means if your session time is 7.00 a.m., arrive at or before 6.45 a.m.

Don't be on time .. **Be early !!!**

Russell Parsons, OAM, **North West Athletics**, 2/72 Hopwood Street, ECHUCA, 3564
ASCTA (Bronze) ATFCA4

03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com .. check out
PRESENTATIONS PROGRAMS



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Leaders: Annie Bourke, Peta Clark, Laura Eason, Kate Weller, Jordana and Ellia Pellegrino

I want to have a meeting with you all

What do Leaders need to do?

1. During **SQUAD** sessions all leaders will work with me; you will be in-the-water and out-of-the-water; demonstrating and assisting. I will plan and outline the program to be followed a few days before the intensive. Brock, Tyler and perhaps other swimmers will be available to assist.

SKILLS sessions: **Two** leaders will work with me; you will be in-the-water and out-of-the-water; demonstrating and assisting. I will plan and outline the program to be followed a few days before the intensive.

2. The **other leaders** will be working with a small group of younger swimmers, sometimes in the learner's pool, sometimes in the main pool.

All leaders must look at the young swimmer tags that will be provided to you, and **plan** a sequence of activities that will access swimmers to the skills involved. The plan must be submitted to me at least 5 days before the intensive.

Fiona Skinner will conduct these sessions on Sunday (Session 3). Leaders need only plan for the two Saturday sessions .. at times the young swimmers can be brought back to the main skills group.

Leaders should rotate their involvement between the Skills group and the Junior group, but endeavour to establish a working relationship with specific youngsters.

I cannot stress too strongly:

An eye is better than a mouthful .. don't talk about what you want them to do ... show them !!!!

The skills you develop and apply will be of critical value to you when you go to Pallikoodam;
you need to have a plan and work as a team.

As you know, Fiona travelled with me in 2006, and is one of the most outstanding teacher-coaches of young swimmers I have encountered.

When you get to work with her, **note her attention to detail, patient persistence**, and relentless pursuit of the **highest standards** of which each youngster is capable.

The worst thing you can do, is to do nothing .. Parents (whether here or in India) are paying for your services, and will judge your relationship with **their** child by:

- how much time you spend with their child?
- does the child pay attention (i.e. is their money well spent)?
- how their child responds to you? did they learn from you?
- did they enjoy learning from you?
- are you fair?
- are you leading?
- what the child says about you later (you will not be there) ...

Perception is Reality

I strongly recommend that you read "Standard Strategies"

I especially draw your attention to: • Do something personal for every swimmer, every session: e.g. praise; stroke correction; special attention; a comment / a joke; personal comments to swimmers in view of the parent; have the swimmer demonstrate to the group, lead the lane, or answer (correctly) a question(s) .. never ask a youngster a question unless you are sure they know the answer.

Parents do **NOT** want you to let their child do what they like.

If they do, they are both in the wrong program.

The most common comment I receive from parents is: "..... *does not want to listen to Mum and Dad*" .. it's your job to lead; to prepare the child for that inevitable question - "*so what did you learn at swimming today?*" .. if the child's answer is: - "*oh nothing much, just mucked around*" .. you have failed to have a positive impact, and parents will re-evaluate their involvement.

Remember: it takes more than one go to learn .. do not accept .. "*I can't do it*" .. be sure the task is achievable, and encourage the child to persist, and, recognize their endeavour = lots of positives (that's where the tags come in).



Standard Strategies

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A few ideas / strategies that should be considered in the presentation of your session(s).

You will have your own “*coaching philosophy*”; you may make personal modifications; but, keep in mind:
everything you do,

everything you say,
will be dinner table conversation in each swimmer’s home over the next few days.

Your perception of your performance as a coach or teacher is sometimes the least important consideration.

In each session

- **Speak / demonstrate clearly and confidently.** The swimmers are seeking and appreciate leadership.
- Keep your approach **simple** and **consistent**. (Don’t complicate things; simplicity facilitates success; demand attention, (*Looking and Listening*), and do not proceed without it; praise endeavour; show confidence in the ability of swimmers to achieve the standards you set.)
- **Review Skills** from the previous session; 10-20% of time allocated should be associated with this purpose. Do not prioritise “skill extension” ahead of “skill acquisition”.
- **Continually** and **consistently** reinforce expectations: equipment, punctuality, lane etiquette; **do not compromise standards.**
- Plan your lane organisation to allow efficient use of space, e.g. down B/K, return F/S; vary lane leadership.
- **Be prepared** .. *Why are we doing this?* Relate activities (drills) to the outcomes you are seeking to achieve.
- **Always** outline (in advance) to the swimmers “*what’s in it (the session / the drill) for them*”; use incentives and rewards, e.g. cards, certificates, praise at some stage to **every** swimmer, novelties (e.g. snakes or jelly babies), but, be sure to **expect the best they can offer** (*no more ... no less ... no excuses*).
- Positive, corrective feedback should prevail. Swimmers should walk away from **every** session confident they have enhanced their knowledge and/or skills.
- **Be in control at all times**; e.g. allowing swimmers to make decisions is just another way of you being in control. Keep the session moving .. a minimum of talk (demonstrate, explain .. but on a needs basis). **An eyeful is better than a mouthful.**
- Don’t be distracted.
- Have a **theme** for each session: e.g. **100% Right is 100% Right .. 99% Right is 100% Wrong; Good is not enough, where better is possible; Be Your Best: No More; No less; No Excuses.**
- **Use care and common sense**, but, don’t be afraid to challenge the swimmers. Young people love to acquire new skills and have those skills recognised; they enjoy being able to do things others cannot do.
- **Do something positive and personal for every swimmer, every session**; e.g. praise; stroke correction; special attention; a comment / a joke; personal comments to swimmers in view of the parent; have the swimmer demonstrate to the group, lead the lane, or answer (correctly) a question(s).



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There are many other issues and strategies; **every swimmer is an experiment of one**;

you will constantly add to your strategies ... it’s called, **experience** (you can’t buy it, only acquire it).

But, keep in mind that **teaching is fundamentally a simple process**:

YOU take a group of students / swimmers into a classroom / pool;

show them, explain to them how to do something;

organise skill acquisition opportunities, providing appropriate feedback;

then, let them have a series of attempts; see how they perform;

reinforce, refine, replicate **the learning process NEVER ends !**

**An Eyeful
is better than
a Mouthful**

**Knowledge accumulates quickly
but, only in open minds**

Below are some of the tags that will be available to Junior Swimmers at the 2007 NWA Echuca Swimming Intensive .. they depict various skills. Your task is to plan activities that will enable you to lead the least experienced swimmers to acquire and demonstrate these skills.

You will be working with very small groups, probably one-on-one;

You will have 2 sessions (up to 60 mins. per session)

You will need to assess what you can achieve .. what to do, what you will not have time to do;

In general, if you learn 2-3 new skills per session that is a valid goal.

It's not how much you do, it's how well you do it !!



Streamline Kick
on back & with board

NWA My skills are Improving

NWA Swimming
Intro to Diving

Kneeling Dive Half Kneeling




NWA Swimming
Leaving the water
(step up)

www.nwaswimaths.com

NWA Swimming
Poolside Breaststroke Drills

I know the cues, and I can do the drills

www.nwaswimaths.com



NWA Swimming
B/R Wall Slide
(forming a habit)

Heels remain on the ground
Down "slow"
touch insides of knees
Up "fast"
Streamline throughout

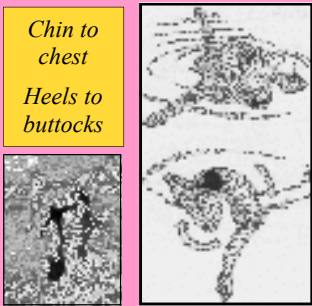
www.nwaswimaths.com

NWA Swimming
Intro to Turns

Chin to chest
Heels to buttocks

Standing Somersaults

www.nwaswimaths.com




Plenty of Practice
YOU CAN DO IT

2. Head u/w Hands to str.

1. Slide down wall



3. Powerful push-off



NWA Swimming
www.nwaswimaths.com

Streamline Backstroke Push-off

3 FLY kicks u/w + 6str

No worries!! I did it!!

NWA Swimming
www.nwaswimaths.com



Backstroke The Cup Challenge

Your head is your rudder
Keep your head back and head still



Backstroke Start

Head back;
drive hard off the wall
Hips high
Hands together on entry; tight streamline
3-6 kicks Fly kicks to surface (before 15m)

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NWA Swimming
Backstroke Head Back Straight Arm Recovery

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