



# REIMAGINING SWIMMING



- **When swimming pools open and your swimming club is given the go ahead to commence training, it's likely that the health restrictions will mean that your club structure will need to look very different for the 2020-2021 season.**

# COACHES GROUP



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- With input from John Atkinson, Martyn Wilby & Andrew Sharp (GB),

# INTRODUCTION



- As a sport we need to accept things will be different.
- Embrace the opportunity to move the sport forwards.
- Be creative with real out of the box thinking.
- Share our ideas with the swimming community.

# INTRODUCTION



- Competitive swimming is ultimately about developing great people in and out of the water.
- Much of this development has traditionally taken place in the pool.
- Given the importance of physical distancing in combatting the pandemic, clubs may be in a situation where they can't offer the same amount of pool training that they traditionally would.
- While this is a unique challenge, it does not need to compromise our ability to develop our swimmers both as athletes and as people.

# PLANNING



- It is imperative that a club has a robust return to swimming plan that aligns with the requirements of both your provincial health authority and your provincial section.
- The health and safety of all participants and staff must remain the top priority at all times. These plans will need to be continually evaluated and information is changing rapidly.



# PLANNING



- Send surveys to parents to ask them what they are expecting and what they are looking for, for this very different future season.
- Explain the situation, the limitations, how you see the future and what added value you can provide out of the water.
- Let them decide how they want to spend the same amount of money? Give them a menu of options and ask them to prioritize those.
- Also ask what skills they may have that they can donate for free to use online e.g. Chef, RCMP, yoga teacher, qualified official etc.

# CLEARLY DEFINE WHAT YOU ARE OFFERING



- Physical capacities
- Technical/tactical/strategic competencies
- Mental or psychological skills
- Life Skills (cognitive, social, and emotional learning skills)
  - *Make sure you explain this to the presidents of the club, the parents and any other stake holders.*



# STRUCTURE



- The following are some examples of how clubs can maintain the overall value and programming hours for different group configurations.
- Obviously this will differ greatly from program to program and the options are endless.

# EXAMPLE 1



Group size	Water	Land	Added value	Total
24 (1 group)	12 (6x2)	2	0	14 hours
6 (4 groups)	3 (6x30min)	6	5	14 hours

# EXAMPLE 1



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Land 45min	Zoom 60min	Land 45min	Zoom 60min	Land 45min	Water 30min Land 45min Zoom 60min	
PM	Water 30min Land 30min Zoom 60min	Water 30min Land 45min	Water 30min Land 30min	Water 30min Land 45min	Water 30min Land 30min Zoom 60min		

# EXAMPLE 2



Group size	Water	Land	Added value	Total
16 (1 group)	16 (8x2)	4	0	20 hours
8 (2 groups)	8 (8x60min)	6	6	20 hours

# EXAMPLE 2



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Land 45min	Zoom 60min	Land 45min	Zoom 60min	Land 45min	Water 60min Land 45min Zoom 60min	
PM	Water 60min Land 30min Zoom 60min	Water 60min Land 45min	Water 60min Land 30min Zoom 60min	Water 60min Land 45min	Water 60min Land 30min Zoom 60min		

# EXAMPLE 3



- Cycling through the weeks with different percentages of dryland and swimming.
- So that each group gets the ability to swim instead of just giving your better athletes all the pool time.

# EXAMPLE 3



Week 1:

- Group A - 80% water/ 20% land
- Group B - 60% water/ 40% land
- Group C - 40% water/ 60% land
- Group D - 20% water/ 80% land



# EXAMPLE 3



Week 2:           Group B - 80% water/ 20% land

Group C - 60% water/ 40% land

Group D - 40% water/ 60% land

Group A - 20% water/ 80% land

Weeks 3/4:       Groups continue to rotate.

# ADDITIONAL IDEAS



- If pool time is limited, there are many ways to create other relevant content that will contribute to an athlete's development.
- This is important to demonstrate that you are constantly connected and that you're keeping your swimming community engaged.
- Here are a few examples of ways to create additional content and added value to your program.

# ADDITIONAL CONTENT - COMMUNICATION



- Have mass Zoom calls with parents to explain what's going on and why? Essential to educate them, keep them engaged now, so they come back when the pool opens.
- Host Zoom parent groups on specific topics.
- Create a Youtube channel and use all social media platforms to keep in touch and promote the club.

# ADDITIONAL CONTENT- PHYSICAL CAPACITIES



- Hold group Zoom workouts, coach led – i.e. 20 min skipping/ core etc
- Look at different sports to do cross-training and fill in some hours (gymnastic workout, track workout, etc.)
- Ask senior athletes to create a dryland practice.
- Asking the swimmer what equipment and space they have at home so you can cater the dryland specific to the swimmer

# ADDITIONAL CONTENT- PHYSICAL CAPACITIES



- Teach and reinforce the basics
- Use mini white boards 1 per swimmer/lane to log set parameters, then coach takes a picture and reviews and feeds back by text.
- Cycle workouts allowing for 1 longer session per swimmer once/week.
- Some sort of online competition piece against other clubs.
- Swimming Canada #Swimagainchallenge.

# ADDITIONAL CONTENT - TECHNICAL/TACTICAL/STRATEGIC COMPETENCIES



- Use online underwater stroke videos for technical demonstrations.
- Watch old race videos to discuss strategies and tactics with swimmers in small groups.
- Show international races to illustrate strategies and for motivation, host race nights where you talk through famous races pointing out technique/ strategy etc.

# ADDITIONAL CONTENT - TECHNICAL/TACTICAL/STRATEGIC COMPETENCIES



- Get officials to run Zoom clinic series:
- One for each stroke and swimmers learn how they get DQ'd and this could count for school credit for some athletes.
- Teach swimmers to understand energy systems.



# ADDITIONAL CONTENT - MENTAL OR PSYCHOLOGICAL SKILLS



- Zoom education sessions on doping, anatomy & physiology etc.
- Guest speakers to come talk to the swimmers (doesn't have to be swimming related can just be life related).
- In person team bonding exercises outside the pool that fit into the government guidelines.
- Set up an online log book for each swimmer or collectively with a group.

# ADDITIONAL CONTENT - LIFE SKILLS (COGNITIVE, SOCIAL, AND EMOTIONAL LEARNING SKILLS)



- Come up with a 12-week education series that the coach can run for the swimmers, the parents.
- Set daily tasks for the swimmers (Younger ones): Clean your room etc.
- Hold Zoom interactive cooking (Healthy angle and slip in nutrition) – set a 12 week progression?

# ADDITIONAL CONTENT - LIFE SKILLS (COGNITIVE, SOCIAL, AND EMOTIONAL LEARNING SKILLS)



- Host a Zoom team quiz.
- Host Zoom socials.
- Team building exercises outside of sport as a way to connect to swimmers.

Questions?



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