



Return to swimming

Tips for coaches

June 16 2020

Vigilance with regard to safety



- Adherence to facility rules, which will be aligned with provincial rules.
- Your Job to ensure that your club operates within them.
- Manage the swimmers through the process.
- Manage your assistants through the process.
- We want to not only get back to training BUT stay there!

Patience and Positivity



- Longest time out of water.
- Look at it as a positive head start on next season rather than being a negative about what you have lost.
- Don't focus on other clubs, provinces, countries and what they have. Focus on what you have and how you are going to make it count.
- Methodical approach to workloads.
- Focus on what swimmers CAN do not what they CANNOT.
- Do not try to take too big a jump...small steps!!

Diligent Planning



- Time factor is critical...be prepared for each practice.
- Re assess your goals and what can realistically be achieved without water. Use your water time for the essential elements of your program.
- Be creative when writing workouts.
- The “new normal” is going to be challenging and probably involve more hours and more effort than before...be ready and accept the challenge.

Communication



- As always this is the key.
- Zoom calls the night before will help prepare swimmers.
- Zoom calls after practice for feedback.
- Zoom calls with assistants.

Technical focus v volume



- Back to basics.
- Re learn 2-3 drills for each stroke and execute them correctly.
- Have a volume figure in mind for each week but don't be held to it.
- This is NOT the time to train for the sake of training.
- Purposeful practices are a must.



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