

This Really Works - Part 4

By: Joe Groskost - NISCA Columnist

Rick Edwards - Lansing, MI

To provide parent support - a weekly newsletter.

Weekly newsletter might contain these subject areas:

1. Training Schedule
2. Review of meets and progress made between meets
3. Progress made in training
4. Training goals for the week
5. Motivational comments/mental concepts
6. Weekly Announcements
7. Parent Notes - Parents are kept informed and are often quite knocked out with most of the mental information as well as being impressed with what the children have achieved.

Charles Schlegel - Ponce Inlet, Florida

For schools that run girl and boy programs at the same time.

After 3 weeks into the new high school swim season we conduct what we call a "Relay Fun Day."

- Purpose:
1. To have fun without the pressure of worrying about winning or losing
 2. To have an opportunity to see individuals in events other than their main stroke. Many times we find individuals with unknown speed in seldom swum strokes.

How We Do It:

We invite another school to attend. There are 6 events, all relays. Your team can enter 3 relays in each event. What makes it different and fun is that you must enter 2 girls and 2 boys in all events except the 500 free relay. There we enter 5 girls and 5 boys. Relays can swim in any order. Example (1 boy, 1 girl, 1 boy, 1 girl, or 2 girls and 2 boys or 1 girl, 2 boys, 1 girl or any other combination you can think of). Individual swimmers can swim in three relays or more if coaches agree, both teams usually warm-up between 1000 and 1500 yards. I'm sure you can think of all kinds of modifications on this concept.

Events

200 Medley Relay

200 Breast Relay

200 Back Relay

200 Fly Relay

200 Free Relay

500 Free Relay

Mel Roberts - Tooele, UT

Test Set - 10 x 100 with 10 Second Rest to compute with 10 seconds rest

1. Convert minutes to seconds
2. Subtract 90 (9 x 10 seconds rest periods)
3. Add seconds from original time
4. Convert to minutes and seconds

e.g. - Time of swimmer is 13 minutes, 26 seconds.

1. $13 \times 60 = 780$
2. $780 - 90 = 690$
3. $690 + 26 = 716$
4. $716 = 1:11.6$

A table combining #1 and 2 helps

e.g.: 11 minutes = $660 (-90) = 570$

12 minutes = $720 (-90) = 630$

13 minutes = 690

14 minutes = 750

Mel Roberts - Toole, UT

Turn drill - Swimmers place fingertips against the wall and kick. At the whistle, swimmers do two flips, push off, streamline, and swim 25 yards without a breath.

Rick Edwards - Lansing, MI

Power Posters - Swimmers make their own poster which is laminated and placed over their lane. These posters use the swimmer's own, found images and quotes that motivate them (it might include a goal time or a stroke concept, the picture of an actor or a swimmer, etc.). We have stickers (about one inch in diameter) that have our team logo on them. Every time they get a best unshaved time, a best workout benchmark time, a great workout set average, a positive academic achievement, etc., they get a sticker to be placed on their power poster. These posters are also taken to the conference meet and placed on the wall. If they have doubts, have them touch their power posters - look at the stickers - NO DOUBTS!