

Developing and Supporting the County Age Group Swimmer

Swim England Talent Team in conjunction with
Bedfordshire County Swimming Association

Saturday 3rd February



Today's Workshop ...

Highlight and explain the key elements of the:

- Competition Pathway (Review Post 2012)
- Development Programme Pathway

Consider the role of the Parent/ Guardian in supporting the development of young swimmers within these pathways

The Competition Pathway

The Competition Pathway



Aims of Revised Competition Structure

- An increased emphasis on swimmers having clear periods in their training plan which focus on the development of skill and training capacities.
- The presence of clear competition periods where individuals learn to produce peak performance on the day when it most matters.
- More swimmers training for the full season with access to a quality end of season competition at a relevant standard.
- A progressive provision of Championship competition as swimmers get older and progress through the performance pathway.

County Championships (x 33)



Age Groups

- 11 years and upwards (age as at 31st December)
- 10 year olds may compete if they meet the 11 year old qualification standard
- 10/11 years, 12 years, 13 years, 14 years, 15 years, 16 years and over



Qualification

- Time standards for each event
- Must be achieved in a licensed competition



Additional Information

- Take place in January and February each year (weeks 2 – 9)
- 25m or 50m pool
- Context – 13k + medallists, 4.3k+ gold medallists

Process Goals

Race Objectives

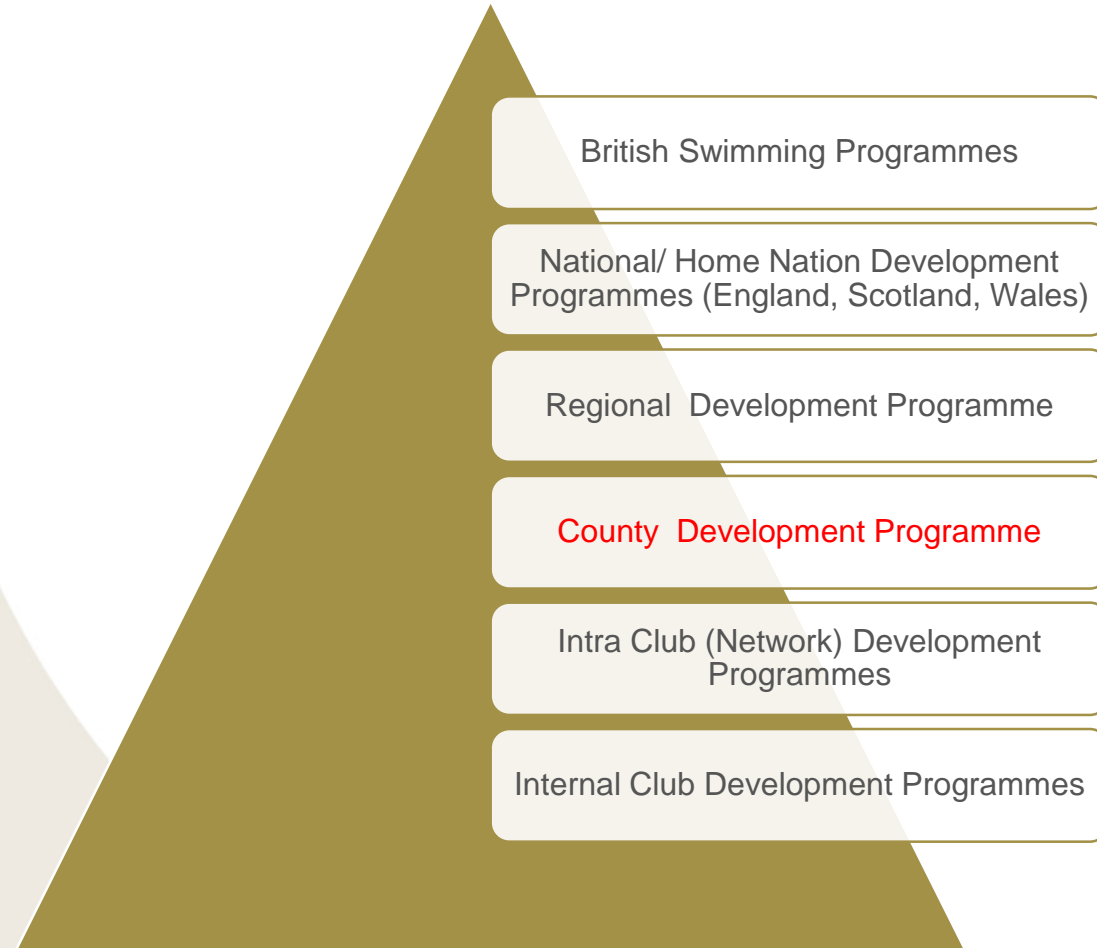
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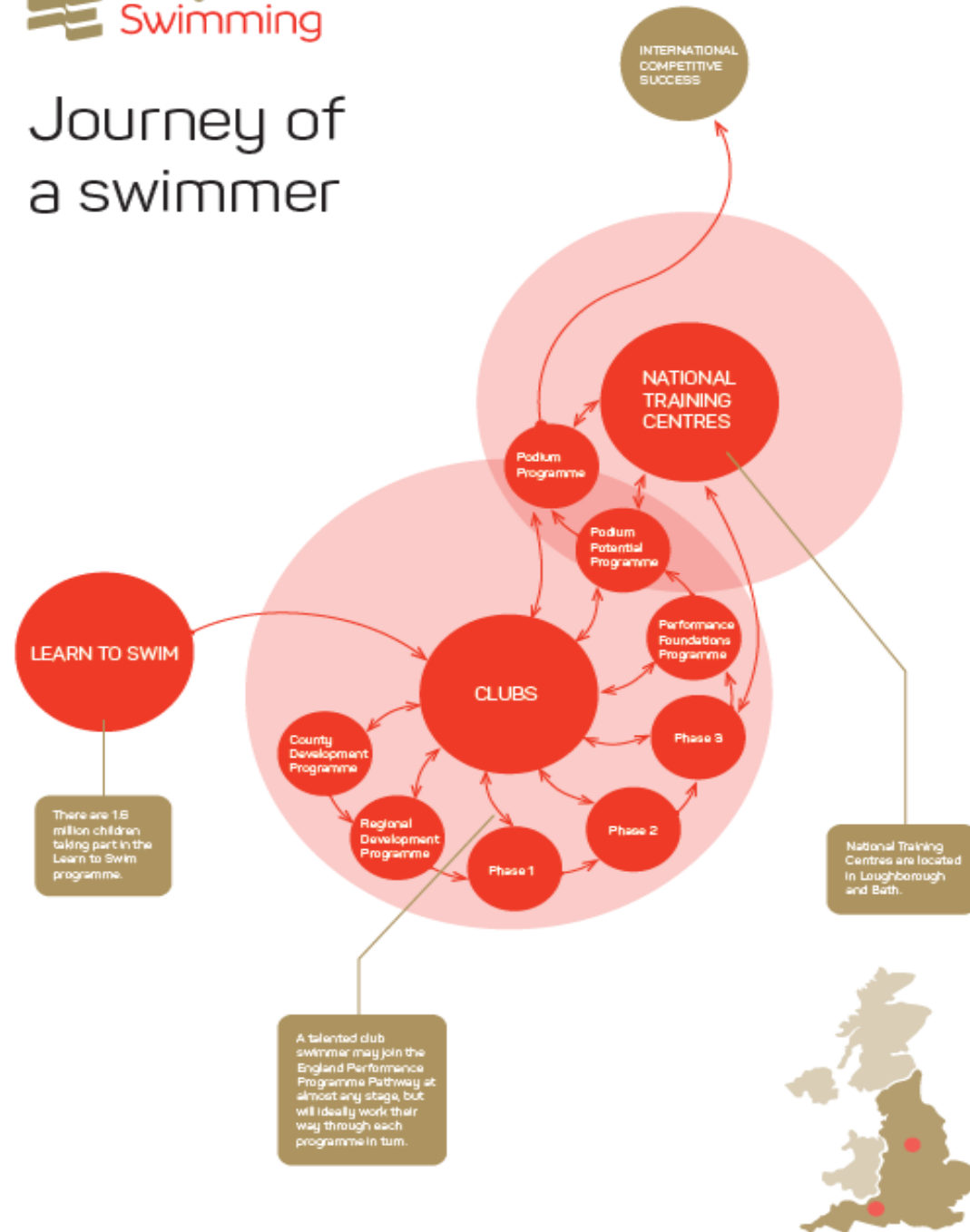
Competition	Flanders Meet				Rate Objectives 1 to 5 5 = Great, perfectly achieved				
Event	400 IM				H	S-F	F	(Circle)	
Main Objective	Match Fly & FC Splits by pacing Fly easier (22 Strokes)				1	2	3	4	5
2 nd Objective	Improve turns off walls using 5 kicks (7-10m). On the last turn kick as fast (and go as far) as possible				1	2	3	4	5
Split Emphasis [Not times]	<u>1st 25/50/100</u>	<u>2nd 25/50/100</u>	<u>3rd 25/50/100</u> Br -ve Split	<u>4th 25/50/100</u>					
Result & Issues to work on	Pacing much better; Fly easier & 22 kicks achieved. Average turn distance 8-9m; last one 12.5m, Excellent! Must consolidate this work in other events.				1	2	3	4	5

The Development Programme Pathway

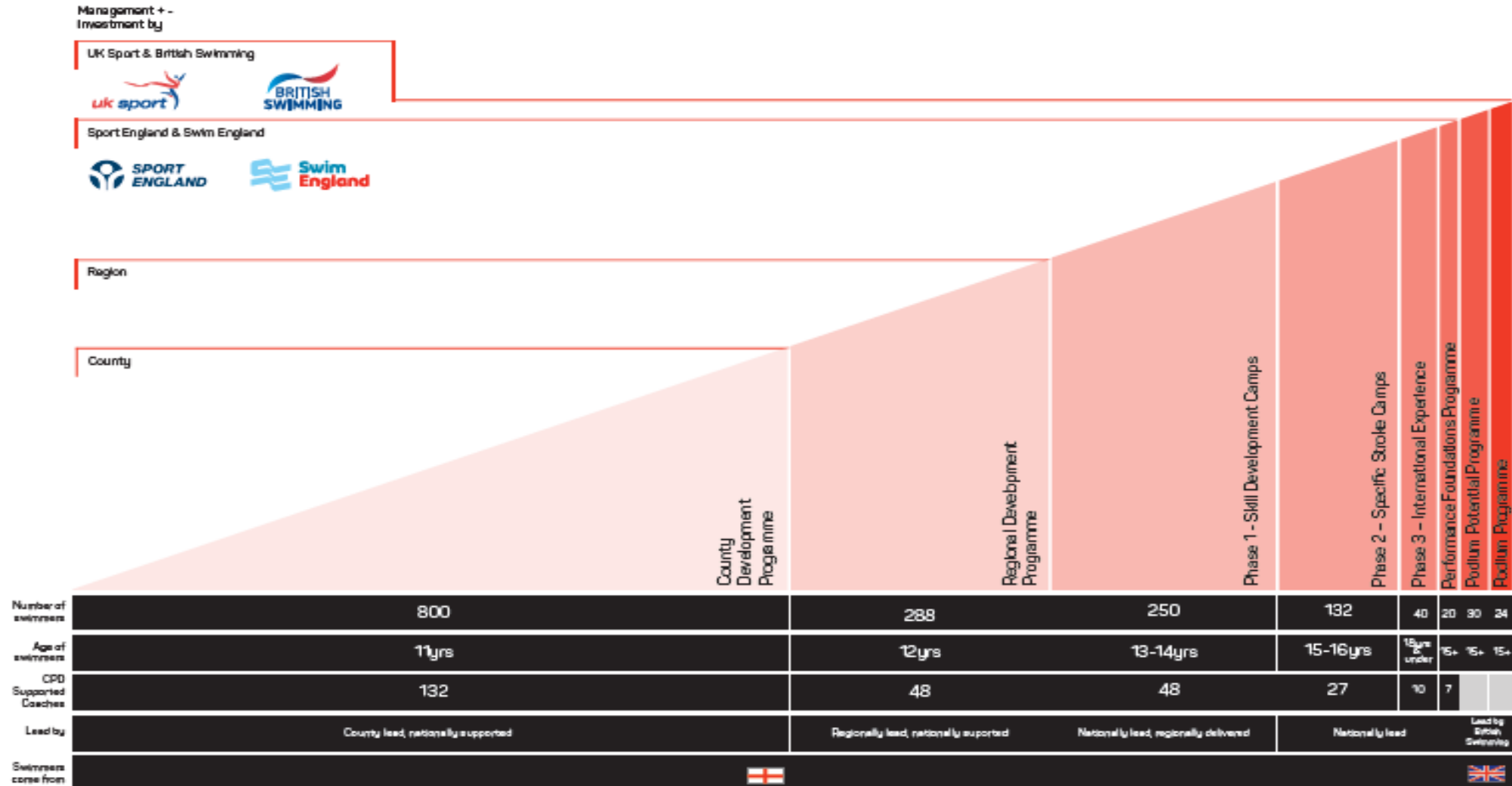
The Development Programme Pathway



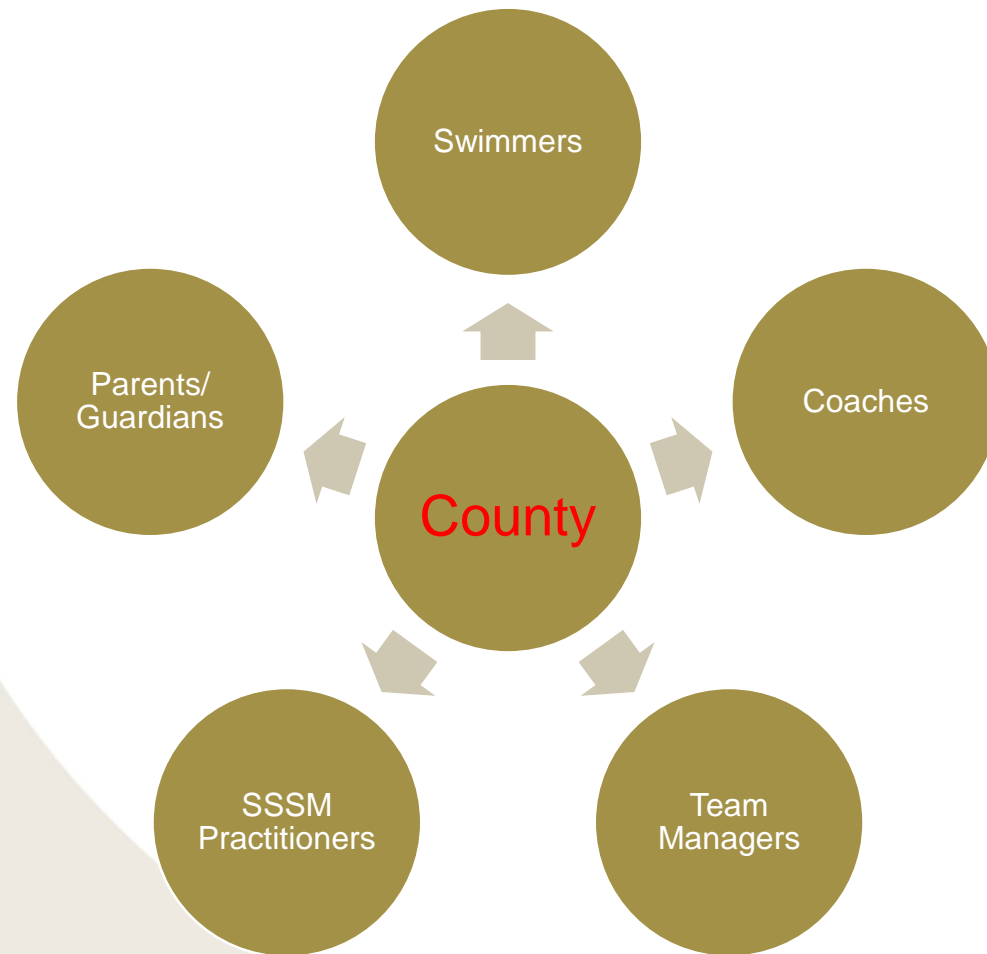
Journey of a swimmer

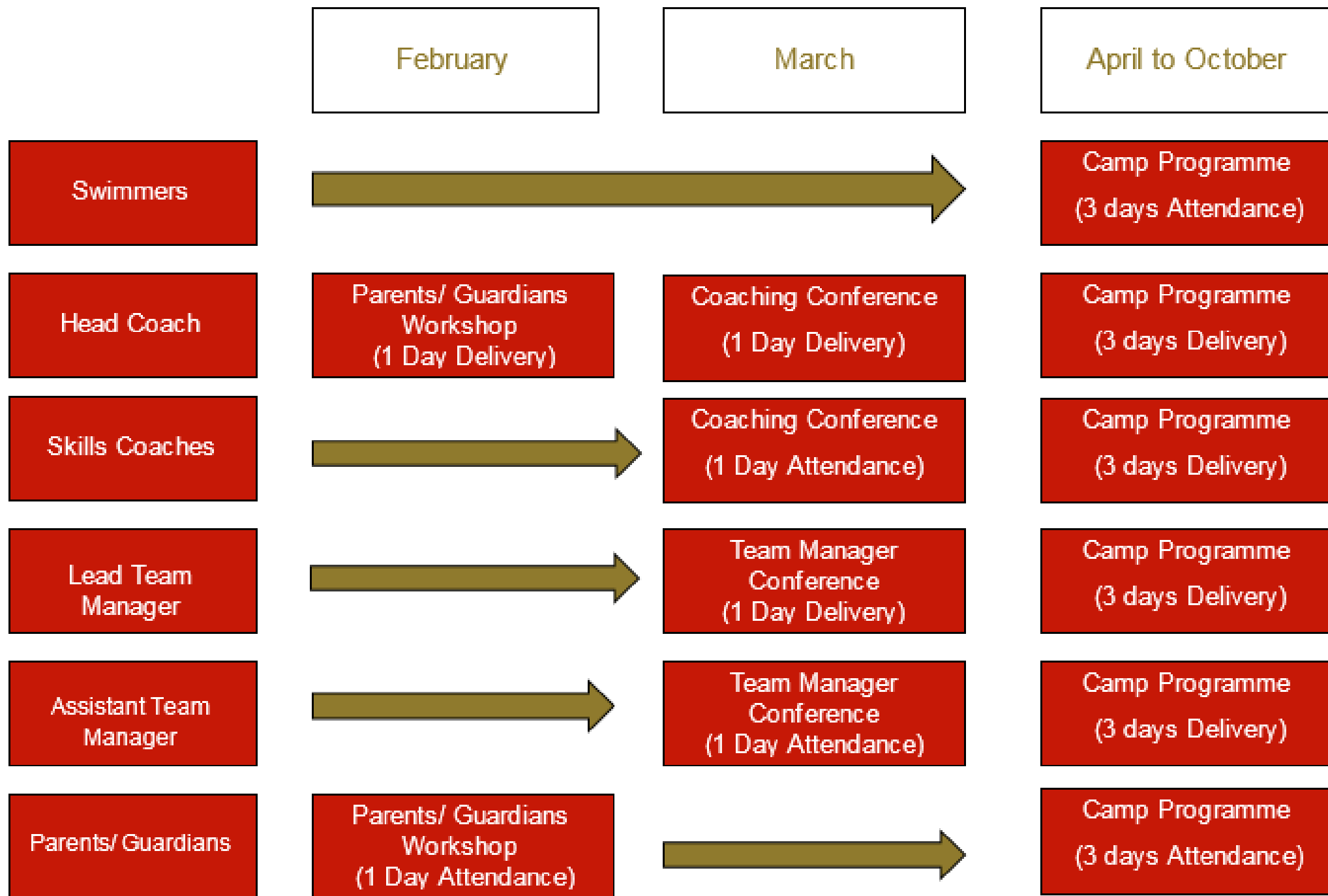


The Swim England Performance Pathway



The County Development Programme





County Development Programme

Swimmer Programme:

- 3 x 1 day camps (April, July, October)
- 24 – 36 swimmers (12 - 18 girls and 12 – 18 boys) aged 11 years in the year of competition
- Selected from rankings (selection policy available on the County website)
- Coach orientated – 11 year old rankings are not a definitive marker of future performance (Peaty and Proud examples).



County Development Programme

Swimmer Programme:

Pool Sessions

- Held short course, focus on:
 - aquatic alignment
 - streamlining
 - stroke technique

Dry Land Training

- Pre and Post pool activities
- Fundamental Movement Patterns

Workshops

- Principles of effective and efficient stroke technique
- Performance Lifestyle
- Performance Nutrition



County Development Programme

Parent Programme:

- County parents Workshop
- Attendance at the workshops on the 3 x 1 day County Camps (as outlined on the previous slide)



Development Pathway Programme

Regional Programme

- 3 x 1 day camps
- 36 swimmers (18 girls and 18 boys) aged 12 years in the year of competition
- Starts/ Turns/ Finishes

National Phase 1 Programme

- 3 x 1 day camps
- 36 - 48 swimmers aged 13/ 14 years in the year of competition
- Underwater Transitions/ Stroke Efficiency/ Relay Takeovers

National Phase 2 Programme

- 2 x 2 day camps
- 40 – 52 swimmers aged 15/ 16 years in year of competition
- Event Focused/ Overnight Stay

National Phase 3/ 2024

- International Trip
- Numbers TBC, aged 13 years +
- Event/ Competition Focused

Volunteer Roles – becoming part of the pathway

- Team Managers
- Referees
- Judges
- Timekeepers
- Marshalls (Warm Up/ Swim Down/ Events)
- Collating/ managing entries
- Producing the programme/ start lists
- Selling entry tickets/ programmes/ raffles
- Catering for other volunteers/ coaches
- Announcer/ Competition
- Coaching qualifications?

Discussion ...

Over the course of the County Championships when you watch the 11 year old events taking place, what factors do you think have contributed to the success of the highest performing swimmers?

Potential Factors ...

- Early maturation (physically bigger and stronger than their peers, psychologically more astute)
- Season of birth bias (born early in the calendar year)
- Exposure to higher quality coaching expertise
- Early sport specialisation
- Undertaking greater training loads
- Training at higher intensities
- Highly developed capacity for learning
- Able to execute quality skills consistently under pressure
- Access to Sports Science and Sports Medicine support
- Familial support

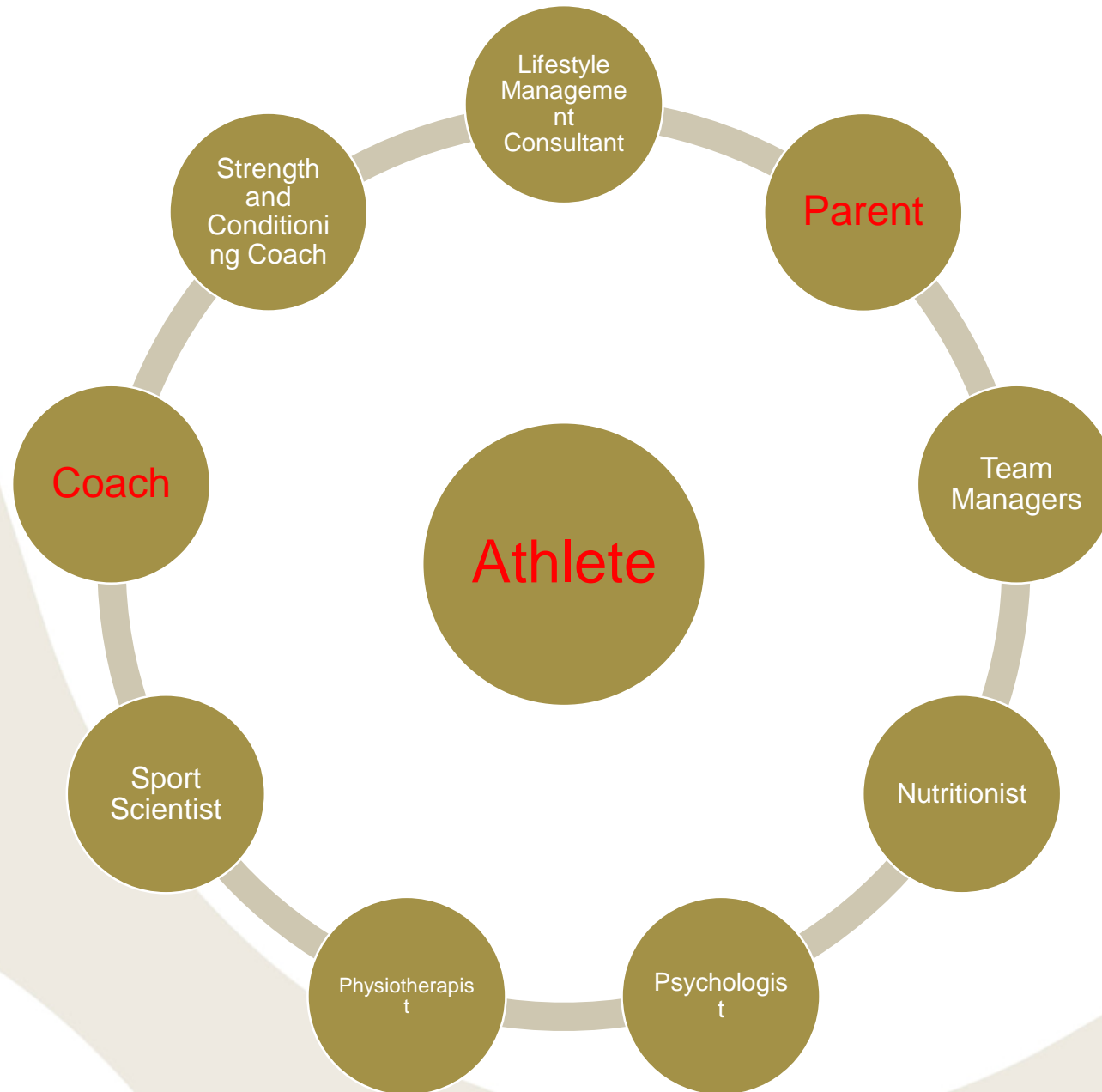
Tips:

- Control controlables
- Long term view
- Coach development = all swimmers benefit
- Process focused
- NEVER compare swimmers at age group level.
- Have fun – minimise dropout (95% boys)

The Athletic Triangle

The athletic triangle, consisting of the coach, athlete and parent(s), is a natural aspect of the youth sport setting. The coach's and parents' roles in this process are critical to the success of any program.





23:1 Rule

23: 1? 2? 3? 4? 5? 6? 7? 8?

- Time away from the training environment often allows the athlete to undermine their hard work in the pool!
- England programmes commitment to parents/guardians to improve education on how they can better support their child.

Coach and Parental Support

Coaches provide:

- Informational Support (technical feedback)
- Emotional Support (some)
- Esteem Support (some)

Parent/ Guardians provide

- Emotional Support (a lot)
- Esteem Support (a lot)
- Tangible Support (finance and taxi)



Discuss ...

Provide an example of a situation where a parent/guardian may choose to provide informational support to their young swimmer?

What might be the negative consequences of this for the swimmer?

Social Support – effective role fulfilment

Done well:



Perceived sport competence
Self – confidence
Self – esteem
Enjoyment
Commitment
Successful performance
outcomes

Done poorly:



Anxiety
Drop Out

The Dream Starts Here – Bill / Rebecca Example



Further Information

Key Websites

- County Swimming Association Website
- Regional Swimming Association Website
- www.swimming.org
- www.britishswimming.org
- www.offtheblocks.info

County Head Coach: Lesley Batson

Swim England ER Talent Officer – Kevin Pickard

Any Questions?



- Volunteering
- Coaches coach better with parental support
- Back to back training / racing
- Independence: carrying bags, packing bags
- Personal time management
- Pre pool / post pool
- Meets outside of what coaches ask
- Process meets / target meets
- Appropriate training levels
- Routine / integral part of life
- Outcome focused? Time? Good process-
bad time / bad process-good time.
- ‘Tapering’
- Supportive parent – the team
- “I love you, try your best”
- Technical feedback – one route
(coach)
- Keeping things in perspective
- Multi events at meets
- Multiple finals
- Working with the coach
- Racing suits
- Incentives? Money? Rewards?