

Notes from Coaches Forum 20th June 2019

County Championships 2020

BT updated the meeting –

- 💧 Will be run at The Venue Borehamwood – no other suitable pool could be sourced
- 💧 Access on Saturday will be at 14:00 due to the pool wanting to run swimming lessons in the morning.
- 💧 Qualifying Times have been published and are on the website.
- 💧 Conditions are being worked on in preparation for applying for the licences.
- 💧 Still looking for pools for mid-week Long Distance sessions – some concern expressed regarding if the midweek sessions would be well supported.
- 💧 Suggestion made to look at running a Level 3 long distance evening in the qualifying window – BT to look at potential support for such an event.
- 💧 Discussion re banning tech suits for 10, 11 & 12 year olds – unanimous support, some wanted a total ban at the championships. Retain seeding across ALL age groups.
- 💧 Need to define tech suits – welded seams and beyond mid thigh? BT to investigate.
- 💧 Will be policed starting with coaches, then at marshalling point finally by officials as per 2 costumes/tape etc.

1 Direction development camps

The camp on 8th had received very positive feedback from parents/swimmers and skills coaches. There had been a combined pool session as we ran a shorter day due to Peanuts in the evening. Jack (Jackson) had engaged the swimmers with Land Training, Manuela had led the classroom Sessions.

Days 2 & 3 will have separate pool sessions for 11 and 12 year olds and 12 year olds will have more in depth theory sessions.

Focus on starts/turns and underwater work working on technique technique technique...

Q from Parent - How do you decide what events your swimmers enter at Open Meets?

Harpenden identify the meet and let swimmers decide what they want to swim. For Harpenden Legacy Meet they highlight what events they want swimmers to enter and then allow swimmers to decide if they want to swim that session or not – if they do they only enter the events identified by the coaches

Ware – tend to target events where the swimmer is within 5s of a county qualifying or consideration time.

Hatfield – In qualifying windows discuss options with swimmers but then up to swimmers what they enter. Swimmers can enter any meet.

Hertford – Suggest events but pretty much up to the swimmer/parent

Q from Parent – How do you fit sleep in around all the training?

BT replied at the camp that swimmers (9,10,11,12) shouldn't be doing that many hours. Probably shouldn't be doing morning and evening sessions. Should be focussing on technique & skills rather than hours and mileage

Q from Parent – What about Nutrition?

Reply was that Nutrition would be covered as a topic during one of the upcoming days.

Coach Cover – how do you find cover?

Question from Geoff Wood - Berkhamsted

Suggestion to set up a register of coaches / teachers interested in joining a pool of availability to Cover.

BT to email coach contacts to spread the word and set up the register.

Ancillary question – can we have coaches courses in the county? Feeling is that they are too long and too far away.

BT to contact Leanne to investigate – suspects answer will be yes we can BUT we must have commitment as when we have done this in the past the courses have then been cancelled due to lack of support.

What are you doing differently now as a coach?

BT posed the question – you have all been either swimmers or coaches (or both) for a number of years – what are you doing differently to what your coach did with you or what you were doing 3 years ago? IF nothing has changed in your coaching why do you think anything will change in swimmer performance?

WARE – Head coach has gained a lot of confidence.

When she took on the role didn't really know what an open meet was and Ware were considered a bit of a joke club

Learnt more by going to other local clubs and attending the county forums.

Ware do not generally use stop watches on poolside at training sessions.

BT pointed out Ware have a County Champion and had Regional finalists on a maximum of 6 hours per week...

BERKHAMSTED – Have had a change of focus – putting emphasis on skills/technique rather than times.

Encourage parents to do the coach admin roles freeing up the coaches to do the coaching.

Have identified lots of dinosaurs in the sport, massive reluctance to change...

CHESHUNT – Visit other clubs to learn from them.

Lets you see good and bad practice

AOB

Water Polo courses – can we run L1 & L2 water polo course locally?

BT suggested probably a question for Management Board and/or Club Development Group

Suggestion made to speak to Paul Wollaston – ex Water Polo player

Officials

Getting harder to get qualified

Is going to kill clubs as they will not have the resources to run meets

Expecting a large fall out of J1(T) with new rule coming in