

Atlantic Masters

22-Sept-2022



Coach's Corner

Meet Your Coach - Brian



Arriving for *Practice*?

When should you arrive *on deck*?

At least 5 minutes before the practice session begins for a dry-land warm-up

Why?

Taking the time to warm up before you enter the water means you're ready to go.

We then get the most of our hour in the water. (We pay for time in the water, not time on deck!)



What Lane am I In?

“Weaker” swimmers are asked to swim in the lane closest to the wall.

Swimmers in each lane further from the wall are progressively ‘stronger.’

- Faster times
- Longer distances

Swimmers will sometimes be asked to move between lanes based on assessed ability or the goal of the session

Caveat:

- During our new Wednesday Night swim session, swimmers will be allocated evenly between the lanes



What Should I Bring With Me?

- Fins
 - Provide extra resistance when kicking and allow for better core strengthening
 - The lighter the better
 - Not SCUBA fins as these may put too much pressure on the knees
- Snorkles
 - Snorkles that go over the head (not to the side)
 - Practice with these on your own first

You don't want the first time to be in a session with others pressuring you

What Should I Bring With Me? (Part II)

- Paddles
 - Provide extra resistance when swimming
 - Sized preferably with a little space all the way around the hand
Not too big!
- Pullbuoy (if you wish to have your own)
 - Wide enough so that you can comfortably push off the wall
 - Not so wide that you can cheat and kick! (Most do and don't realize it!)

Coach notes all of these are available from swimkit.ie

All of this kit will serve you for a long time.

(Some of Keith's equipment is over 35 years old!)

Lane Etiquette

Swim down one side and up the other

Alternate lanes rotate in opposite direction

Health issues allowing

- Less hand-clashing
- Example:
 - Lane 1: Clockwise
 - Lane 2: Counter-clockwise

Space between swimmers

Leave 5 seconds after person in front of you



Lane Etiquette (Part 2)

Lane Swimmer Order

Work together so that the faster swimmer leaves first and each subsequent swimmer is a little slower.

Sometimes, you may need to change order depending on the set (or how you feel)

Sometimes the coach may ask you to change order.

This isn't punishment! This is to try to achieve a good order for all swimmers

Passing

It's best if you work together so that swimmers are in an order where they don't have to pass.
But, if you need to:

- Tap the swimmer's toes *once*
- If being passed, simply move over to side of lane (or briefly stop at the outside of the lane at the end)
- If you are passing in the middle of the lane, *you are responsible for*
 - Making sure you don't run into oncoming swimmers
 - You don't run into the swimmer you're passing



Clock Instructions

“Red Top”

The clock has one hand with two ends, one is red and the other usually black.
When the red end reaches 0 then the first swimmer pushes off of the wall.

“Go from the Top”

The first swimmer leaves when the next hand reaches the 0 point (top)

Whiteboard Instructions

5x100 @1:55

Do 5 100s

For the first 100, the first swimmer leaves on the “top”

She stops when 100m is complete.

She starts on the 55 for the second 100, no matter how early she finished the first one

She leaves on the 50 for the third.

She leaves on the 45 for the fourth.

She leaves on the 40 for the fifth.



Whiteboard Instructions

Swim Smooth

A relaxed stroke (not full speed) meeting the repeat time.
If you can not make the repeat, discuss this with the coach.

Breath on 3

Breathe every three strokes so that you alternate sides

Catchup

Be sure to 'tap' hands on each stroke as demonstrated

Fly Kick on Back

A fantastic core exercise

Backstroke (BS) Kick Hands Extended



Questions

What you got?

