

Supplement 29-2. A Blank Form to Use in Choosing Objectives and Placing Them in Appropriate Stages of a Season.

Season Planning Form

Coach:

Team:

Season:

Physical Skills	Pre	Early	Middle	Late
Streamline	x			
breaststroke		x		
backstroke			x	
freestyle		x		
butterfly			x	
Undulation off streamline	x			
Flip turns		x		
starts		x		

Rules and Strategies

Know how many events you can swim		x		
What a swimmer can get DQ for	x			
What causes a DQ in the I.M.		x		
What the scoring is for each event		x		
Listing the events in order for a meet	x			

Fitness

Swim 500 yards in under 8:00 minutes	x			
Complete 20*50's on the 1:00		x		
Swim for 20 minutes non-stop	x			

Personal and Social Skills

Individual should perform 8 out of 10 streamlines in practice	x			
Swimmer should perform 8 out of 10 flip turns in practice		x		
Swimmer must demonstrate		x		

appropriate form for the start off the xblocks 8 out of 10 times in practice				
--	--	--	--	--

Supplement 29-1. A Blank Season Calendar.

Season Calendar

Coach: Blain

Team:

Swimming

Season: Fall

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Insurance physicals. Expectations and goal setting	Breathing technique and streamline work	Streamline techniques review begin freestyle stroke	Freestyle stroke cont'd drills	Freestyle drills. Head position, high elbows	Freestyle drills. 11 and 1, reach and roll, 3-pulse kick	rest
Bilateral breathing techniques. Flip turns	Flip turns. Starts. Finishes	Undulation drills of the wall, flip turns	Begin backstroke	Backstroke drills. 11-1 position	Backstroke drills con't. pinky entry. Thumb flush	rest
Backstroke starts. Backstroke turns	Introduce breaststroke skills	Breaststroke skills. Chin tuck, up, out together kick for leg	Breaststroke pull out from streamline	Breaststroke drills. Shoulder shrug, tight pull of arms. timing	Revisit and practice all drills for free, back, and breaststroke	rest
Butterfly technique/drills	Butterfly drills, 2-1 undulation to pull, chin tuck	Work undulation off walls and streamline	Butterfly drills. Finger first entry, tight legs, Y-pull	Butterfly breathing patter w/fins emphasizing lift with core	Go over I.M. race and how to make the turns for each stroke legal in a race.	rest

						rest
--	--	--	--	--	--	------

Supplement 30-2. Reproducible Practice Planning Form.

Practice Plan

<p>Objectives: Swimmer will be able to perform a correct streamline in practice 8 out of 10 times</p>	<p>Date: day 1</p> <p>Practice #1</p> <p>Page 1</p>
--	--

Time	Activity
2 minutes	Coach will demonstrate an effective streamline off the wall of the pool so swimmers can see the skill from under the water as well as on top the water.
5 minutes	The swimmers will practice streamlines by pushing off the wall of the pool getting the proper depth while maintaining the tight streamline position.
1 minutes	The coach will review with the swimmers why the streamline is important and why to use it.
5 minutes	Swimmers will practice effective streamlines with adding a undulation to the streamline in order to get the swimmer further in the water and to pick up the speed of the swimmer
10 minutes	The swimmer will be able to successfully demonstrate an effective streamline by completing 80% of their streamlines in a 10 minute continuous swim

Special Equipment:

Supplement 30-2. Reproducible Practice Planning Form, continued...

Practice Plan

Objectives: The swimmer will be able to demonstrate a efficient flip turn in practice at least 8 out of 10 times	Date: Day 2 Practice # 2
---	---

Time	Activity
2 minutes	The coach will go over why the flip turn is important, when it is used, and physically perform the turn so that the swimmers can see the turn before they practice
10 minutes	The swimmer will practice the elements of the flip turn in the open water and not on the wall in order to get the snap and other technical skills understood before going to do the turn on the wall. Once the swimmers have mastered the flip turn in open water the coach will move to the turn on the wall
1 minute	The coach will explain to the swimmers why the T line is important for the turn and why the turn should start when the swimmers head is even with the T
7 Minutes	The swimmer will be able to successfully complete the flip turn by contacting the wall with both feet and pushing off the wall in a streamline position 8 out of 10 times in a practice setting

Special Equipment: