COACHING AGES 11-12
TECHNIQUE ★ TRAINING★ FUN!
An Overview of the Orinda Country Club 2014 Spring and Summer Seasons
By
STEVE HAUFLER
Head Coach
GENERAL INFORMATION

310 Member Recreational Swim Team

Spring Schedule (April 28 – June 13)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Practice Time</th>
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<tbody>
<tr>
<td>5 – 6</td>
<td>3:15 – 3:50</td>
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<tr>
<td>6 – 7</td>
<td>3:40 – 4:20</td>
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<tr>
<td>7 – 8</td>
<td>4:10 – 5:00</td>
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<tr>
<td>9 – 10</td>
<td>4:50 – 5:40</td>
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<tr>
<td>10 – 12</td>
<td>5:30 – 6:40</td>
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<tr>
<td>11 – 18</td>
<td>6:30 – 7:45</td>
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</table>
# Spring Teaching Schedule

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>FR</td>
<td>5/4</td>
<td>BR</td>
<td>5/5</td>
<td>BR</td>
<td>5/6</td>
<td>BR</td>
</tr>
<tr>
<td>6/1</td>
<td>IM</td>
<td>6/2</td>
<td>FR</td>
<td>6/3</td>
<td>BK</td>
<td>6/4</td>
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SUMMER SCHEDULE (June 16 – August 7)
Six Lane Pool with 6 or 7 Swimmers per Lane Every Practice

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Water</th>
<th>Dry Land</th>
<th>Number of Swimmers</th>
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<tbody>
<tr>
<td>11 – 12</td>
<td>7:30 – 8:45</td>
<td>9:00 – 9:30</td>
<td>50</td>
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<tr>
<td>13 – 18 I</td>
<td>8:45 – 10:15</td>
<td>8:15 – 8:45</td>
<td>50</td>
</tr>
<tr>
<td>11 – 18 II</td>
<td>10:10 – 11:15</td>
<td>9:45 – 10:15</td>
<td>50</td>
</tr>
<tr>
<td>9 – 10</td>
<td>11:15 – 12:15</td>
<td>10:45 – 11:15</td>
<td>60</td>
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<tr>
<td>7 – 8 I</td>
<td>12:15 – 1:00</td>
<td>12:00 – 12:15</td>
<td>40</td>
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<tr>
<td>7 – 8 II</td>
<td>1:00 – 1:45 (4 lanes)</td>
<td>12:45 – 1:00</td>
<td>20</td>
</tr>
<tr>
<td>6 &amp; U I</td>
<td>1:15 – 1:45 (2 lanes)</td>
<td>1:00 – 1:15</td>
<td>15</td>
</tr>
<tr>
<td>6 &amp; U II</td>
<td>1:45 – 2:15 (4 lanes)</td>
<td>1:30 – 1:45</td>
<td>25</td>
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## SUMMER STROKE FOCUS SCHEDULE

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<td>BR</td>
<td>BK</td>
<td>FL</td>
<td>IM</td>
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<tr>
<td>FR</td>
<td>BR</td>
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Key:
- **FR**: Freestyle
- **FL**: Butterfly
- **BK**: Breaststroke
- **IM**: Individual Medley

Dates:
- 6/15 to 8/16
Three Assistants rotate each day to a different group of swimmers and I oversee/coach everyone.

<table>
<thead>
<tr>
<th>Lane Numbers</th>
<th>100 I.M. Time Range</th>
<th>Yardage</th>
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<tbody>
<tr>
<td>1 – 2</td>
<td>1:26 – 1:40</td>
<td>2000</td>
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<tr>
<td>3 – 4</td>
<td>1:16 – 1:24</td>
<td>2500</td>
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<tr>
<td>5 – 6</td>
<td>1:02 – 1:13</td>
<td>3000</td>
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TECHNIQUE
Coach Directed Stroke Technique: Workouts & Private Lessons

BUTTERFLY

• Steady and neutral head position throughout pull and recovery
• Position “11” Entry, fingers forward
• Direct line pull with paddles w/underwater recovery
• Snow angel recovery, on back first, then front, fingers facing back
• Direct line pull with paddles w/above water recovery and body motion
• Press the chest before arms land and move straight forward on pull
• Don’t tuck the chin to the negative when pulling
• Don’t rise the eyes on the landing before the breath
• One-arm butterfly with paddles
• Full Stroke @ .50 - .55 Tempo Trainer (press/kick)
• Lean head and upper back into the water, it’s OK if water comes over your face
• Jet propulsion kick, knees underwater
• Cup on the head
• Double arm backstroke w/paddles, thumb side exit, flexed side hand entry
• Backstroke – open up your underarms on recovery and pull
• Look and see drill
• 1-2-3…1-2-3 kicking rhythm
• Thumb side of hand always highest on pull and recovery
• Rotate (the boat tips side to side)
• Full Stroke @ .60 - .72 Tempo Trainer
BREASTSTROKE

• Kick on wall w/hands flat and under water
• Kick over mirror
• 3 Kicks for distance
• Belly button to spine and end of kick – tummy got punched
• Pull w/no breath, go the missile squeeze, over mirror, head neutral
• Pull w/breath, shoot straight, fast and shallow. Neck and spine in line when going to air and when going into glide
• Slide hips
• Pull w/3 second pause at “Y”
• Breast Swim w/3 second pause at “Y”
• Breast Swim w/1 second pause at “Y”
• Double kick breast
• Double pull breast
• Full stoke @ 1.0 – 1.35 Tempo Trainer
FREESTYLE

• Position “11” Freestyle
• Head neutral
• Open up underarms on recovery
• Side glide kick
• 6-count switch
• Sailboat
• Keep underarm open on pull for as long as possible
• Palms initially toward body on recovery
• Pull within power zone
• Kick white water higher than head
• One-eye breathing
• Breathe into lead arm, face to water before catch of lead arm
• Three-quarters “11”
• Race Stroke
• Full Stroke @ 5.5 – 6.5 Tempo Trainer
FREESTYLE TURN

• Submerge (waterfall turns)
• Turn palms down after dolphin, push (hold water) forward of head
• Feet hit at 11:00 or 1:00 o’clock
• Push from where you land, feel upside down, simultaneously extend into streamline
• Rotate like a streamline log roll; pull with the arm that was downside after squaring-up. Keep eyes down, don’t lift head. Hold breath on first stroke
• Straight in straight out, no circle swim angle turns
BACKSTROKE TURN

• Take one and a half freestyle strokes
• Submerge
• Use hands properly
• Don’t over rotate. Spot the surface of water to line-up for the push off.
• Keep head in neutral on underwater dolphins
OPEN TURNS

• On touch keep eyes down exhale (blow bubbles)
• See the knees come up fast as turning side hand slices next to the body while elbow drives back
• Feet place at 9:00 or 3:00 o’clock
• Wall hand leaves the wall with the elbow still in the water
• The thumb goes by the ear lobe
• Chin stays close to the shoulder
• Low, Straight and Late
• Wall hand matches up with the turning hand under water and above the head
• Push from where you land…on your side
• Arms extend into streamline simultaneously on push off
• Rotate as a unit to stomach
BREASTSTROKE UNDERWATERS

Streamline, “11” and “snap kick.” Pull through, sneaking with the elbows touching the body. Hands pass under the belly button. Hands shoot to missile squeeze.
TRAINING

Sample Early Season Practice May 1

1. 20 x 25 w/snorkel @ :30/:35/:40 seconds
   2 x 25 k w/hands by side
   2 x 25 kw/arms in Position “11”
   2 x 25 Position “11” FR
   2 x 25 6 - Count Switch
   2 x 25 Sail Boat
   2 x 25 ¾ “11s”
   8 x 25 Racing Stroke

2. 16 x 25 Free @ :30/:35/:40 seconds
   4 x 25 (6 - Count Switch w/breathing)
   4 x 25 B3 ¾ “11”
   8 x 25 Racing Stroke 3B or less

3. 8 x 25 Free Kick w/board

4. 4 x 25 Monster Scull

5. 10 – 15 minutes Flip Turns

6. 4 x 50 Free @ 1:00

7. 100 Pull

Free Emphasis – 1500 Yards
Sample Early Season Practice May 2
Backstroke Emphasis – 1600 Yards

Warm Up: 10 minutes starts & finishes, Back starts w/underwater dolphin and Back finishes, reverse crunch scull

1. 10 x 25 Free Review w/snorkel @ :35 or :40 seconds
   2 x 25 6 - Count switch
   2 x 25 Sail Boat
   2 x 25 ¾ “11s”
   4 x 25 Racing Stroke

2. 30 x 25 Back @ :40 or :45 seconds
   2 x 25 Kick w/hands by side w/6 kick rotation
   2 x 25 Side Glide Kick (R/L)
   2 x 25 6 - Count Switch
   2 x 25 Look and See drill
   2 x 25 one - arm (R) double pause
   2 x 25 one - arm (L) double pause
   4 x25 Double Arm Back
   6 x 25 BK w/paddles
   2 x (4x25) BK Variables

3. 8 x 25 BK Kick 10-15 meters under water dolphin

4. Back Turns 10-15 minutes

5. 6 x 50 (50 FR, 50 FR/BK, 50 BK) x 2

6. 4 x 25 relays
Sample Early Season Practice May 6
Breaststroke Emphasis – 1800 Yards

Warm Up 10 minutes: starts, underwater pull downs, breakouts and finishes

1. 16 x 25 w/snorkel @ :40 or :45 seconds
   4 x 25 Breast Kick w/shoot extensions to missile
   4 x 25 Monster Scull
   4 x 25 Breast Pull
   4 x 25 Breast (BR)

2. 24 x 25 w/o snorkel @ :35 or :40 seconds
   4 x 25 BR pull w/3 sec pause @ “Y”
   4 x 25 BR swim w/3 sec pause @ “Y”
   4 x 25 BR swim w/1 sec pause @ “Y”
   4 x 25 double Kick BR
   4 x 25 double Pull BR

3. 8 x 25 Free Review w/snorkel

4. 8 x 25 Back Review

5. 10-15 minutes Turns BK-to-BR and BR-to-BR

6. 4 x 75 IM w/o Fly @ 1:30

7. Relays 4 x 25
Sample Early Season Practice May 8
Butterfly Emphasis – 1600 Yards

*Warm Up: 10 minutes starts, underwater dolphin, breakouts, turns and finishes*

1. 8 x 25 Free Kick w/snorkel

2. 12 x 25 w/snorkel
   - 4 x 25 Fly Pull w/flutter Kick
   - 4 x 25 Head leading Body Dolphin
   - 4 x 25 Arm Leading Body Dolphin

3. 8 x 25 w/mono fin @ 1:00 underwater

4. 20 x 25 @ :40 seconds
   - 4 x 25 Fly Pull w/paddles
   - 4 x 25 Dolphin Kick in streamline (BK, R, L, Front)
   - 4 x 25 One-arm 2L/2R (other arm leading)
   - 4 x 25 One-arm 2L/2R (other arm by side)

5. 4 x 100 IM (KSKS, SKSK, KKSS, SSKK) @ 2:00
Sample Mid-Season Practice July 10
Freestyle Emphasis – 3000 Yards

Warm Up: 32 x 25 Reverse IM @ :30/:35/:40 seconds (KPDD + Variables) rest extra :30 seconds before all Fast

200 Pull-Monster Skull by 25s w/snorkel
8 x 25 Free Kick w/snorkel + 6 strikes @ :30/:35/:40 seconds
12 x 25 Coach Directed Stroke Work w/paddles (10 minutes)
4 x 50 Free @ 1:00 or 1:10 (2-3B, 2-2B, 1-2B, 1-1B)
6 x 75 Free @ 2:00 (descend 1-3, 4-6)
8 x 25 Free @ :40 w/fins and paddles (Fast)
2 x 50 Free w/fins and paddles @ 2:00 (Fast)
6 x 50 Breast/Free (2B) @ 1:00
10 x 25 Coach Directed Warm Down
Sample Mid-Season Practice July 21
Breaststroke Emphasis – 3000 Yards

Warm Up: 20 x 25 Reverse IM @ :30/:35/:40 seconds (KPDDS)

rest extra :30 seconds before all Fast

200 Skull-Pull by 25s w/snorkel
10 x 25 Free w/snorkel @ :30/:35/:40 Seconds
(Odds - ¾ “11s,” Evens – Race Stroke)
10 x 25 Breast Pull w/flutter kick w/snorkel
@ :30/:35/:40 seconds
6 x 50 Kick (25 BR/25 FR) w/board Fast
@ 1:00 or 1:10
6 minutes of 25’s underwater Breaststroke
(150 yards)
6 x 25 Breaststroke Technique Check
– Coach Directed

SET: 2x

25 Breast @ :30/:40 seconds
50 Breast @ 1:00/1:10
75 Breast @ 1:30/1:40
100 Breast @ 2:30/2:30
25 Breast @ :30/:40
50 Breast/Free @ 1:00/1:10
75 IM w/o Fly @ 1:30/1:40
100 IM @ 2:30

8 x 25 Coach Directed Warm Down
Sample Mid-Season Practice July 8
Backstroke Emphasis – 3000 Yards

Warm Up: 20 x 25 Reverse IM (KPDDS) @ :30/:35/:40 seconds

200 Skull-Pull by 25s w/snorkel

6 x 25 Free w/snorkel @ :30/:35/:40 seconds
(Odds - ¾ “11s,” Evens – Race Stroke)

16 x 25 @ :30/:35/:40 seconds – 4x
Free (Zero Breaths)
Back (underwater 7.5M to 15M dolphin)
Breast (10M underwater, count strokes)
Fly (12.5 yards Zero breaths, 12.5 Easy Free

6 x 25 underwater Back Dolphin
w/nose plug, if necessary

6 x 25 Back Coach Directed Technique Reminders

6 x 50 Back (Super underwaters) @ 1:10 or 1:20

SET: 4x

50 Fly/Back @ 1:00/1:10
50 Back @ 1:00/1:10
50 Back/Breast @ 1:00/1:10
Rest :30 seconds

6 x 25 Coach Directed Warm Down
Sample Mid-Season Practice July 15
Butterfly Emphasis – 3000 Yards

Warm Up: 16 x 25 Reverse IM (KPDS) @ :30/:35/:40 seconds

200 Skull-Pull by 25s w/snorkel

2 x 200 IM Kick/Swim @ 3:30/4:00/4:30

6 Minutes underwater Dolphin (200 yards) w/Mono Fin

8 x 25 Coach Directed Fly Technique
• Pull w/paddles and underwater recovery
• Pull w/paddles
• Swim w/paddles
• Swim

6 Minutes Zero Breaths 25 Fly (200 yards)

SET: 3x

2 x 75 Free (descend) @ 1:15/1:30

3 x 50 (Fly/Back, Back/Breast, Breast Free) @ 1:00/1:10

4 x 25 Fly (3B, 2B, 1B, Zero B) @ :30/:45

6 x 25 Coach Directed Warm Down
THE TAPER:
9 DAYS OUT FROM CHAMPIONSHIP MEET

1. Tuesday July 29 – Last 3000 yard workout (Breaststroke emphasis)

2. Wednesday July 30 – 2000 yards which includes: 6x50’s @ 3:00, 8x25 Free w/fins & paddles, Evening Double Distance Meet (3-5 events, 100 yard distances and 200 IM)

3. Thursday July 31 – 1800 yards – Zero B 25’s (4 Free, Fly and Breast), 16 minute Stations which include Back Starts and Finishes, BK-to-BR Turns, and 16x25 Tempo Trainers @ 1:00

4. Friday August 1 – 1000 yards which includes 12x25 King of the Lane, 3 of each stroke (2 with hand touch and one w/turn,) 6 heats of 6

5. Saturday and Sunday Off
**Taper (continued)**

6. **Monday August 4** – 2150 yards which includes 12x25 “perfect to perfect Fast” and “Fast perfect to perfect”, 4 minutes underwater 25’s w/mono fin, Fly technique work.
   **Mini Set:** 2x50 Fly KS, 2x75 Free Descend, 4x25 Fly (2B-ZeroB) x 2

7. **Tuesday August 5** – 1700 yards which includes 8x25 equals Free (ZeroB,) Back (7.5 M underwater,) Breast DPS, Fly (ZeroB for ½ lap, EZ Free for ½) twice through, 4 minute underwater back dolphin w/nose plug by 25’s, Backstroke technique work, 4x25 Fly/50 Back (fast turn and finish.) Stations w/BK/FR Tempo Trainers, and Start/Turns/Finishes

8. **Wednesday August 6** – 1000 yards includes Breaststroke technique work and three Stations: Relay and Individual Starts, Turns and Tempo Trainer

9. **Thursday August 7** – 400 yards: Warm Up at Competition Pool, Starts/Turns/Finishes 20 Minutes

10. **Friday August 8** – Meet starts at 5:00pm, Warm Up from 4:05-4:25pm
OTHER IMPORTANT TRAINING SETS

1. Tempo Trainer Sets – 16 x 25 @ 1:00
2. 4 x 25 Free Zero Breaths – For Time
3. 4 x 25 Fly Zero Breaths – For Time
4. Relay Sets
5. Stations
6. 6 x 100 IM @ 2:00 (KSKS, SKSK, KKSS, SSKK, KSSK, SKKS)
7. King/Queen of the Lane – 16 x 25
8. Elimination
9. Parachutes
10. Timing Relay Starts
11. Speed Assisted
12. Dash for Cash
FINISHING ETIQUETTE DURING WORKOUT

1. Touch the wall properly
2. See the clock and know your time
3. Leave room for teammates to finish, line-up as directed
4. Encourage and compliment teammates
5. Look at the coach for feedback, be ready to listen
6. Know “what to do” and “when to go”
7. Listening and Ready Positions
FUN!
RELAYS/RELAY MEETS
SWIM MEETS