Collaboration for Success

Matt Kredich
Bill Boomer
George Kennedy
#SWIMMINGMATTERS
Why Seek to Collaborate?

Input of new ideas!

It can be energizing!

Shifting perspective is an essential part of growth and learning!

“The best science comes from international collaboration.”
Why NOT Seek to Collaborate?

- Disruptive!
- Takes energy!
- Risky! It takes commitment!

- Success in anything takes commitment!
MEETINGS

None of Us is as Dumb as All of Us.
WE CAN ALWAYS GET BETTER.
So, how do coaches introduce new ideas into our “systems”?

Level 1 – Observe, Reflect, Synthesize, Read, Listen to lectures, observe others.
   Requires no interaction.

Level 2 – Conversation, debate.
   Requires interaction but no commitment.

Level 3 – Collaboration. Exchange of ideas and separation of roles.
   Requires commitment to roles, a process and a common goal. Requires TRUST!
Who can I collaborate with?

- Mentors
- Peers
- Mentees
MENTOR & MENTEE
MENTOR AND PEER
Collaborative Relationships

Peer coaching
  Have a colleague give you feedback.
  Assign roles for a project

Mentorship
  Master Teacher
  Master Learner

Guru (not true collaboration)
  “Fix me!”
  “Magician”
Inputs that Change Perspective

• Richard Quick/Bill Boomer
• Teri McKeever/Milt Nelms
• David Salo/Jon Urbanchek
• Dennis Pursley/Jonty Skinner
• McGee Moody/Mark Bernardino
• David Marsh/Bob Groseth
• Ray Looze/Dennis Dale
• (anyone)/Jack Roach
How do you view a human swimmer?
What “systems” are primary?
Short Course Observations
50+ years

William L. Boomer
In the past few years, **two new realities** have occurred that require us to revisit our tightly held views related to **preparing swimmers on a daily basis**.
The “first reality” is that sub-surface travel has radically changed the swimming landscape.
These dynamic sub-surface event changes will force us to shift the focus of our daily preparation towards our nervous system for **two significant reasons:**
• **First**, this subsurface activity requires a much more complex *primal neural acceptance.*
In the last century, neural primal acceptance wasn’t a primary warm-up concern; surface breathing qualities were one-dimensional. They focused on the exhale-half of our air exchange for surviving extensive surface activities.

Today’s swimmers operate in vertical dimensions, columns of water, where survival complexity is much more complicated.
When we see a pool, what do we imagine that we’ll be using? For many swimmers, it’s just this top layer.
The long-term survival of today’s swimmer requires surface exhale proficiency while their short-term success requires repeated subsurface breath holds in the water column.

Breath holding and exhaling are both perceived as primal life-threatening situations in the aquatic environment.
To become a successful swimmer today, you must be as comfortable competing in the water column, as you are in its surface layer; **this is a daily primal nervous system issue**!

In this preparation dynamic, a swimmer’s **metabolic readiness** then becomes a by-product of how primal acceptance warm-ups are constructed.
• **Second**, the new events are much more dense from a *serial neural activity* focus.
Serial Swimming Activity

Short course activity patterns are serial in nature; frequently changing neural sequences that are continuously repeated.
Dive 40 Short Course
21 Serial Neural Activity Set Pieces

• Pre-event preparation
• Approaching the block  (postural attitude)
• Pre-block prep    (jumps, breathing, lane ownership)
• Call to the block routine   (step-up routine)
• Block breathing    (functional position and purpose)
• Call to start position  (ready sequence)
• Start jump        (movement sequencing)
• Block flight      (profile)
• Water entry      (angles and “O” ring)
• Directional adjustments  (peel out dynamics)
Dive 40 Short Course Set Pieces Continued

• Subsurface travel (amplitude and frequency)
• Exit to surface @ 15 (space travel focus)
• Surface travel (impulses and spaces)
• Wall prep (breath and drag reduction)
• Rotation (body ball formation)
• Wall plant (structural power triangle)
• Wall jump (muscular choices and sequencing)
• Wall flight (aquatic line choices)
• Sub-surface travel (amplitude and frequency)
• Exit to surface (space travel focus)
• Surface travel (impulses and spaces)
Long course activity over the last 50+ years is still very cyclical in nature.
Cyclical Swimming Activity

Long course activity patterns are cyclical in nature; a singular neural sequence drawn out and interrupted infrequently.

It appears that, from both a neural and metabolic perspective, short and long course preparations may be diverging.
The “second reality” is the electronic lives of today’s swimmers present daily nervous system challenges that were never present, even 10 to 15 years ago.

Constant electronic stimulation super-charges their cognitive, far sensory, early warning system and suppresses their reactive, near sensory, athletic system.
Far Sensory Early Warning System

Sight, Sound, Smell, Taste, Touch

• This early warning device, designed to evaluate and analyze environmental conditions for relative safety and survival.

• They are cognitive and can be directed.
Our Far Senses

- Respond to external stimuli, to give us a sense of our surroundings
- We are conscious of and can generally direct them
- Primary focus is safety and survival
- Their receptors are in our conscious cognitive brain
Near Sensory Athletic System

Vestibular Balance, Tactile Sensitivity, Proprioceptive Spatial Awareness

• This primal information system monitors our momentary safety, 24/7, for species survival.

• They **can not** be directed.
Our Near Senses

- Respond to what is happening in our bodies
- They are reactive in nature, non-cognitive
- Primary focus is safety and survival
- Their receptors are in our primitive emotional brain
- This is our athletic system; these senses interact to give you a sense of self in space
Today, swimmers come to us in an **unbalanced sensory condition**, unable to fully access aquatic athletic feedback.

Some examples:

- **Driving**: texting is cognitive (forebrain), while defensive driving is primal (safety brain).
- **Social**: texting isolates users in a crowd (forebrain), while human communication is 80% visual (primal).
- **Advertising**: constant microsecond stimulations, the velocity of their lives as receivers, dulls their primal environmental receptors, our athletic feedback system.
To create **productive practice sessions** today, our first task must be to **rebalance** their environmental **sensory feedback potential**.
With both these new realities in mind, one area that requires a fresh look is our now outdated short course warm-up concept.
You have to go wholeheartedly into anything in order to achieve anything worth having.

Frank Lloyd Wright
QUESTIONS TO ASK

- What does your favorite team look like?
  - What is the proper size for this team?
  - What are the physical dynamics that effect this group?
  - How does this team fulfill their potential?
    - The other 150 hours per week

There is an “I” in team
VALUE SYSTEMS FOR PERFORMANCE
20\textsuperscript{TH} CENTURY

TRAINING

ACADEMICS
ATTITUDE
SLEEP
HYDRATION
BINGING
ALCOHOL MANAGEMENT
NUTRITION
STRESS MANAGEMENT
VALUE SYSTEMS FOR PERFORMANCE
21ST CENTURY

- SLEEP
- ACADEMICS
- HYDRATION
- ATTITUDE
- TRAINING
- BINGING
- STRESS MANAGEMENT
- ALCOHOL MANAGEMENT
- NUTRITION
### WEEKLY PLANNING IN SEASON

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>AM</td>
<td>Technique work / stroke set up</td>
<td>Power &amp; Weights</td>
<td>RECOVER</td>
<td>Power &amp; Weights</td>
<td>OFF</td>
<td>2 Hour Swim +</td>
<td>OFF</td>
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<tr>
<td>PM</td>
<td>Aerobic / Threshold work</td>
<td>Descend into Racing</td>
<td>RECOVER</td>
<td>Race Prep</td>
<td>1 Hr work / Peer Coaching</td>
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</table>

- **What is the focus of the practice?**
  - Drills/technique/power/tempos/race pace/aerobic/anaerobic
- **What is the focus outside the pool that day?**
  - Strength training/fitness/massage
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>SUNDAY</th>
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<tbody>
<tr>
<td>High-Intensity Interval</td>
<td>Heavy Lift</td>
<td>RECOVERY (OFF)</td>
<td>Plyometric Work</td>
<td>High-Intensity Interval</td>
<td>Combination Lift</td>
<td>OFF</td>
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<tr>
<td>Training (20 Mins) + Med</td>
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<td></td>
<td>Interval Training (20 Mins) +</td>
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<tr>
<td>Ball / Core Work</td>
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<td></td>
<td>Med Ball / Core Work</td>
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### CHAMPIONSHIP PREP PLANNING

<table>
<thead>
<tr>
<th>AM</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
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</thead>
<tbody>
<tr>
<td>Technique</td>
<td>Technique work / stroke</td>
<td>Power &amp; Weights</td>
<td>RECOVER</td>
<td>Power &amp; Weights</td>
<td>OFF</td>
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<tr>
<td>work /</td>
<td>set up</td>
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<td>ON OWN</td>
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<td>stroke</td>
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<tr>
<td>PM</td>
<td>Aerobic / Threshold work</td>
<td>Race Prep or OFF</td>
<td>Race Prep Massage</td>
<td></td>
<td>OFF</td>
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<tr>
<td>PM</td>
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- Key is confidence and trust
- 30 Days from conference to NCAAs—6 x 5 day cycles.
- Number of doubles changed based on how much rest we felt they needed and where we were in the resting process
CYCLES

- Cycle 1: February 19-23
  - W, TH, F, SA, OFF SU
- Cycle 2: February 24-28
  - M, T, W, TH, OFF F
- Cycle 3: March 1-5
  - SA, SU, M, T, OFF W
- Cycle 4: March 6-10
  - TH, F, SA, SU, OFF M (option loosen on own)
- Cycle 5: March 11-15
  - T, W, TH, F, OFF SA (option loosen on own)
- Cycle 6: March 16- Meet Start (March 19)
  - Individualized Rest
PROGRESSIONS (SWIM SERIES)

• OCTOBER
  3X
  4 x 75 Drill PINK
  3 x 100 Swim RED
  4 x 50 Descend to ORANGE
  3 x 100 Swim 2 RED, 1 WHITE
  8 x 25 200 Tempo (with Tempo Trainer) BLUE

• JANUARY
  2X
  4 x 75 Drill PINK
  3 x 100 Swim RED
  4 x 50 Descend to ORANGE
  3 x 100 Swim 2 RED, 1 WHITE
  5 x 25 85-90-95-100-100+ (Record Tempos, Times, Stroke Counts)

• CHAMPIONSHIP PREPARATION
  3x—2X—1X BY CYCLES
  4 x 75 1 Drill PINK, 3 Swim RED
  3 x 100 2 RED, 1 WHITE
  4 x 50 1 BLUE / 1 WHITE (200 OR 100 Tempo)
  3 x 100 1 RED, 2 WHITE
  8 x 25 1 BLUE / 1 WHITE (100 OR 50 Tempo)
PROGRESSIONS (SWIM SERIES)

• OCTOBER
  • 1 x 400 + 2 x 200 + 4 x 100 + 8 x 50
  • 1 x 400 + 2 x 200 + 4 x 100
  • 1 x 400 + 2 x 200
  • 1 x 400
  Descend the 400s

• JANUARY
  • 1 x 400 + 2 x 200 + 4 x 100 + 8 x 50
  • 2 x 200 + 4 x 100 + 8 x 50
  • 4 x 100 + 8 x 50
  • 8 x 50
  Descend each set of 50s to PACE by round

• CHAMPIONSHIP PREPARATION
  • 1 x 400 @ 5:30 + 2 x 200 @ 2:15 + 4 x 100 @ 10 SR /5:30 + 8 x 50 @ :35
  Descend each 400 yards to PACE
# PROGRESSIONS (POWER RACKS)

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<tr>
<th>WEEK</th>
<th>DAY 1</th>
<th>PROGRESSION</th>
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<tbody>
<tr>
<td>WEEK 1</td>
<td>Base Weight (BW)</td>
<td>3 Rounds of 5 @ :30</td>
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<tr>
<td>WEEK 2</td>
<td>BW + 5</td>
<td>2 Rounds of 5 @ :35</td>
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<tr>
<td>WEEK 3</td>
<td>BW + 10</td>
<td>1 Round of 5 @ :40</td>
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<tr>
<td>WEEK 4 (1 WEEK from CONFERENCE / NCAAs)</td>
<td>BW or BW + 5</td>
<td>1-5 Racks, On Own</td>
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</tbody>
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<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
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<tbody>
<tr>
<td>Anthony Lordi</td>
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</tr>
<tr>
<td>Freestyle</td>
<td>2 X 5 @ :30</td>
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</tr>
<tr>
<td>65</td>
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**POWER RATIO**

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<tr>
<th></th>
<th>DAY 1</th>
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<tbody>
<tr>
<td>Joe Acquaviva</td>
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<tr>
<td>Breaststroke</td>
<td>2 X 5 @ :30</td>
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<td>55</td>
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**POWER RATIO**

- Key: Record Times for each (Foot leave to weights hitting top of rack), take average. **WEIGHT / AVG TIME = POWER RATIO**
- Make it a game, see how much they can improve! Sent out improvement % and all times.