1. Nothing in this report is based on scientific evidence, all thoughts and ideas are based off the responses turned in

2. This is not aimed at proving any theories valid or invalid

3. All information (conclusions, opinions, etc) in this report, minus coaches and swimmers responses, is a product of my thought processes and imagination

4. This information is not meant to change the ways of the world but to induce some thinking and questioning

5. Notes need not be taken, sit back, relax, nap if needed, and let the information roam the nether regions of your brain (or go in one ear and out the other)

Thank you and I hope you enjoy what is written and are able to find some value in it.
After looking at the results of the 2013 Irvine Summer Junior National meet, I started wondering about the SPEED and DEPTH of our swimming at this meet.

Every year the qualifying times were faster, yet we still had more and more swimmers making it to Juniors.

Outside of the Olympics, Olympic Trials, Nationals, and NCAA’s, this had to be one of the most impressive collections of athletes we have in the world.

These cuts were faster than many countries National cuts and yet we had well over a 1000 swimmers under the age of 18 at this meet!
I wanted to ask these coaches and athletes and find out:

- If there was a particular theme or thought on training out there?
- What coaches were doing with their swimmers?
- What about the swimmers, was there something there?
- Would some secret ‘pop up’ from the information?
B E F O R E  I  S T A R T E D

- Good excuse to meet new coaches and steal, I mean borrow their ideas
- Thought it would be fun.
- Initiate thought provoking conversation and debate
- It would be simple and not take up to much time
- But most of all, CURIOSITY!!! (With a little bit of “just because I wanted to!”)
After I started

- Met a lot of coaches and did steal and borrow
- It was fun
- Had some very good conversations
- Simple and time (hahahahahahahahahahahahahahahahahahahahaha)
- I thought it AND I did it
The Meet: 2013 Summer Junior Nationals in Irvine

The sample:
- Coaches of the swimmers in the Top 24 at Finals
- Swimmers in the Top 24 at Finals

Approximately 195 teams had a swimmer in the Top 24
672 total possible spots for boys & girls combined (336 each)
Each team averaged 3.45 swimmers in Top 24 (1.72 per gender)
Approximately 195 teams contacted via email
70 coaches replied (35%) (3 emailings) – I was hoping for 25%
47 swimmers replied (13-15%)
Average age of the swimmers was just below 17
QUESTIONS, RESPONSES, & MY THOUGHTS
QUESTIONS FOR THE COACH

1. How long have you been the personal/main coach of this swimmer?
2. What type of swimmer do you consider them to be (Sprint, Middle, Distance)?
3. Do you train them for IM, Stroke, or Free base emphasis?
4. Do you hit all energy systems (A1, A2, A3, An1, An2, An3, etc) daily, weekly, monthly, other?
5. How do you break up your week and emphasis?
6. Would you say that 4 years ago you were doing the same, similar, completely different type of training you are doing now?
   1. Has your coaching philosophy/emphasis changed in the last 4 years (none, some, drastically)?
7. How much yardage do you average per training session?
   1. What do you average per week?
   2. What is your highest yardage week number?
   3. What week of the Season/Year do you peak?
8. Is there a primary emphasis in dry-land, (strengthening, flexibility, injury prevention, fun, other)?
   1. What type of dry-land do you primarily do (weights, medball, tubing, bodyweight exercises, running, combination, other)?
9. What is the size of your program?
   1. How many swimmers do you have in the Top Group?
   2. What is the age range of the Top Group?
1. **Goal of Question:** Correlation between ability of a swimmer and length of time spent with one coach.

- Are swimmers better with one coach for an extended period of time, or when swimmers switch coaches every few years as they move up through the program?

2. **Coaches Responses:**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1yr</td>
<td>8</td>
</tr>
<tr>
<td>1yr</td>
<td>11</td>
</tr>
<tr>
<td>2yrs</td>
<td>22</td>
</tr>
<tr>
<td>3yrs</td>
<td>12</td>
</tr>
<tr>
<td>4yrs</td>
<td>9</td>
</tr>
<tr>
<td>5+yrs</td>
<td>22</td>
</tr>
</tbody>
</table>

*included are (6 at 6yrs, 2 at 8yrs, 1 at 10yrs, 1 at 11yrs)*
My Thoughts:

- 50% of the swimmers were with their coaches for 3 years plus
- 80% have been with their coaches for at least 2 years
- 20% of the coaches have had their swimmer for at least 5 years.
  - Small program where coach has large age range or swimmer was very good and moved up at a younger age
- 20% had swimmers for less than 2 years
  - Either very good swimmers, new to program, or adapted well to increased training
- It did not seem to matter how long a swimmer was with their coach, answers were wide ranging
  - Long term: Phelps - Bowman, Lochte – Troy (before 2012), Ruta - Rudd
  - We also see swimmers move around to a lot of different coaches, though I have yet to see this successful on a continual basis
2. WHAT TYPE OF SWIMMER DO YOU CONSIDER THEM TO BE (SPRINT, MIDDLE, DISTANCE)?

- **Goal of Question:** looking for any commonalities
- **Coaches Responses:**

<table>
<thead>
<tr>
<th></th>
<th>sprint</th>
<th>spr/mid</th>
<th>middle</th>
<th>mid/dist</th>
<th>dist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
<td>13</td>
<td>18</td>
<td>40</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>

*2 coaches said they trained their swimmers to be good at all distances.*

“At this young age I think all should be able to swim at least a good 200. True sprinters will not be developed until they are 19-20 years old. In my opinion at this age you can distinguish two types, Distance and the Rest.”
My Thoughts:

- 45% said Middle Distance (MD).
- Sprint (15%) and Sprint MD (20%) were the next largest responses.
- This correlates with the number of events that are MD oriented in the Junior Nationals event lineup. Thus more swimmers considered MD.
- Many coaches probably find it easier to coach the Mid D range and move up or down for Sprint & Distance.
3. Do you train them for IM, Stroke, or Free Base emphasis?

- **Goal of Question:** What did most coaches’ feel was the best way to train a swimmer's base development.

- **Coaches Responses:**

<table>
<thead>
<tr>
<th>IM</th>
<th>Free</th>
<th>Stroke</th>
<th>Free/Stk</th>
<th>Free/IM</th>
<th>IM/Stk</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>8</td>
<td>3</td>
<td>7</td>
<td>11</td>
<td>8</td>
<td>14</td>
</tr>
</tbody>
</table>

“maximize the athletes value for college”
3. DO YOU TRAIN THEM FOR IM, STROKE, OR FREE BASE EMPHASIS?

My thoughts:

- 85% are training their athletes IM or some type of IM mix.
- Coaches use the IM to hit all strokes and continue the overall development of the swimmer.
- I believe this is important in an athlete’s overall development. Even continuing this in the High School age swimmer:
  - mentally and many times physically they are still age grouper/junior swimmers.
- Very few swimmers were coached strictly free or stroke.
4. **DO YOU HIT ALL ENERGY SYSTEMS ON A DAILY, WEEKLY, MONTHLY, OR OTHER, BASIS?**

- **Goal of Question:** See where coaches are going in their training. Is there a bigger emphasis on anaerobic training? How often are they cycling? Is this helping?

- **Coaches Responses:**

<table>
<thead>
<tr>
<th>daily</th>
<th>weekly</th>
<th>monthly</th>
<th>day/wkly</th>
<th>periodization/cycles</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>51</td>
<td>4</td>
<td>8</td>
<td>2</td>
</tr>
</tbody>
</table>

  - don’t track
  - 1st 4 weeks aerobic low intensity then weekly
  
  “all systems each day, different emphasis”
My thoughts:

- Almost 90% are cycling through the energy systems on a weekly or daily basis. This means an increase in the amount of ‘higher speed swimming’ on a regular basis.
- I feel this is a huge change from the past where aerobic swimming was the base.
- Coaches have put a bigger emphasis on the speed of the swimmer in training sessions.
- I believe with more coaches cycling through on a daily or weekly basis, this increases the amount of speed / pace / quality work being done.
- “PRACTICE the speed to RACE the speed”
- I think this is the biggest reason for the faster swimmers today.
5. HOW DO YOU BREAK UP YOUR WEEK?

- **Goal of Question:** See how often they are training ‘higher speed swimming’ and I am always interested in how other coaches set up their weeks.

- **Coaches Responses:**
5. HOW DO YOU BREAK UP YOUR WEEK?

1. Within the week fairly balanced. Usually 2 main focus sets per practice with support sets. Currently running six week cycles.

2. right now day 1 Aerobic / day 2 Race pace / day 3 Circuit-power-speed

3. varies year to year but encompasses aerobic / anaerobic / speed / legs / pull on specific days

4. emphasis is based on phase of training cycle. Aerobic, specific skill (technical, race strategy, or mental)

5. Different every week, basically, 65-70% aerobic and 30-35% intensity, endurance, etc (changes during the season)

6. aerobic, anaerobic, speed rotation by practice

7. each day focus on one stroke, one kick, one drill, one pull, and one sprint. Rotate thru all stks each week.
   I.e. one day - drill/swim back, sprint fly, pull breast, and kick IM

8. 3 day cycle - Aerobic, race pace, and recovery/ circuit training

9. Dependent on the time of season

10. USRPT x2, dive set x1, aerobic x2, 1 of mixed fast with equip (i.e. Salo)

11. Use 4 week training cycles for different emphasis

12. weekly cycle on 6 practices include all energy systems w test sets every Wed, broken swims on Sat,
   heavy kick on Tue & Thur, and Sprint Salo LCM on Fri a.m.
5. HOW DO YOU BREAK UP YOUR WEEK?

34. 50% aerobic, 25% kick, 25% race pace

35. Write down my priorities each week with the things I want to make sure I to hit. If no, end up with a list of "I should have done this..."

36. Don’t think like this. Want as much fast swimming as possible and as fast as possible. Faster than last week or faster than ever.
   Work recovery into every week to get performance am looking for.
37. Taper thru the week. If no weekend meet, go back up in terms of yardage and intensity.

38. MWF all swim same workout for 60-75min then divide into specialty lanes for 60-75min. Tur Thu all together all workout.
   Workouts are based off gut feeling for the day. Do not specify certain days as A, An or other.
   have series of sets want repeated thru season, either as a test set or otherwise. Use results to help set training parameters.
39. Depends on season. Typically Wed & Sat are lactate tolerance and production. Mon & Fri are 200 pace,
   and Tues Th are recovery aerobic based at 75% of V02max
40. Aerobic, Anerobic, large emphasis on kicking
41. Aerobic early then alternate anaerobic/quality w/ stroke tech/recovery
42. Weekly plan - each practice different emph - try to keep threshold up thru kick, pull, swim - 2 days for tempo work
   - tempo trainers, hit legs hard as well
43. Speed almost every day
44. Different some. More speed in all seasons. No restrictions on amount of threshold each week.
5. HOW DO YOU BREAK UP YOUR WEEK?

My thoughts:
- Most coaches have at least 2 main high intensity, race pace, and/or quality type sets each week.
- Almost every day most coaches have some type of speed component in their workout.
- A lot of EN3 / A3 or faster swimming each week.
- Coaches are starting the higher intensities earlier in the season.
- 40% of the coaches are doing emphasizing power and/or resistance training in their practices.
- Over 80% of the coaches have kicking listed as a main focus for 1-2 practices per week.
- Wednesday and Saturday are very popular High Quality days.
- Many different ways the weeks are set up.
- I wish I had asked this question 5-10 years ago to see the differences in the way coaches set up their weeks.
6. 4YRS AGO, WERE YOU DOING THE SAME, SIMILAR, OR COMPLETELY DIFFERENT TYPE OF TRAINING?

- a. Has your coaching philosophy/emphasis changed in the last 4 years (none, some, drastically)?

**Goal of Question:** See if coaches have made conscious changes to the way they do things in practice and how they think, in the last 4 years
## Sampling of the responses

1. same thought process of hitting multiple energy systems every day/every week  
   \[\text{Same} \quad 8\]

2. more race pace, focus is to make it thru a meet as opposed to training to be fit and go race  
   \[\text{Different} \quad 9\]

3. very different (started '86 - '11 aerobic, now more Salo, USRPT, Nelms, etc)  
   \[\text{Evolving} \quad 5\]

4. similar but evolving with better technology  
   \[\text{Flexible} \quad 1\]

5. similar to different but not completely  
   \[\text{Drastically} \quad 4\]

6. similar, with more race pace emph now  
   \[\text{Similar} \quad 31\]

7. similar but different implementation - more balance w workload to optimize training  
   \[\text{Evolving} \quad 5\]

8. similar - more water time, more main sets, more tech work, dryland changed  
   \[\text{Evolving} \quad 5\]

9. evolved with experience and research but fundamentally similar  
   \[\text{Flexible} \quad 1\]

10. different some, more speed work, no restrictions on amount of threshold each week  

29. not last 4yrs, but last 10yrs  

30. consistent - trying new  

31. completely different - 6  

32. a little different  

33. less yards, more quality
A. Has your coaching philosophy/emphasis changed in the last 4 years (None, Some, Drastically)?

Sampling of the responses

1. Philosophy no, thought process probably as has tried to evolve over the years
   No – 5

2. 2yrs ago thought more might be better - it worked
   Similar – 10

3. Similar, slightly different approach, may change as become educated
   Some – 8

4. Same - capitalize on strengths and make witnesses less of a liability
   Different – 4

5. Goal to emph tech needed to hold the speed they desire for longer
   Drastically – 3

6. Similar more intensity on speed and speed management
   Evolving – 18

7. As with athlete longer philosophy will change to individuality

8. Philosophy hasn’t changed, but tech to achieve goals is getting better as understand nature of sport

9. Dryland more multi planar (range of motion), less differentiation between spr and dist
   10. Somewhat, more overall volume on land and in water

43. A bit, more with mental approach

44. More kicking, more weights

45. Drastically

46. Yes some what

47. More speed into practices
My thoughts:
Most coaches stated they were doing similar things now as 4 years ago.
Yet, many listed increased amount race pace, kicking, less yardage.
They feel they have made small and minor changes (tweaking) to the training over the years.
I am willing to bet if they looked back they would probably find they have changed a lot more than they thought.
A number of coaches talked about evolving. I think we all do in one way or another but to be aware of it and be willing to make changes as necessary is important to continued success.
Many coaches are now starting ‘higher speed swimming’ sooner in their seasons. This increases the amount of ‘higher speed swimming’ they are doing each season.
Strength and dry-land were mentioned in connection with increasing swimmers strength. Coaches want stronger swimmers in the water.
7. HOW MUCH YARDAGE DO YOU AVERAGE PER SESSION / PER WEEK?

- a. What do you average per week?
- b. What is your highest yardage week number?

**Goal of Question:** want to see how much yardage coaches are giving their swimmers and if there was a “magic yardage” that coaches felt was the key to their successes.

Many, many years ago the emphasis was maximal yardage, then it shifted to significantly less, where are we today?
7. How much yardage do you average per training session?

<table>
<thead>
<tr>
<th>Time</th>
<th>Yardage</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5k</td>
<td>5.5k x 5</td>
<td>6.5k</td>
</tr>
<tr>
<td>4-5k x 2</td>
<td>5.5-6k</td>
<td>6.5-7k x 2</td>
</tr>
<tr>
<td>4-6k</td>
<td>5.5k - 7.5k</td>
<td>6.5-8k</td>
</tr>
<tr>
<td>4.5-7k</td>
<td>6k x 3</td>
<td>7k</td>
</tr>
<tr>
<td>5k -2</td>
<td>6-6.5k</td>
<td>7.5k x 2</td>
</tr>
<tr>
<td>5-5.5k</td>
<td>6-7k x 3</td>
<td>9-11k</td>
</tr>
<tr>
<td>5-6k x 4</td>
<td>6-7.5k</td>
<td>10-12k</td>
</tr>
<tr>
<td>5-6.5k x 4</td>
<td>6-8k</td>
<td></td>
</tr>
<tr>
<td>5-7k x 2</td>
<td>6-10k</td>
<td></td>
</tr>
<tr>
<td>5-8k</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 7. How much yardage do you average per session / per week?

**a. What do you average per week?**

<table>
<thead>
<tr>
<th>Range</th>
<th>Average 1</th>
<th>Average 2</th>
<th>Average 3</th>
<th>Average 4</th>
<th>Average 5</th>
<th>Average 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-40k x 2</td>
<td>36-45k</td>
<td>45k</td>
<td>55-65k</td>
<td>35-50k mid/55k+ milers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30k - 3</td>
<td>37k</td>
<td>45-50k x 2</td>
<td>60k x 2</td>
<td>38-40k - HS / 30-35k club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30-35k</td>
<td>38k</td>
<td>45-55k x 2</td>
<td>60-65k</td>
<td>SCY - 35-45k / LCM 45-55k</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30-40k x 2</td>
<td>40k x 8</td>
<td>45-60k x 2</td>
<td>60-80k</td>
<td>1 practice - 40k / dbles 60k</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32k</td>
<td>40-46k</td>
<td>48k</td>
<td>65k</td>
<td>40-50k winter / 60k summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33-34k</td>
<td>40-50k</td>
<td>50k x 2</td>
<td>70k</td>
<td>45-55k-summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35k x 2</td>
<td>40-55k</td>
<td>50-55k</td>
<td></td>
<td>SCY - 50-55k / LCM - 55-60k</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-40k x 3</td>
<td>42-45k</td>
<td>50-60k x 2</td>
<td></td>
<td>winter 60k / summer 80k</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35-42k</td>
<td>42-49k</td>
<td>52k</td>
<td></td>
<td>70k sc / 80k summer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Goal of Question:
Average yardage is in the 5-6.5k range.
a. Weekly yardage ranges 37-45k per week.
With many coaches listing “less yardage” in their responses, we are seeing a drop in yardage from the past. This could be a significant reason we are seeing athletes staying in the sport of swimming well beyond their college years (this along with the monetary opportunities as well).
b. Many coaches when given the opportunity were hitting extreme yardages over Christmas break and the beginning of summer.
This leads me to ask:
- “are coaches happy with fewer yards,
- are they only doing it because of time constraints, due to ‘higher speed swimming’ or pool time?
- If they were given more time would they go back up in yardage, just with more race pace and ‘higher speed swimming’?”
My Thoughts con’t:

Are coaches trying to challenge and/or push the aerobic base when given the opportunity or do they feel it is necessary to have blocks of high intense yardage.

There is still a lot of thinking about increased aerobic bases, high yardage can still help a swimmer get better, and that it is needed to perform.

I believe the increase in ‘higher speed swimming’ without the increase in of pool time leads to less yardage.

As stated before would coaches increase their yardage if they had more pool time or would they try and stay where they are now in terms of yardage in the pool?

I think this is a great question coaches need to ask of themselves. I would also like to know.

7. HOW MUCH YARDAGE DO YOU AVERAGE PER SESSION / PER WEEK?
8. IS THERE A PRIMARY EMPHASIS IN DRYLAND?

A. WHAT TYPE OF DRYLAND DO YOU DO?

- Goal of Question: Swimmers have always done dry-land. Has there been a shift in dry-land focus? Do coaches have a purpose for dry-land? What are they doing for dryland?
8. IS THERE A PRIMARY EMPHASIS IN DRYLAND?

Primary emphasis in dry-land:

- **Strength/Power** - 38
- **Injury Prevention** - 32
- **Athleticism** - 13
- **Stability** - 3
- **Speed** - 4
- **Endurance** - 8
- **Posture & Align** - 3
- **Complement Pool Work** - 2
- **Follows season plan (aerobic pool = aerobic dry-land etc)** - 2
- **Flexibility/Range of Motion** - 25
- **Fun** - 11
- **Explosive** - 4
- **Core/Core Stability** - 12
- **Team Building** - 1
- **Body Coordination** - 6
- **Don’t Run any more** - 2

“Strength training but leave some for the college coaches”
“How much energy can swimmer transfer”
### Type of Dry-land:

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weights</td>
<td>37</td>
</tr>
<tr>
<td>Bodyweight</td>
<td>53</td>
</tr>
<tr>
<td>TRX</td>
<td>5</td>
</tr>
<tr>
<td>Pilates</td>
<td>1</td>
</tr>
<tr>
<td>Kettle Bell</td>
<td>4</td>
</tr>
<tr>
<td>Gym Rings</td>
<td>1</td>
</tr>
<tr>
<td>Jump rope</td>
<td>4</td>
</tr>
<tr>
<td>4D Pro</td>
<td>2</td>
</tr>
<tr>
<td>Insanity/P90x</td>
<td>2 (occasionally)</td>
</tr>
<tr>
<td>Functional Dry-land</td>
<td>1</td>
</tr>
<tr>
<td>Dynamic compound movements</td>
<td>1</td>
</tr>
<tr>
<td>Buckets, cords, &amp; vertical kicking in water</td>
<td>1</td>
</tr>
<tr>
<td>Dumbbell only &amp; sandbags</td>
<td></td>
</tr>
<tr>
<td>Bands or tubing</td>
<td></td>
</tr>
<tr>
<td>Battle ropes</td>
<td></td>
</tr>
<tr>
<td>Some personal trainers come to the pool</td>
<td></td>
</tr>
<tr>
<td>Med ball</td>
<td>43</td>
</tr>
<tr>
<td>Running</td>
<td>26</td>
</tr>
<tr>
<td>Spinning</td>
<td>1</td>
</tr>
<tr>
<td>Heavy Rope#</td>
<td>4</td>
</tr>
<tr>
<td>Stability Ball</td>
<td>3</td>
</tr>
<tr>
<td>Wheels</td>
<td>2</td>
</tr>
<tr>
<td>Personal Trainer***</td>
<td>13</td>
</tr>
<tr>
<td>Plyometric</td>
<td>2</td>
</tr>
<tr>
<td>Tubing**</td>
<td>31</td>
</tr>
<tr>
<td>Core</td>
<td>18</td>
</tr>
<tr>
<td>Yoga</td>
<td>3</td>
</tr>
<tr>
<td>Stretch</td>
<td>1</td>
</tr>
<tr>
<td>Boxes</td>
<td>2</td>
</tr>
<tr>
<td>Cross fit</td>
<td>4</td>
</tr>
<tr>
<td>Cardio</td>
<td>1</td>
</tr>
<tr>
<td>Muscle Endurance</td>
<td>-1</td>
</tr>
</tbody>
</table>

“Phase 1 general calisthenics / 2 more movement / 3 intro classic strength movements / 4 weight room with mobility / core”

“For females it is 80% core, body weight, and med ball”
8. IS THERE A PRIMARY EMPHASIS IN DRYLAND?
A. WHAT TYPE OF DRYLAND DO YOU DO?

- My thoughts:
- Strength, flexibility, and injury prevention were the 3 most important reason amongst the coaches.
- There are many different reasons a coach will do dry-land, but most seem to be to strengthen a swimmer in the water.
- Weights, Med ball, tubing, and body weight exercises were the most widely used disciplines.
- Weights included anything that involved lifting or moving a dumbbell or other type of heavy object.
- Wide range of disciplines for dry-land. Based on coaches’ responses, it looks like many coaches are looking for more multi-functional/multi planer movements.
- Coaches are looking to develop the athlete, not just the swimmer.
Goal of Question: Is there any correlation between the size of the program/team and the number of athletes in the Top 24 (based on a ratio of number of swimmers in Top 24 to number of athletes on a team). Does the size of the training group have any effect on this ratio?
9. WHAT IS THE SIZE OF YOUR PROGRAM?
A. HOW MANY SWIMMERS IN TOP GROUP?

<table>
<thead>
<tr>
<th>Size of program</th>
<th>&lt;75</th>
<th>75-99</th>
<th>100-124</th>
<th>125-149</th>
<th>150-174</th>
<th>175-199</th>
<th>200-224</th>
<th>225-249</th>
<th>250-274</th>
<th>275-299</th>
<th>300-324</th>
<th>325-349</th>
<th>350-374</th>
<th>375-399</th>
<th>400+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>7</td>
<td>17</td>
<td>9</td>
<td>13</td>
<td>17</td>
<td>4</td>
<td>6</td>
</tr>
</tbody>
</table>
My thoughts:

- 275 – 300 is the median for size of teams.
- Wide range in team sizes, numbers are fairly evenly distributed among large and small teams.
- Group size was also pretty evenly distributed, no indication on best group size.
- I think group size is dependent on how the coach handles the kids and how many coaches are available.
- I was unable to find any evidence that size of the program or the size of the training group mattered (I will refrain from making any “size matters” jokes).
- Since size does not matter, then the coach must matter!!!
QUESTIONS, RESPONSES, & MY THOUGHTS
For the Athlete

How many years have you been swimming competitively?
  ▪ How many years in a Summer League / City League?
  ▪ How many years in a USA Swimming club?
Why did you start swimming?
Who was your swimming idol growing up?

What is your ultimate goal in swimming? The Olympics, NCAA's, swim in College, I am done after my Senior Year of High School, other ________

What type of swimmer do you consider yourself to be (Sprint, Middle, Distance)?

How many practices per week do you attend?
  ▪ How many hours per week do you swim?
  ▪ Is your training mostly IM, Stroke, Distance Free, or Sprint Free base?

Is dry-land an integral part of your training?
  ▪ How many hours per week do you spend on dry-land?

Are you in the top training group in your program?
  ▪ IF not what group are you in?

Do you attend morning practices other than Saturday?
  ▪ How many mornings per week do you attend?

When did make your first USA Swimming Junior National Championships (Winter or Summer)?
Goal of Question: How long have our top swimmers been swimming, is there a magical number of years they need to swim in order to become good?

Is Summer League our friend or foe?
1. HOW MANY YEARS HAVE YOU SWUM COMPETITIVELY?
SUMMER LEAGUE VS USA CLUB?

<table>
<thead>
<tr>
<th>Yrs swum Competitively</th>
</tr>
</thead>
<tbody>
<tr>
<td>3yrs: 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yrs in Summer/City League</th>
</tr>
</thead>
<tbody>
<tr>
<td>0yrs: 12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yrs in USA Swimming</th>
</tr>
</thead>
<tbody>
<tr>
<td>3yrs: 3</td>
</tr>
</tbody>
</table>
My thoughts:

Over 70% of the swimmers have been swimming competitively for at least 8 years.

We all know, the more you do something the better you are going to get. You do it right you getter better at doing it right, you do it wrong, you get better at doing it wrong! Either way you are better.

75% of the swimmers competed Summer League

There is a positive correlation between Summer League and many of our top swimmers. Work the relationships, those kids know how to race

Majority of the swimmers have been with USA Club swimming for over 8 years.

Interestingly 15% of the swimmers had only been with USA Club Swimming for 4 or less years.
# 2. Why Did You Start Swimming?

**Goal of Question:** What brought them to the sport and how can we use this to keep them in the sport

**Swimmers Responses:**

<table>
<thead>
<tr>
<th>Friends/Family</th>
<th>Mom Made Me</th>
<th>Country Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>Brother</td>
<td>Learn to Swim</td>
</tr>
<tr>
<td>Friends</td>
<td>Sister</td>
<td>Summer Fun</td>
</tr>
<tr>
<td>Try Something New</td>
<td>Safety</td>
<td>Fun</td>
</tr>
<tr>
<td>Always Swam</td>
<td>Family Sport</td>
<td>Exercise</td>
</tr>
<tr>
<td>Be Safe in Grandma’s Pool</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loved Being in Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loved Being in Water &amp; Pushing Self</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asked to Be on Rec Team, They Needed Bodies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thought it’d Be Fun, Only Sport Good At</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Started Because of Country Club Swimming w Friend, Liked It and Continued</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For Home School PE and Swimming Seemed More Fun and Safer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Popular Sport in Thailand When Living There</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sister was Swimming and Wanted to Join Her</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Older Sister Did Summer League, Wanted to Give It a Try</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2. WHY DID YOU START SWIMMING?

- My thoughts:
  - Family and Friends is a huge reason kids get into competitive swimming. There are other reasons that brought them to the pool to compete, but a child’s family and friends were the biggest reason they got into competitive swimming.
  - We as coaches need to keep this in mind when it pertains to swim team retention.
  - This is also good info to use in recruitment of swimmers into the program.
4. WHAT IS YOUR ULTIMATE GOAL IN SWIMMING? OLYMPICS, NCAA’S, COLLEGE, HIGH SCHOOL, ETC

- Goal of Question: Is there a common motivating factor that keeps these swimmers going day after day?

- Swimmers Responses:

  “Top 8 at NCAA’s & Top 16 at Trials”
  “World Champs Team”
  “Win Olympic Gold Medal”
  “enjoy the sport and competition

<table>
<thead>
<tr>
<th>Olympics</th>
<th>NCAA</th>
<th>college</th>
<th>National Team</th>
<th>Olympic Trial</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>23</td>
<td>5</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>season to season</th>
<th>travel world swimming</th>
<th>done after HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
My thoughts:

Swimming to be the BEST! or at least compete with the best is still one of the best motivating factors. Some call it the Olympics, some call it NCAA’s, others have different terms, either way most swimmers want to reach the Highest levels of swimming and to do that you have to be the BEST!

The results did not surprise me, this is what I thought I would see, but it is nice to see they are raising the BAR pretty high!

This can also help us with swimmer retention in understanding what their goals are and helping them achieve them.
Goal of Question: Looking for any correlation between a swimmers’ ability and the amount of time spent in the water or does it really matter
### 6. HOW MANY PRACTICES PER WEEK?
#### A. HOURS PER WEEK SWIMMING?
#### B. TRAINING MOSTLY: IM, STK, DIST, SPR?

<table>
<thead>
<tr>
<th>Practices per week</th>
<th>6 prac</th>
<th>7 prac</th>
<th>8 prac</th>
<th>9 prac</th>
<th>10 prac</th>
<th>11 prac</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8</td>
<td>7</td>
<td>20</td>
<td>19</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hours per week</th>
<th>12-13</th>
<th>14-15</th>
<th>16-17</th>
<th>18-19</th>
<th>20-21</th>
<th>22-23</th>
<th>24-25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10</td>
<td>17</td>
<td>11</td>
<td>5</td>
<td>4</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Training Base</th>
<th>IM</th>
<th>Free</th>
<th>Stroke</th>
<th>Free/Stk</th>
<th>Free/IM</th>
<th>IM/Stk</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8</td>
<td>7</td>
<td>4</td>
<td>6</td>
<td>1</td>
<td>5</td>
<td>17</td>
</tr>
</tbody>
</table>
6. HOW MANY PRACTICES PER WEEK?
A. HOURS PER WEEK SWIMMING?
B. TRAINING MOSTLY: IM, STK, DIST, SPR?

- My thoughts:
- 70% attend 8-9 practices per week. This is pretty consistent around the country and the world from what I have seen.
- I believe most coaches do feel swimmers need to spend a certain amount of time training.
- 70% of swimmers trained less than 18 hours a week in the pool. I know this average would probably be higher if many programs are able to swim more in the morning and have more pool time overall.
- IM, stroke is the most dominant form of training from both a coaches and a swimmers perspective.
7. IS DRYLAND AN INTEGRAL PART OF YOUR TRAINING?

A. HOW MANY HOURS PER WEEK?

Goal of Question: Looking for the swimmers perspective on whether they feel dry-land in their program is considered an important process in their training and to see how much dry-land they are doing.

Dryland integral

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>somewhat</th>
</tr>
</thead>
<tbody>
<tr>
<td>41</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

Hours per week

<table>
<thead>
<tr>
<th>&lt;1hr</th>
<th>1-2hrs</th>
<th>3-4hrs</th>
<th>5-6hrs</th>
<th>7-8hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>10</td>
<td>22</td>
<td>10</td>
<td>4</td>
</tr>
</tbody>
</table>
My thoughts:

We saw what the coaches said about their dry land, I wanted the swimmers perspective. Most swimmers felt the dry land was considered important in their programs training plan and it was an important part of their successes.

A very small percentage did not believe dry-land was an integral part of their training, no reasons listed. My guess is lack of time, space, or knowledge.

Approximately 4 hours per week is the average amount of time each swimmer spent on dry-land. This is a pretty good amount of time spent on it.

Most coaches and swimmers use dryland as an important part of their swimmers training
What can we learn from this - Because we can always learn something

There are many thoughts that can be taken away from this project, some are obvious and some are not. I am sure other coaches will see things I did not, and I hope they share them with me.
OVERALL THOUGHTS!!!!

- Swimmers are significantly faster because of the increase in the speed in which a swimmer trains on a regular basis.
- Trying to swim a time or parts of a time that is close to your best time is extremely difficult on a set of 6x1500 descend to FAST!, unless you are swimming the English Channel.
- Dry-land has always been an important part of the training regimen, I believe coaches are looking to develop an athlete rather than a stronger swimmer.
- Injury prevention and movement strength are important as well.
- Coaches do not overload the yardage as much. Many coaches stated they have purposefully decreased the amount of yardage swum on a daily basis.
- I wonder if this is because of the increase in intensity of the swims and the larger intervals that go along with it.
- How many would go back up in yardage if they had another hour become available to them for training each day.
OVERALL THOUGHTS!!!!

- An increase in the amount of kicking per day and per week was included in many responses from the coaches. You can definitely see the difference in the power of the kick in races longer than a 100 for all strokes. This can also help ease the amount of work and stress on the shoulder over time.

- Most coaches are cycling through the energy systems on a daily or weekly basis. They are doing what they feel is best and not necessarily what science says is best.

- Coaches are looking at the swimmer and trying to develop the best possible athlete. In focusing on developing the athlete we are seeing stronger and faster swimmers in the pool. This change in the thought process, I think, has contributed to keeping some of the better athletes in the pool instead of losing them to other sports. Boys, especially have been helped by this thought. Now you go to meets and see almost as many, and at times more, boys in a meet as there are girls.
Friends and family is a huge reason kids get into the sport of swimming. This is important for retention.

People want to belong to something they feel is akin to family and want the friendships. If swimming can help accomplish this goal for them they are more likely to stay with the sport of swimming or with that particular program.

Most swimmers have participated in Summer League swimming at some point in their life, many of them probably started there, then moved to Club swimming.

This is another great tool that should be utilized, to the best of one’s ability. Despite some of our thoughts pertaining to Summer League swimming, there are Olympians that have come out of the Summer Leagues.
WHAT DID I LEARN?

- This was a lot of work
- Don’t know if I will do it again
- I did enjoy the process, so maybe
- Not everyone likes to answer questions