

Wayne Goldsmith: Internationally Renowned Coach: 14th May 2019

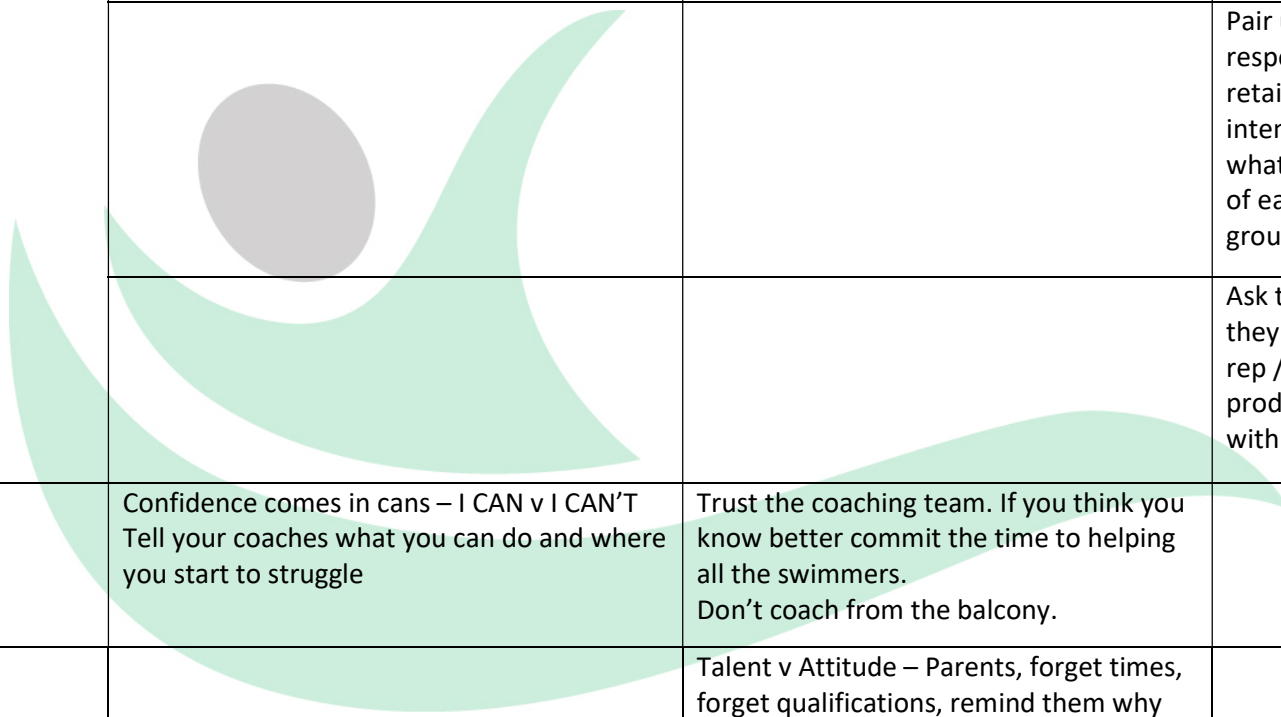
“If it is to be, it is up to me”

Acknowledge that if you are not actively progressing, you are going backwards.

The winners of the 100m freestyle at the 1956 Olympics, both woman (1:02.0) and man (55.4), both broke the world record which stood at the time.

Their world record breaking times would not have allowed them to qualify as an 18-year-old at the 2019 East region swimming Championships, where the qualifying times were 1:00.51 (female) and 54.83 (male).

Learning Point	Action for Swimmers	Action for Parents	Action for Coaches
Commit to the outcomes you want	Communicate your goals and work towards them	Support your swimmer	Use the resources available to develop the ART of coaching.
Do the little things right	Concentrate and focus in training	Help your swimmer to arrive on time and in the right frame of mind	Know the athletes as individuals
Stay engaged		Make the swimmer pack their own bag – from the start; make them make up their own bottles, set their own alarm for morning training, take responsibility for performing to the best of their ability EVERY time. If something’s worth doing it’s worth doing well	Provide variety and progression through well planned sessions
Listen to you coaches and commit to improving	Get comfortable in the water to allow soft hand entry, relaxed wrists and ankles.	Parents responsibility is to equip them with the skills and attitude to come prepared to Practice with intent.	Drills including floats included in training
	DPS not governed by arm length and where hand enters / exits the water, but by how long you can exert pressure on the water from finger tips to elbow and above		
	If using kick boards, keep them small and don’t hold them, just lay hands gently on, to encourage that looseness on entry		

Learning Point	Action for Swimmers	Action for Parents	Action for Coaches
<p>Listen to you coaches and commit to improving (cont)</p>	<p>Suggested drills should be done at the speed at which the stoke starts to break down; so descending sets maintaining stroke count with soft entry, since it is only after this speed and faster that the drill becomes effective</p>		
			<p>Pair up the swimmers to take responsibility for each other retaining and maintaining the intent and intensity and integrity of what they are doing. Peer pushing of each other and the rest of the group</p>
			<p>Ask the athletes individually what they could have done to make a rep / set/ session better and more productive for them. Communicate with the athletes</p>
	<p>Confidence comes in cans – I CAN v I CAN'T Tell your coaches what you can do and where you start to struggle</p>	<p>Trust the coaching team. If you think you know better commit the time to helping all the swimmers. Don't coach from the balcony.</p>	
		<p>Talent v Attitude – Parents, forget times, forget qualifications, remind them why they started swimming, for fun. Get their attitude right at home and then they become Coachable. Those with Talent and the right Attitude will be the most 'successful' in every field.</p>	

Learning Point	Action for Swimmers	Action for Parents	Action for Coaches
Confidence = Belief x Evidence (where belief comes from how the athlete feels about themselves – parental guidance in terms of honesty, respect, commitment etc & Evidence comes from what we do with them and how they have performed both in practice and races)		Parents, “Don’t worship physical talent (NB applies to coaches too), work on Attitude and the psychology	
Have the right attitude			

