

# ONB County

## Presentation One

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what is a swimmer and what is swimming?



# What is a swimmer?

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Someone who swims competitively



Self-aware and attentive



Applies a sense of commitment and purpose to their goals



Looks for self improvement through positive traits




# Competitive Swimming

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- Open swimming meets that encompass 50m of all 4 strokes, 100m of all 4 strokes, 200m of all 4 strokes and IM, 400m of Free and IM, 800m Free and 1500m Free
- A structure of competition that rewards the fastest competitors with medals within the framework of the competitions' conditions
- However, is this the only way to measure your success?
- Name some ways, other than medals, can a swimmer measure their improvement and success?





# Measurement of Improvement

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- Personal Bests
- Achieving a Qualifying Times (County Champs/Regionals/Trials)
- Personal Targets (splits within a race)
- Personal Targets (improvement in aspects of your swimming).  
Increasing sessions attended, aiming to move up a group, kicking more underwater during training etc.

# What Do You Need to Do to Improve

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- Self Awareness and Attentive (would does this mean?)
  - Knowledge of YOUR sport
  - Knowledge of YOUR training aims
  - Knowledge of YOUR path and journey
  - Knowledge of YOUR purpose in the sport
  - Where do you seek this knowledge?





# Commitment and Purpose

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- Purpose = Reason to execute an action. No reason or want, no purpose = no commitment or effort.
- What do we commit to?
  1. Training Process
  2. Competition Process
  3. Lifestyle
  4. Improvement on the PERSON, not the SWIMMER
- Swimming is HARD, learn to deal with the downs as well as the ups
- Be honest with yourself, your parents and your coach. It's more effort to lie than it is to be truthful.



# The Sat Nav – The Route to Our Destination

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GET A PEN AND PAPER.

- **KNOW YOUR DESTINATION.** What are your goals?
  - September to December/January to May/June to August
- **SET THE ROUTE ON THE SAT NAV.** What is the plan and how to get there
  - What things can you improve on immediately?
  - What things can you improve on over the next few months
  - What things can you improve over next season
- **GET IN THE CAR AND DRIVE.** Now to embark on the journey
  - What happens if we hit road works? Traffic jams? What diversions do we have to take?
  - Who can we get our support from? Parents/Coaches/Teammates



# Who is the Swimmer

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- Who makes up the swimmer
- YOU make up the swimmer. A swimmer is a PERSON
- Personal qualities and traits are human behaviors and habits that define our actions and how we conduct ourselves
- Are you coachable?
- Do you time keep well?
- Do you work hard?
- Are you polite and courteous to your parents, coach and teammate?
- Do you have respect for your pool environment, teammates, coaches, parents, officials
- Do you commit to the LIFESTYLE aspect of YOUR sport? (Nutrition, sleep, recovery, time management)
- IMPROVE THE PERSON AND THE SWIMMER NATURALLY GETS FASTER





# The Importance of Your Development

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- Remember the rule of 1 2 3
- 1 = The level of the skill base is the most important aspect of improvement. Never neglect or underestimate the importance of skill sessions.
- 2 - The level of the skill dictates how much intensity we can apply to our swimming before it breaks down or deteriorates.
- 3 - The end process goals will always take care of itself if you work on numbers 1 and 2.
- You cannot count to 3 without going through 1 and 2 first



# How Skillful Are These Swimmers

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- [Luke Greenbank - Baku 2015](#)
- [Michael Phelps - Rio 2016](#)
- [Duncan Scott - London 2021](#)
- [Adam Peaty - Gwangju 2019](#)