Lakeshore Swim Club

2024-25 Parent Information Night

Swimming Excellence and Strong Community

Mission

To foster swimming excellence through a commitment to community and professionalism. Since 1930, LSC has been committed to success in competitive swimming. This success has been achieved through:

◦Swimmers, who are determined to work hard, improve their skills and achieve their goals;

◦Coaches, who dedicate their time to develop the abilities of each swimmer and the team;

◦Families, who volunteer their time and energy to support Club operations.

Club Overview

The philosophy of LSC is to provide each swimmer with programming allowing them to maximize their individual potential, and to enable and motivate each swimmer to develop as far as their efforts and abilities will take them. LSC provides a level of coaching that will develop all aspects of the sport of swimming, in a supportive and professional atmosphere.

Goals of the Club

◦ Promote success at every level, from regional to international

◦ General physical development/development of swimming skills

◦ Instill team spirit/pride in every swimmer

◦ Build confidence and character

◦ Develop student athletes from grassroots to graduation, preparing them for what's next

Values

◦ Effort

  ◦ Not just something you do, but a character trait
  ◦ "You can't plan a road trip if you don't have a car"

◦ Attitude

  ◦ Positive feedback loop: actions □ outcomes □ thoughts/emotions
  ◦ Confidence vs. Ego

◦ Teamwork

  ◦ Acknowledge each others' contributions
  ◦ Understand the difference between "teammate" and "friend"
  ◦ It doesn't count as culture unless everyone is doing it!

◦ Professionalism

  ◦ Professional does not mean uninspiring or unexciting
  ◦ Long term motivation = discipline + enjoyment + satisfaction/fulfilment
  ◦ Responsibility, accountability, and reliability

Training/Racing Philosophy

◦ Concurrent training model
  ◦ Incorporating a wide range of energy systems, skills, and strokes into each weekly cycle
  ◦ Developing fitness, skills and technique simultaneously
  ◦ Speed within an aerobic context

◦ Full event exploration before specialization
  ◦ FR/IM and aerobic base
  ◦ Training for the 200s and gravitating up/down when necessary

◦ Appropriate development
  ◦ Gradual linear increase in training hours/mileage
  ◦ Fitness – Aerobic capacity ☐ Aerobic power/anaerobic capacity ☐ Event specific fitness (speed throughout)
  ◦ Technique/skills – Basic mechanics ☐ Smaller details ☐ Individual differences
  ◦ Dryland – Body awareness ☐ General physical fitness ☐ Swimming specific movements

Training/Racing Philosophy

◦ Appropriate racing opportunities
  ◦ Prioritizing and targeting meets that match the level of the swimmer
  ◦ Racing 1-2 times per month, or once every few weeks
  ◦ Competing mostly within the Central Region, occasionally travelling Provincially or Nationally as the swimmer progresses
  ◦ Whenever possible/feasible/appropriate, entering all championship meets the swimmer qualifies for
  ◦ Racing every event, while allowing athletes to gravitate toward their strengths
◦ Competitive and co-operative atmosphere
  ◦ Encouraging racing in workouts/training sets
  ◦ Creating a culture of accountability
  ◦ Emphasizing relays

General Expectations

◦ Commitment
  ◦ Workout and meet attendance
  ◦ Training to compete

◦ Preparedness
  ◦ Equipment/teamwear
  ◦ Punctuality
  ◦ Mindset
  ◦ Recovery (nutrition, hydration, re-hab/pre-hab)

◦ Engagement
  ◦ Desire to improve
  ◦ Effort and attitude
  ◦ Swimmer/coach reciprocal relationship

◦ Mutual respect and trust between swimmer, coach, and parents

◦ Adherence to club values

◦ Respect for facilities
  ◦ Professional behaviour/language, particularly in the change rooms
  ◦ Cleanliness
  ◦ Respect for staff and pool rules

Things Committed Swimmers Do

- Have "100% mentality"
  - Attendance
  - Effort
  - Complete every metre

- Schedule appointments and other commitments *outside of* workout times

- Go directly from morning workout to school and from school to afternoon workout

- Avail themselves of every resource and aspect of the program available to them

- Set two alarms for morning workout

- Pack their own bags

- Offer to help with pool set up/take down

- Dive in on time

- Read between the lines in workout

- Take care of their sleep, eating habits, and mental health

- Be proactive to avoid illness

General Athlete Development

◦ Athletes improve at different rates, at different times, and for different reasons

◦ For young swimmers, once the basic technique and skills are established, the primary driver for improvement is *growth*

◦ As the athlete gets older and faster, training and technique become larger factors in improvement

◦ Once the athlete reaches their full height, their improvement will come <u>almost entirely</u> from *training effect*

◦ "Early" developers - Early to reach full height, early to reach plateau

◦ On average, the year over year improvement rate of female swimmers aged 15 and over is less than 2% - be prepared

◦ Athletes with a higher performance ceiling will improve faster and longer through their teenage years

Factors Influencing Performance Ceiling

◦ Effort, Mindset, and Appropriate Development
  ◦ These are the only ones we have control over!

◦ Physiology
  ◦ VO2 Max
  ◦ Trainability of the cardiovascular and muscular systems

◦ Physical factors
  ◦ Height and limb length – Average height of Olympic finalists is 6'2" (M), 5'9" (F), 5 inches above average
  ◦ Mobility
  ◦ Hand/foot size
  ◦ Body shape - Broad shoulders, narrow hips, long torso etc.

◦ Talent
  ◦ Natural feel for the water
  ◦ Ease of movement in the water
  ◦ Ability to pick up skills and technique quickly

Goal Setting

◦ Goal setting looks different for each swimmer, depending on their age, ability, and stage of development

◦ The most important goals that apply to everyone:
  ◦ 100% attendance
  ◦ 100% effort both in training and in racing

◦ Rate of improvement in young athletes is so fast and so variable, and comes from so many factors, that general, short term goals are more appropriate

◦ Goal setting is an ongoing, organic process, involving consistent evaluation of training and racing performance
  ◦ "Hey that was a great swim – you are getting close to X standard!"
  ◦ "I'm noticing this in your stroke – let's put some work into it over these next few weeks"
  ◦ "This decision you made really positively impacted your performance – let's keep doing that!"

◦ More in-depth goal setting happens at a more senior or high performance level, when improvement is dependent upon fewer factors

The Importance of Freestyle

◦ Why so much FR?

◦ At least 80% of work done at the age group level is aerobic

◦ Freestyle is most appropriate for this type of training, as it can be swum fast for considerable distance
  ◦ 30 x 100 butterfly is not an appropriate set for the vast majority of age group swimmers

◦ The other strokes are used in some aerobic sets, but in smaller amounts
  ◦ Eg. 25 on stroke / 75 freestyle for repeat 100s, or alternating 2 repeats free with 1 stroke

◦ IM sets are great for training all four strokes while maintaining the aerobic demand

◦ Every stroke is dealt with in an appropriate amount given the physiological demands of the training set
  ◦ Shorter sets, shorter repeats, or sets with more rest allow for a greater percentage of swimming on stroke

◦ 6 of the 14 Olympic pool events are freestyle, as well as open water

Training Frequency in Swimming

◦ Why do we train so much (relative to other sports)?

◦ Swimming speed is a combination of fitness and *economy of movement*

  ◦ How easily can your body perform the activity?

  ◦ Brain to body connections – created through repetition

◦ The only time athletes swim is when they are at the pool

◦ This means we need to train more than other sports at the age group level (at a senior level, all elite sports train a similar amount of hours)

◦ This is a point of pride with swimmers – they work harder than everyone else!

◦ Great swimmers need to choose swimming early

"Robustness" or Swimmer Reliability

○ The best way to increase swimmer "robustness" and avoid interruptions to training is a principle called "progressive overload"
  ○ Gradual, linear increase in swimming volume and intensity

○ Reliability is compromised when swimming mileage or intensity fluctuates too much on a short term basis, or when training load is increased more quickly than the body can adapt
  ○ Inconsistent attendance, or time away from training at inappropriate times contribute significantly to this

○ By adhering to progressive overload, and being generally consistent with the program in terms of mileage and intensity, athletes are able to adapt and their bodies are more reliable

○ One of the keys to consistent improvement is uninterrupted training blocks
  ○ Swimmers need to take action to avoid getting sick or hurt, and train themselves to work through discomfort
  ○ Illness tends to happen most often in stressful periods – for example, right before big meets. Learning to perform through adversity is an incredibly important skill

○ Recovery around – NOT instead of – workouts
  ○ Activation
  ○ Nutrition and hydration
  ○ Mobility
  ○ Sleep
  ○ Rehab

○ Not all bodies are equal, and some athletes need to put more emphasis on recovery and reliability than others

Meet Entry Protocol

◦ A club meet schedule is posted identifying the dates, location, and standard (if applicable) for each competition, as well as which swimmers attend which meets

◦ This meet schedule is subject to change – any changes will be communicated well in advance

◦ Swimmers are committed by default into all meets on their meet schedule for which they are eligible

◦ If you have a conflict with a competition, notify your swimmer's group coach, and the coach responsible for submitting entries to SNC, before the entry deadline (found in the meet package) so that entries can be removed

◦ Final entries for each meet will be made available on your online account after the entry deadline – it's important to check your account regularly

◦ Once the entry deadline has passed, entries are final and fees are applied

◦ As a competitive swim club, all athletes are expected to compete, and must race on a regular basis to remain in good standing

Team Travel

◦ Certain meets/camps on the LSC calendar will be designated as "Team Travel"

◦ This means the team will travel, stay, and eat together for the duration of the event

◦ This is a valuable experience for athletes, and an important part of building a professional and team-oriented culture

◦ Decisions regarding transportation, accommodations (including rooming assignments), staffing (including chaperones), meals, and cost are made by LSC and communicated well in advance

◦ Pointe-Claire: December 5-8
  ◦ Meet qualifying standards (3 required)

◦ Trojan Pentathlon (Barrie): Feb 28 – Mar 2
  ◦ Optional team travel for swimmers who did not attend Pointe-Claire

◦ LP Florida Training Camp: Mar 9-19

◦ Higher level meets: Canadian Open, Trials, Summer Nationals

Benefits of Team Travel

◦ Team Bonding
- ◦ Athletes share an important experience while away together
- ◦ Solidify existing friendships or create new ones

◦ Independence
- ◦ Athletes are responsible for packing their own bags, setting their own alarms, and taking care of their preparation

◦ Professionalism
- ◦ Athletes are held to a high standard and operate within strict parameters

◦ Self-Awareness
- ◦ Athletes learn to regulate their behaviour in a team environment
- ◦ Emotional regulation

◦ Adaptability
- ◦ Athletes learn to deal with circumstances very different from their home environment, and outside their comfort zone

◦ Fun!
- ◦ Athletes enjoy being away with their friends in a competitive and co-operative setting
- ◦ Create memories that last a lifetime

Notes on Group Moves

○ Moves happen 3 times per year: December/January, March/April, and end of season

○ Moves may happen at other times to address imbalances in group sizes or ability spread

○ The group move letter is always the first communication regarding moves

○ Swimmers are placed in groups according to a combination of training and racing speed, age, and future prospects

○ A swimmer's self-worth should not be tied to their training group

○ Every LSC coach is capable of giving each athlete what they need

○ "What it takes" to move into any given group is a moving target

○ Developing technique is a long term proposition, and is being worked on in every group

○ We strive to create compatible training groups, based on a combination of age and ability

Group Flowchart
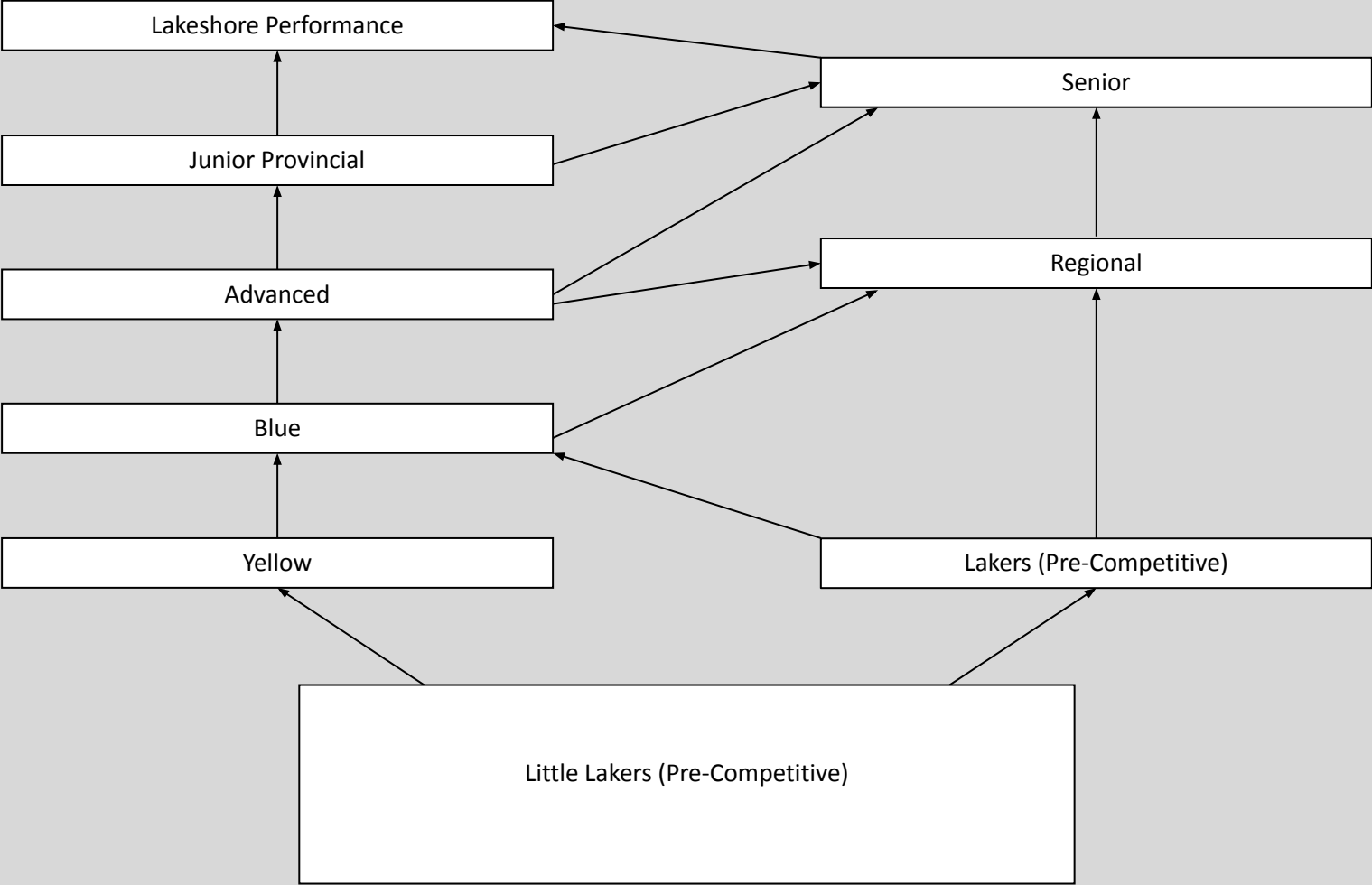
Transferable skills

◦ The following are some of the skills being learned at every level of the club, regardless of the relative ability of the swimmer:

◦ Coachability – ability to follow instructions

◦ Value system – Effort, Attitude, Teamwork, Professionalism

◦ Dedication – ability to follow through on a commitment

◦ Well roundedness – development of all events

◦ Time management – attendance and punctuality

◦ Interpersonal skills – ability to work within a team

◦ Goal setting – ability to reflect on past performance and look ahead

◦ Grit – ability to persevere and stay motivated through challenge

◦ Respect – for coaches, teammates, and officials

Importance of the Coach/Swimmer Relationship

◦ Every swimmer has one and only one "Coach of Record"

◦ The coach/athlete relationship is sacred, and is extremely important for long term success

◦ The Coach of Record is the only person fully aware of the swimmer's goals, mindset, individual training/technical needs and recent training history

◦ We coach the swimmer, not the group – but within the context of the group!

◦ Coach and swimmer are both 100% responsible for the outcome

◦ The LSC program will give athletes everything they need to be successful – swimmers may not seek swim coaching from outside the club

◦ Coach/swimmer partnerships built on mutual trust and respect have the potential to achieve great things!

Your Role as a Parent

◦ Parents do the parenting, coaches do the coaching

◦ Be supportive! It is the coach's job to give constructive criticism, and the athlete doesn't need to hear it from two different people

◦ Reinforce the club values when talking to your swimmer after a workout/race

◦ "Ask, don't tell"
  ◦ What did you learn from the race?
  ◦ Did you have fun?
  ◦ Did you give 100% effort?

◦ No parents on deck at meets

◦ Swimming requires a commitment from the entire family – Swimmers rely on their parents for transportation and support

Communication protocol

◦ All communication with coaches must be professional, civil, and respectful

◦ If you have a question or concern about your swimmer, please direct it to your swimmer's group coach first

◦ If the group coach is unable to answer the question, they will refer you to the Head Age Group Coach

◦ If still unsatisfied, contact the Head Coach