DEVELOPING SWIMMERS FROM AGE GROUP TO WORLD CLASS

JANET HYSLOP – HEAD COACH
KENORA SWIMMING SHARKS
SWIM ONTARIO CONFERENCE SEPTEMBER 2019
LITTLE FISH BIG POND
OVERVIEW

• THOUGHTS AROUND COMMITMENT TO PROCESS AND PLANNING

• OBSERVATIONS OF BEST PRACTICE

• AREAS OF SUCCESS

• NEXT STEPS
AGE GROUP TO WORLD CLASS

AGE 12

AGE 15

AGE 17
THOUGHTS OF THE COMMITMENT TO PROCESS AND PLANNING.

- EARLY SPECIALIZATION
- COMMITMENT TO SINGLE SPORT
- RESPONSE TO INCREASE IN VOLUME/AEROBIC BASE
- EARLY MILESTONES (NAG/PROVINCIAL RECORDS/TEAM SELECTION)
- PRESSURE TO INCREASE # OF WORKOUTS PER WEEK, LENGTH OF SEASON
- MEDIA EXPECTATIONS/PARENT EXPECTATIONS
OBSERVATIONS OF BEST PRACTICE:

• LONG TERM ATHLETE DEVELOPMENT MODEL AND ITS APPLICATION – FUNDAMENTALS, ABC’S, ATHLETIC ABILITIES
• MULTI-SPORT APPROACH
• MAKING CHOICES BEST FOR ATHLETE (CAMP SELECTION, TRAINING OPPORTUNITIES, COMPETITION SELECTION)
• PERFORMANCE EXPECTATIONS THROUGHOUT SEASON
• PEAK PERFORMANCE
• REST AND RECOVERY
AREAS OF SUCCESS:

• THE ABILITY TO ADAPT TO CHALLENGES AND BARRIERS – COACHING, POOL, DISTANCE, INJURY, SOCIAL LIFE, SCHOOL, SUCCESS AND FAILURE

• COLLABORATION - SWIM ONTARIO, SWIMMING CANADA DEVELOPMENT PROGRAM, CLUBS

• COMMUNICATION – ASK FOR WHAT YOU NEED

• SUPPORT - FINANCIAL, MENTORSHIP, ENCOURAGEMENT

• PERSEVERANCE

• PERFORMANCE WHEN REQUIRED VERSUS SEASONAL HIGHLIGHTS

• COMMITMENT TO LTAD (TRUTH)

• COACHING AND RELATIONSHIPS - NURTURE VS NATURE – KNOW YOUR ATHLETE!

• GAP ANALYSIS AND HITTING TARGETS
### RESULTS

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<th>Meet Progression</th>
<th>50BR</th>
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“ABILITY
is what you're capable of doing.

MOTIVATION
determines what you do.

ATTITUDE
determines how well you do it.”

- Lou Holtz
NEXT STEPS