

# **SWIM COACHING CLINIC WEBINAR**

**PRESENTED BY: JESSICA HARDY MEICHTRY**



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THE HEART OF THE GAME

# CAREER HIGHLIGHTS

- **Olympic Gold and Bronze medalist (2012)**
- **Broke 12 world records**
- **11-years on the US National Team**
- **Voted 3-time USA Captain by peers**
- **28 total medals from major international competitions**
- **4-time NCAA Champion**
- **2-time National High School Swimmer of the Year**





# WHY I LOVE WHAT YOU DO

- My personal goal is to share wisdom that I gained from international experience
- Insights learned from observing the best coaches in our sport
- Work with athletes in more detail than they can learn in a team environment
- Work hand-in-hand with their full-time coaches to help reach mutual goals
- Spread enthusiasm about the sport we all love



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# SPORT POTENTIAL

- **Not only a sport, a life skill**
  - **Approximately 10 people drown every day in the U.S.**
  - **Drowning is the second-leading cause of injury-related death for children under the age of 14**
  - **I almost drowned myself**
- **One of the largest youth sports in the country**
  - **Approximately 301 million swimming visits each year by persons over 6**
  - **36% of children (7-17 years) & 15% of adults swim at least six times per year**
  - **Swimming is the most popular recreational activity for children and teens (ages 7-17)**
  - **400,000+ members in USA Swimming currently**





# OUTLINE

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# PRACTICE DEVELOPMENT

- **Plan season for success**
  - Which meets you will go to
  - When is taper important
  - Hold increased practice schedule during school breaks
  - Vacation allowance
- **Goal setting with athletes**
  - Individual vs. team/relay
  - Short term vs. long term







# WATER TIME

Manage your time wisely:

- Being in the water is priority – **maximize it**
- It is the **movement of our element** that truly matters in our sport
- Teach athletes to do “dry stuff” on their own outside of practice time
- Even when athletes are tired, find something **creative** for them to do in water



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# DRILL-SPIRATION

- Work on Technique
- Get Creative
- Introduce New Skills

- Freestyle high elbow doggy paddle (long & short dog)
- Swim w/ underwater recovery
- Head up swimming
- Over-kick swimming
- Freestyle ballet swimming (one leg in the air)
- Breaststroke knee buoy kick
- Backstroke balance cup on head
- Backwards swimming
- Double/triple flip turns
- Underwater deep turns



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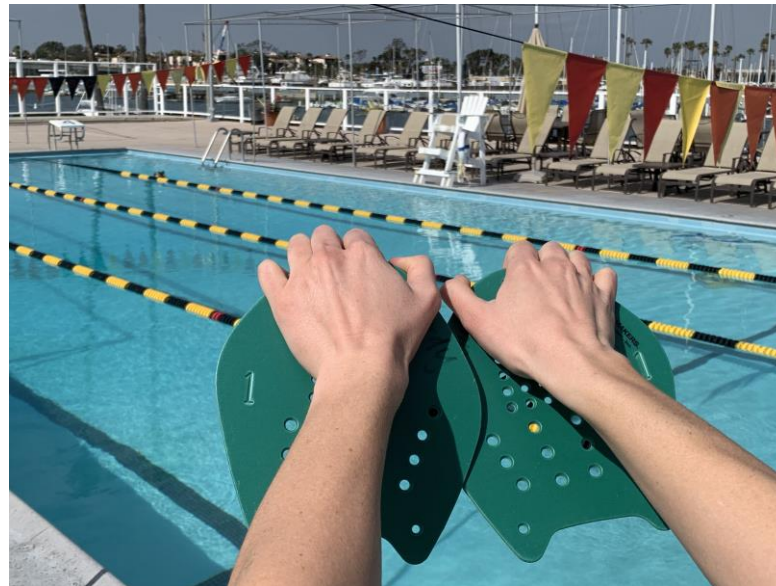


# PADDLES

Regular



Knuckle



Pac-man grip



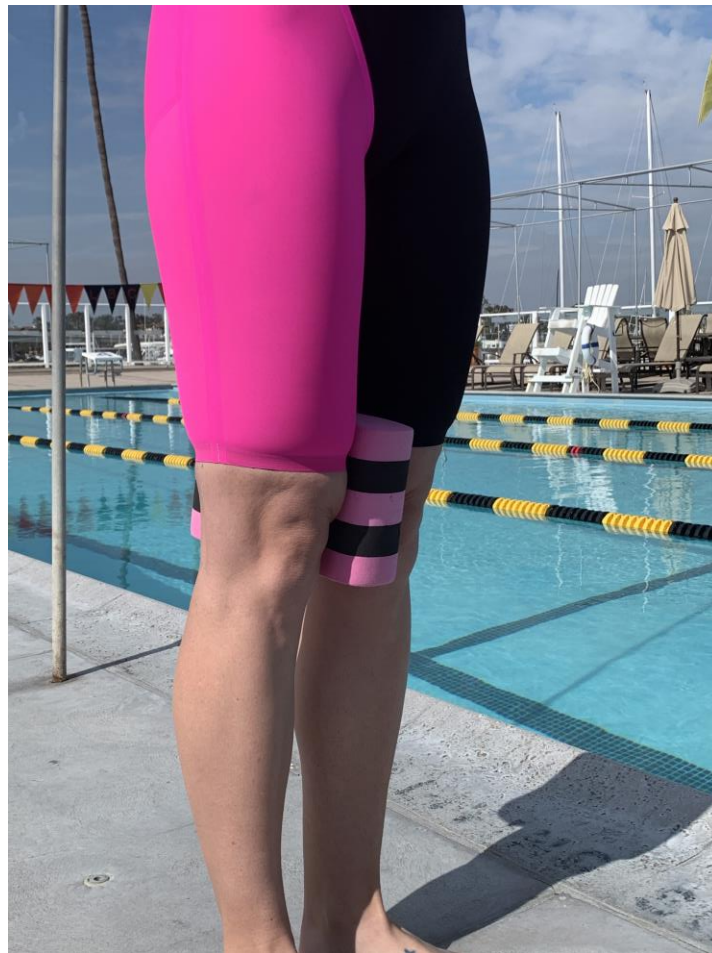


# BUOY

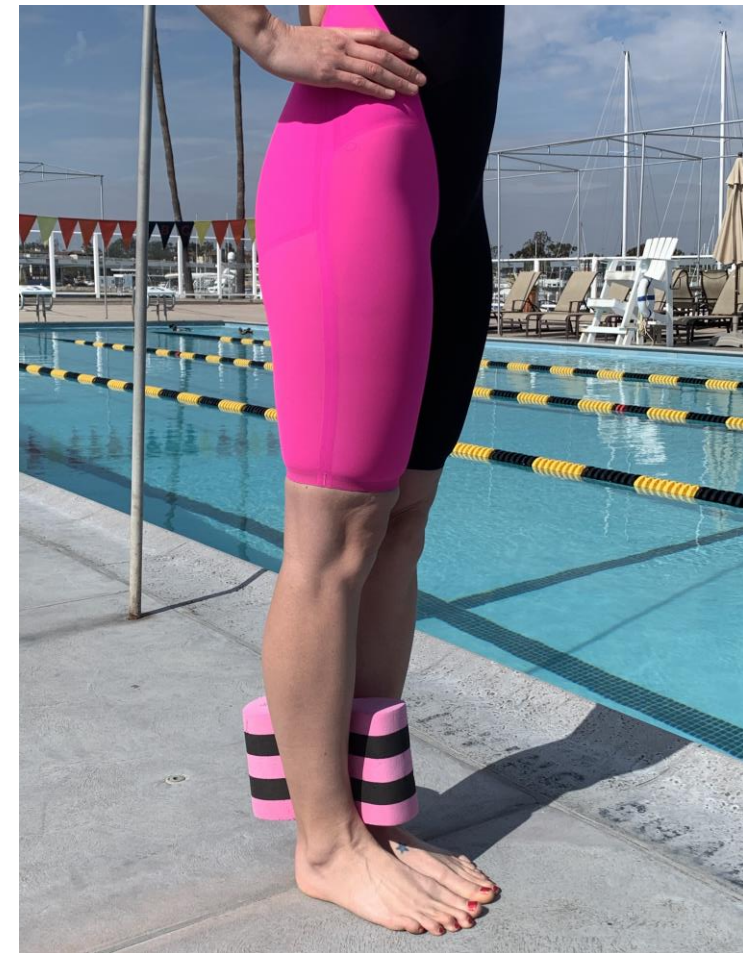
Regular



Knee



Ankle





# KICK BOARD

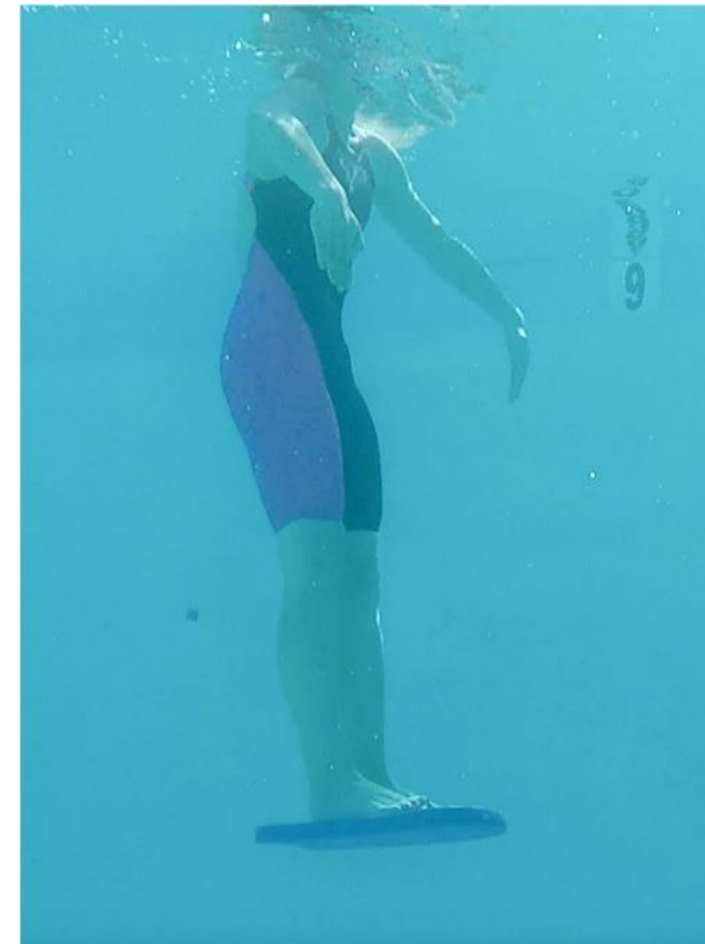
REGULAR



VERTICAL TOMBSTONE  
HOLD



STANDING SKULL



# DRILL TOYS

- Parachutes
- Kick on top of balloons
- Weights running at bottom of pool
- Whiffle ball fist swim





# DRILLS INTO SETS

(We will send these out post-webinar)

Nathan Adrian

Power Set (to be done after weights)

2x Jump start 15m race  
↓  
push off on surface

2x 10m reverse scrouch scull  
↘

2x 7m kick hard up straight into 7m swim  
→

2x Race from flags to the wall + turn back to flags

2x 10m ~~pull~~ face finish

2x 15 runners

All of these efforts are for effort and a winner is to be called. Remember that at any given time anybody can be beat just like any given race. Nathan Adrian.

Jessica Hardy

50 + 100 Free

3x 50 - head up free 25  
flip @ half + twice  
build into second 25

2x 75 - reverse free 25  
forward free 25 for feel  
underwater 25

1x 100 - build each 50 into FAST

repeat as many times as needed

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

Jessica Hardy

3x(25+50+75+100)

All Fast

Round 1 No equipment

Round 2 Fins

Round 3 Paddles + Fins

25 2:00

50 4:00 "Don't be afraid!"

75 6:00 to be fast!"

100 8:00 Dr. Dave Salo

Easy swim between fast swims. Enjoy Jason Lezak

Jason Lezak

# WORKOUT IDEAS FROM THE BEST

(We will send these out post-webinar)

30x100 K Scy

10x100 25

10x100 120

10x100 110

~~30~~ 30x100 Lm 130  
50 Free  
50 Fly Dive All out

" HAVE FUN !! NEVER GIVE UP !! "



Katie Ledecky Katie Ledecky  
800 Free

~~700~~  
8x 50 @ 1:00  
100 @ 1:00  
25 @ 45  
8x 75 @ 45

3x1600 → 400 FR, 400 IM, 200K  
Descend 1-3 to fast

1000 1:15  
1000 1:05  
2000 2:15  
2000 2:05  
3000 3:15  
3000 3:05  
4000 4:15  
4000 4:05 -- 100 rest  
5000 5:15  
5000 5:05  
4000 4:15  
4000 4:05  
3000 3:15  
3000 3:05  
2000 2:15  
2000 2:05  
1000 1:15  
1000 1:05

"To give anything less than your best is to sacrifice the gift."

Good Luck!  
Swim Fast!



# TIPS AND TRICKS

- Facilitate and **delegate** to your assistant coach
- 2 Saturday practices, allow for **individualized attention**
- Informal sprint meet, swimmers time for each other
- **Benchmark workouts**
  - Do them multiple times a year, compare growth
  - They know it's coming in advance, practice nerves/**performance pressure**
- Display attendance, benchmark set results, high achievements from throughout the year **publicly**



Keep it simple.  
Let's do the obvious thing  
*-the common thing-*  
but let's do it  
Uncommonly well.

*Leo Burnett*



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# STRENGTH & CONDITIONING “DRYLAND TRAINING”

- The importance
  - Prehab/rehab
- Form
- Consistency is key





# TAPER



- Will look different depending on **coaching style** from throughout season
- Stick your guts, **don't second-guess** the work you've done throughout season
- **Muscle type/training type** factors into it
- If you can't rest them for a week and get them near best times, then you've got them too deep into a hole (1 month for post grads)
- Communicate w/ athletes about **when** and **why** you're resting
  - Convinces athletes to **buy in** and not stress about details that the coach can worry about
- Get kids **excited** w/ stretch cords, reaction drills, upping visualization, drop doubles, talk about extracurricular activities, video games that increase adrenaline, buy something nice for yourself

# RECOVERY

- Replenish
  - Hydrating
  - Nutrition
- Importance of stretching
  - Yoga
- Foam rolling
- Active recovery
- Icing/ice bath/contrast





# THE MENTAL GAME

- **Start mental training early**
- **Positive psychology**
  - Help athletes adapt to frustrations
  - Build confidence during critical ages in lives
- **Visualization**
  - With & without a stopwatch
- **Time flies when you're having goal-motivated FUN**



# TEAM BUILDING ACTIVITIES

## ■ Group Compliments

- Write each team member's name on a piece of paper
- Pass around & have each teammate write one positive characteristic about them
- Builds confidence and feeling of appreciation from group

## ■ Minefield

- 2 partners: 1 is blindfolded/can't talk & 1 communicates
- Blindfolded person navigates a field with obstacles on it
- If they hit the obstacles, they have to do pushups, squats, sprints, etc.
- Builds trust and opens communication





# COMMUNICATING WITH PARENTS

- Parents have extreme access to **information**
  - They can join parent swim groups on Facebook
  - Can look at what other coaches/kids are doing
- They need to know the **standards** that you are holding athletes to
  - i.e. your team policies when you have issues, how much involvement you expect from them
  - **Schedules** to plan travel
- Being mindful of helicopter parents
  - Hold **family meetings** to calm parents down
  - Get ahead of it earlier to avoid bigger problems
- When parents aren't confident in the coach/program, it affects the **athlete's confidence** as well.



# BUILDING YOUR COACHES' NETWORK

- **Talk shop** at meets
- Get numbers inviting coaches to dinner, then **call them throughout season**
- Bring new people into your friends group & **continue expanding** your network
- Don't be afraid to ask for advice on how they've handled/prepped for something you've never done
- ASCA talks/yearbook
- USA Swimming education portals
  - Good for emerging coaches until you build a reputation
- Outside the sport resources
  - Other coaches in your school who have had successes
    - Ask them how they manage their athletes
    - Resource for anything else **outside the box**
- **Podcasts, books, online education**
  - Pat Summit's book (especially good for female coaches)





# REVIEW

- Develop your season with confidence
- Water time tips & tricks
- Dryland, recovery & mental health ideas
- Communicating effectively
  - With parents/families
  - Peer coaches
- What does winning look like for you?



# THANK YOU



**BSN SPORTS™**

**Jessica Hardy Meichtry**

**Brand Ambassador, Swimming**

**[jessica.hardy@bsnsports.com](mailto:jessica.hardy@bsnsports.com)**

**[@swimhardy](https://www.instagram.com/swimhardy)**

**[BSNSports.com](https://www.bsnsports.com)**

**[BSNSports.com/Swimming](https://www.bsnsports.com/Swimming)**