

AUSTRALIAN MASTERS COACHES NEWSLETTER

VOLUME 1. NUMBER 3.



Hi, and welcome to the 3rd edition of our newsletter. As you can see, enough people parted with their hard earned cash to warrant a new, professional looking format. Perhaps it's the optimist in me, but I don't want this newsletter to die an early death as so many do. You can help by passing your newsletter/subscription forms on to others, and of course by contributing your ideas.

I was heartened to receive a letter (that has been reprinted on page 2) and have written a fairly lengthy response as I feel many coaches have similar doubts and problems. If you have any ideas for utilizing pool space or programs more effectively we would like to hear about them.

This issue brings us to the second in our series of transcripts from the World Masters Games seminars. As a great fan of Keith Bell's books it was a highlight for me to hear him in person. On page 14 you can read what he had to say in the first of our two part installment.

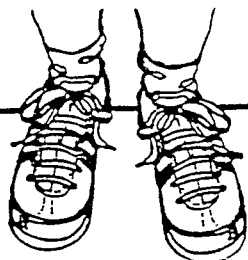
Peter Reaburn generously contributed one of his Miami Masters favourite workouts on page 11, and our list of swimming sets on page 21 has been devoted to the all important warmup.

I believe there is a greater chance of coaches in masters sports encountering injured or disabled swimmers than in other sports and we have an obligation to these people to have an educated understanding of their needs. For this reason a pamphlet has been reprinted (page 12) that has a contact number for further information should you require it.

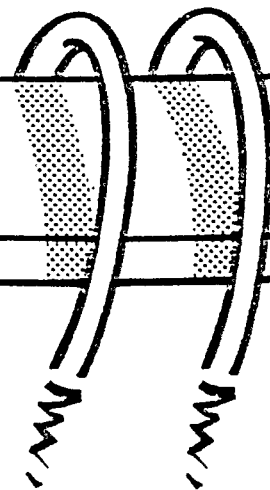
Lastly some ideas from the USA to build club memberships can be found on page 19.

Happy reading and I look forward to hearing from you.

ANITA KILLMIER



LETTERS



Dear Anita,

Congratulations on the "Australian Masters Coaches Newsletter". I thoroughly enjoyed the last issue and look forward to more.

I found the page listing reference books and journals particularly useful, and I will have to find out about the resource centre at the AIS. Sounds as though I am missing out on the benefit of something which is geographically within reach.

While I have fingers to typewriter, I would like to make a comment on your favourite workouts as published in the Newsletters 1 and 2.

I gave the workout described as being for "Novices" to my "Advanced" swimmers (except I extended the warm down to 200m and made it choice rather than double arm backstroke), and they found it more than enough for a good workout. This brings me to question if your categories are referring to swimmers already in a competitive mode and swimmers who train 5 or more days a week.

Swimmers who I have as novices are incapable of completing 50m without effort and a rest at the end, and there would not be more than 1 swimmer in my advanced squad who is able to swim more than 4 times per week. Most of the ones in the middle swim only 2 or 3 times per week.

I assume that my club is not desperately atypical of clubs with a high non-competitive component of members, since the other ACT club has a similar pattern. I guess my point is that I would appreciate a guide, with the favourite workouts, to indicate how the categories of swimmers are made. I felt somewhat inadequate when first looking at the workouts, and I would not be bold enough to send in any of my workouts because of the poor comparison.

If I ever do pluck up the courage to send a workout, I would also feel the need to expound on a few of the difficulties my swimmers experience on club nights. We get 2 lanes of a non-lap swimming pool i.e. no good connections for lane ropes which means they are loose and float all over the place, leaving one lane dangerously narrow and the other ridiculously fat in places.

I have swimmers who range from people just able to do 50m without a stop at 25m (25m pool) to someone who was placed third in an event in the 1988 Postal Nationals. Average attendance on club nights is about 16, which means of course, 8 per lane. We get the lanes for 1 hour and most of the time, in Canberra, it is too cold to leave people out of the water or even in the water not moving.

This is starting to sound like a big whinge but it is not meant to be. I am just sometimes overcome by a feeling of not being able to do much in the way of "good" coaching, especially after I compare my miserable little programmes with 3.8km boomers. I also get a bit frustrated at the thought of tailoring programmes to the individual. In particular, things like A does 100m in 1.10; B does it in 1.20 so their repeats should be at different times. I believe it is physically impossible in the space I have to arrange this - or am I just trying to justify not doing it?

This list of what I perceive as "difficulties" of coaching my club could probably go on and on, but I'm fairly sure you are, or have been in the same boat. I would, however, be interested in hearing how other coaches, particularly ones who have a club of members primarily interested in improving technique and fitness (rather than competition), cope with some of the problems I seem to be experiencing. And of course, any pearls of wisdom you may have to throw my way will be gratefully received.

Once again, thanks for a great Newsletter.

Regards

Angelika Erpic
Tuggeranong AUSSI Coach

* * * * *

Dear Angelika,

Thanks for your letter and in particular for highlighting your problems which must be relevant to many other coaches.

In reply I will try to explain what I do with my club and how I have attempted to overcome some of the problems I have, which in turn should help you with yours. I also suggest you read the transcript of Keith Bell's seminar from the World Games as I believe a club philosophy should be formulated ie what do you want to offer your swimmers and in what direction does the club wish to head.

Five years ago my club had a very small membership and met every second Sunday for timetrials and a barbeque. Some of us wanting to do more met at the local pool (outdoor, heated 50m) after work for an informal training session. Other lap swimmers seeing our small groups would ask to join in and before long we had 20 regulars meeting two nights a week.

The pool manager realised that we were a benefit to his pool because unlike our less hardy lap swimming counter parts (who were erratic at best), we swam rain, hail or shine. The club struck up a pleasant working relationship with management. We do not pay any pool hire on the understanding that we don't have exclusive use of lanes ie the public can swim in our lanes if they wish.

Sometimes (on cold nights) we have the pool to ourselves but usually we have three lanes. The public generally avoid our lanes because they look too busy. On hot nights the manager asks that we use 2 or even one lane only.

On these nights we may have up to fifty people in a single lane, but with a little forethought some very effective work can be done (more later).

Over winter we hire an entire five lane 25m indoor heated pool (Christian Brother's College) that only has one changeroom and extremely narrow lanes. There is no guttering, but fortunately we have anti-wave laneropes.

Both pools have their supporters and their detractors. We have swimmers who like one pool but not the other and will only train half of the year with us. Knowing that you can't please everyone, I try to cater for all the different interest groups and feel that to a large degree I succeed.

During our five year transition the club underwent some philosophical problems that nearly split us in two. There were those who liked the intimacy of the small club, who were suspicious of "outsiders", or who didn't want to be "organised". Some wanted to limit our numbers as it was becoming increasingly difficult to find pool space and cater for everyone. Fortunately this idea was dropped, being seen as an elitist move. The main reason though was simply that we all loved the sport so much we wanted as many people to "get into the swim" as possible.

Our Sunday sessions also became weekly, incorporating short time-trials, longer aerobic swims and stroke correction. Over the next 3 months I am using some of the clubs top swimmers to take a Sunday session each using whatever format they like. This is to add variety and perhaps with a fresh approach, help with stroke techniques.

Like Keith Bell, I cater for the highest common denominator which gives everyone a target to aim for. All swimmers do all strokes unless prevented by injury or illness. Novices learn butterfly by "faking it" for 4-6 strokes and building up the number of strokes as ability improves. Most stroke correction is performed with the use of flippers for the novices (excluding brst) to remove the "struggle" element.

Flippers are a great equalizer. I had a lady join 3 months ago who could swim a slow kilometre, with rests. After a fortnight she felt highly inadequate compared to the others in her lane. She also felt she was missing out because she couldn't keep with the group. I put her in flippers for her long freestyle sets enabling her to keep up with the group and try just that bit harder. Her fitness improved dramatically because she could do more work, and her enjoyment heightened because she felt part of the group and could socialize more between sets. I have now cut back on her use of flippers and find she is keeping up without them. Perhaps you could try this with your novices.

Similarly, pull-buoys can help those who sit low in the water. Often the added resistance of sinking legs is so great that swimming is a struggle.

In my workouts I have 3 broad categories:

- | | |
|------------------------------------|---|
| FASTEST SWIMMERS | - Those who could repeat 100's on 1.40 or less |
| MEDIUM SWIMMERS | - Those who could repeat 100's on 2.00 or less |
| SLOW SWIMMERS & NOVICES | - Those who can repeat 100's in 2.30 or less.
Further modifications are made for those people not being able to make this last time. |

As my slow swimmers do not like being labelled "SLOW" I label my groups Fast, Faster and Fastest. Thus my program for an endurance type set could look like this:

FAST

. 8 x 100's F/S on 2.30
OR
. 6 x 100's F/S 15 secs.
Rest.

= 20 min

FASTER

. 10 x 100's F/S on 2.00

= 20 min

FASTEST

. 12 x 100's F/S on 1.40

= 20 min.

As you can see the total swimming time for each group is 20 minutes which means all lanes will start and finish together.

If the novices are still having trouble I would get them to do 8 x 50's on 2.30 instead ie they do the first 50m of each 100m that the others in the lane do. In a 25 m and crowded pool, this helps ease the congestion as well.

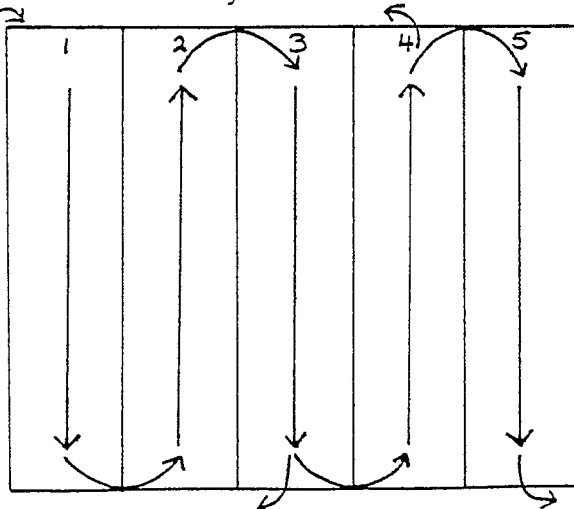
In crowded lanes have your swimmers leave at 4 or even 3 second intervals instead of the standard 5 seconds.

At CBC I find long distance swimming awkward because of the disruption and interference caused by swimmers constantly overtaking others. Instead our endurance work will comprise long sets of 25's, 50's, 75's or 100's with short rests. The rests are long enough to prevent the leaders from catching up to the tail enders. eg 60 x 25's on 30, 40 x 50's on 60, 24 x 75's on 1.20. The amount of rest should not be so long that the heart rate drops much, otherwise it is no longer an endurance set. Swimmers not understanding training principles may believe that they are doing sprint work because the distances are short. I have on occasions had friction with swimmers who don't understand that it is the amount of rest between repeats and the total distance of a set that determines the nature of a set.

In our 5 lane pool I also do a series of zig zag swims which could be adapted to most pools and conditions. Swimmers dive at 5 second intervals from lane 1 in single file, fastest to slowest. As they turn they push off into lane 2, swim up lane 2, down lane 3, up lane 4 and back down lane 5.

The fast swimmers complete the full 5 laps, the middle group does 4 laps while the slower swimmers only do 3 laps in this manner. All hop out of the pool and make their way back to the start.

All groups
begin here



With the varying commitments adults are prepared to give to swimming, it is harder (but not impossible) to plan your seasons program in the same way that you would for a squad of teenagers. If your adults swim four or more times per week you will need to be aware of micro and macro cycles and how they fit into the different phases of the season.

If they are swimming three sessions or less the micro cycles become less important (unless all three sessions are swum on consecutive days. If this is the case alternate a harder workout with an easier one to allow sufficient recovery).

In future articles we will look at a seasonal plan in more detail.

With only two training sessions per week I give everyone a "mixed bag session". In other words everyone gets a little bit of everything in each session.

However, I still attempt to individualize programs wherever possible. During my quality phase sprinters will focus on speed but do a little maintenance endurance work and vice versa. Within any one lane there will be a further three subdivisions. The exception being the novices who will continue with technique and endurance work. eg.

	FAST	FASTER	FASTEST
DISTANCE	12 x 100 m F/S On 2.30	16 x 100's F/S On 2.00	20 x 100m F/S On 1.40
MID.DIST	Miss every 6th 100m	Miss every 6th 100m	Miss every 6th 100m
SPRINT	Miss every 4th 100m	Miss every 4th 100m	Miss every 4th 100m

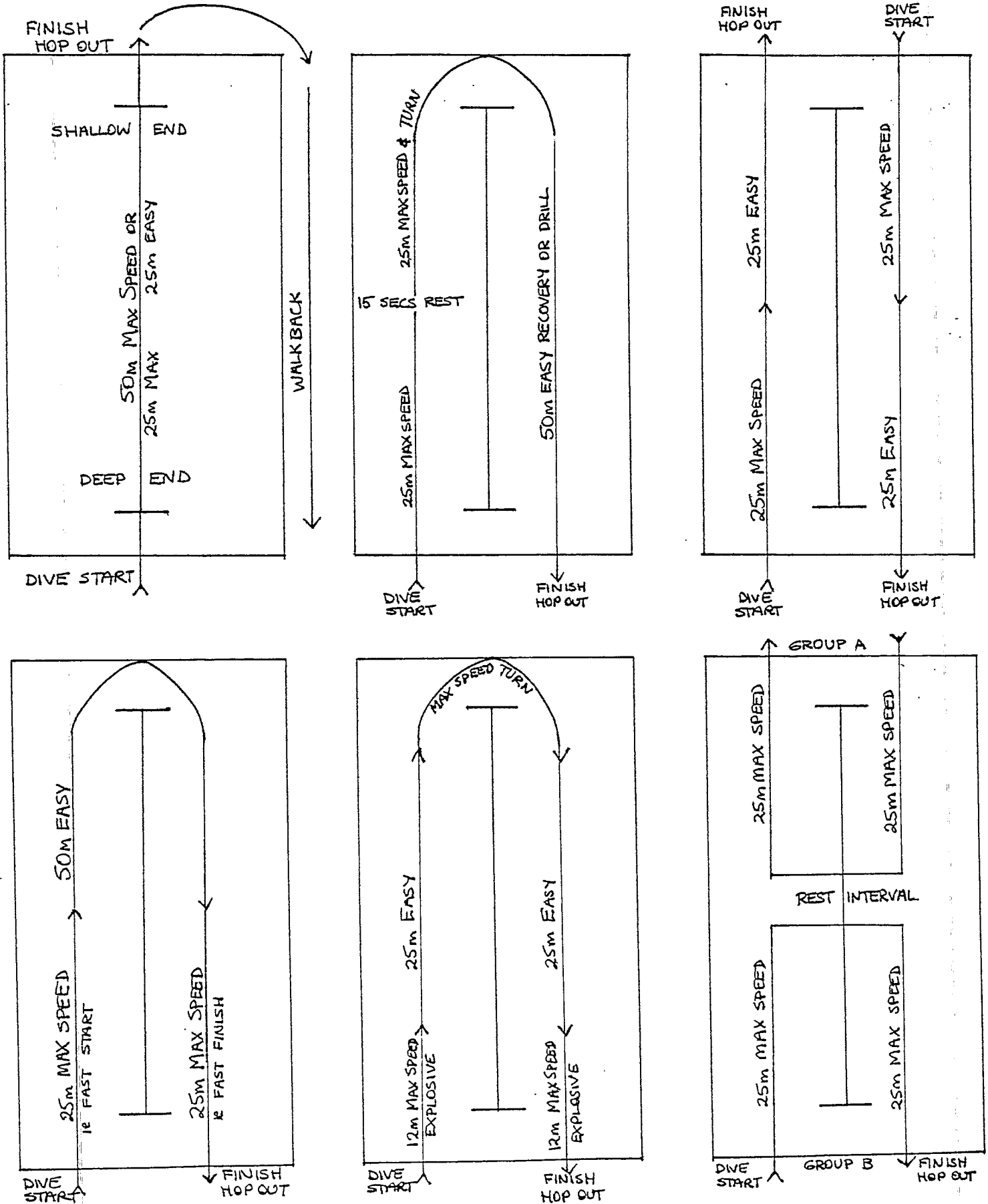
An alternative would be to split the three lanes into the following:

	DISTANCE	MID DIST.	SPRINTERS
FASTEST	20 x 100m F/S 15 Secs Rest	12 x 100m F/S 15 Secs	6 x 100m F/S 15 Secs
FASTER	16 x 100m F/S 15 Secs Rest	10 x 100m F/s 15 Secs	5 x 100m 15 Secs
FAST	12 x 100m F/S 15 Secs Rest	8 x 100m F/S 15 Secs	4 x 100m F/S 15 Secs
	. 8 x 25's Walkbacks	. 12 x 25's Walkbacks	. 20 x 25's Walkbacks

As you can see the sprint lane will all finish their endurance set together and then do a large sprint set.

Conversely the distance swimmers do a larger endurance set then a smaller sprint set.

Over summer when the temperature climbs and the pool is crowded I may only get one lane. Fortunately, (knowing Melbourne weather) this doesn't happen too often and when it does it is usually in January or February when I am in my Quality Phase. On these nights I try to do a good long warmup and spend the rest of the time doing sprint variations.



Many other variations on this type of speed work are possible. It is also a good opportunity to practise relay changes.

When the weather is cold and I need to do speed work, long rests are impractical. Instead they recover by doing easy swimming (active rest) rather than stop and stand still eg.

FAST

. 5 X 150M F/S on 4 min

ie 50 max
75 slow
25 max

FASTER

. 5 x 175m F/S on 4 min

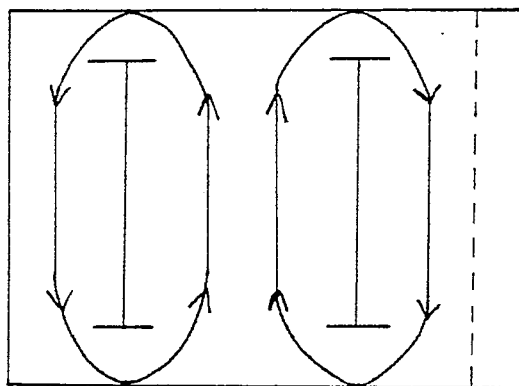
ie 50 max
100 slow
25 max

FASTEST

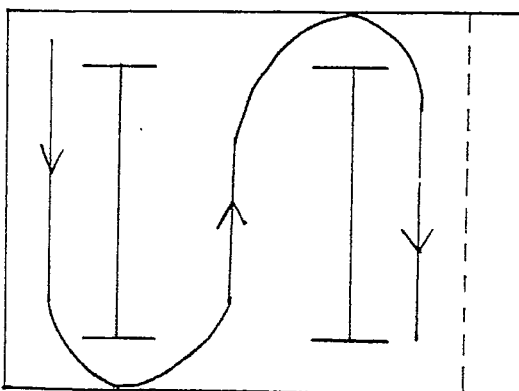
. 5 x 200m F/S on 4 min

ie 50 max
100 slow
50 max

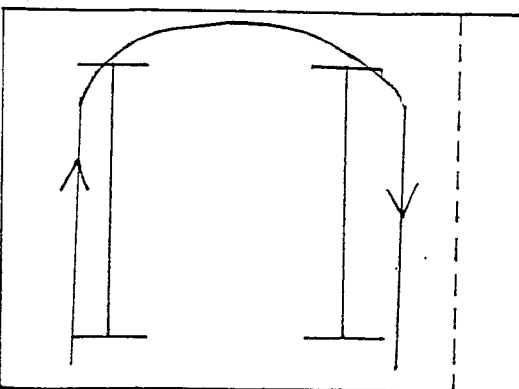
Narrow lanes are a problem for us at CBC especially doing butterfly and breaststroke. We will take out a lane rope and use a double lane instead to do form stroke work. You may have to use this idea and get rid of your loose lane rope altogether. Try swimming your two groups like this.



1. I use this type of swimming quite successfully without a lane rope.



2. A variation of zig zags that I have used at CBC.



3. Do a series of 50's taking up both lanes, slower swimmers may only do alternate 50's or 25's.

I hope this has been of some help to you. Perhaps others may write with their problems or suggestions to some of your questions. One other means to tailoring programs to suit the individual is through the use of "cruise intervals", but I will leave these until another time.

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Reprinted courtesy of WA Branch "Different Strokes"

Stretching for swimming: In a recent survey of some AUSSI members, taken by Karen Kelly. This was for an assignment for the level, coaching course. It was shown that few clubs and few individuals were using stretching exercise in their training programmes. Stretching before swimming has many benefits in particular the prevention of injury.

All swimmers should develop their own stretching routine for use before, even during and after training programme. This routine need not be long nor elaborate but an increased flexibility mobility, stroke techniques and injury prevention. Ask your coach about a stretching programme or contact the office for further information. Stretching should be done after a warm up. Care should also be taken that the stretches are done correctly and from observation around the clubs and at pools this now always so.

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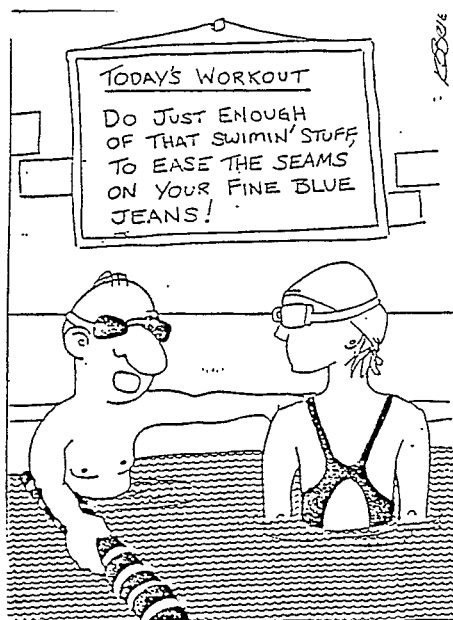
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A great way to get your club together for a social night/fundraiser is to have a video night. Clubs who may not be able to swim all year round could use this to keep some continuity in their lay off period.

Items are available for the following hiring charges:

1 Video	1 Week \$5	2 Weeks \$8
2 Video's	1 Week \$8	2 Weeks \$12
3 Video's	1 Week \$10	2 Weeks \$15
1 Audio Tape	1 Week \$3	2 Weeks \$5
2 Audio Tape's	1 Week \$5	2 Weeks \$8

A bill will be forwarded to you with the goods (including postage) and payment must be sent with the items, on their return.

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DATE _____



MIAMI MASTERS FAVOURITE WORKOUTS

Find below an endurance workout used early season by myself with our crew.

NOVICE	INTERMEDIATE	ADVANCED
<ul style="list-style-type: none"> . 8 x 50m easy pace Alternate 50 kick 50 swim . 4 x 150m own pace F/S ie 50m catchup 50m 1 arm 50m swim . Form Stroke Drills 4 x 100m - 25m kick - 25m pull - 50m swim . 4 x 50m swim down 	<ul style="list-style-type: none"> .4 x 150m own pace - 100 swim - 50 kick .10 x 50m alternating F/S & Form Stroke 30 - 45 seconds rest .(50 - 100 - 150 - 50) x 2 F/S 45 secs . 8 x 50m kick in pairs form kick 	<ul style="list-style-type: none"> . 6 x 150m own pace - 100 swim - 50 kick .(50 - 100 - 150 - 200 - 150 - 100 - 50) x 2 F/S 15 - 30 secs Recovery .10 x 50m kick in pairs form stroke . 200 easy drill
1.6kms	2.6kms	3.2kms

- . Every workout is preceded by stretching and followed by wine and beers.
- . The pool is 50m outdoor.
- . Feel free to join us at Pizzey Park Pool, Pacific Parade, Miami on Tuesdays at 6.30pm and Saturdays at 4.00pm.

PETER REABURN

If you have a favourite workout, please send it to me including the following information:

- . Time of season eg Build up, Endurance, Quality, Taper
- . Time taken to complete the workout
- . Adaptions to suit Novice, Intermediate or Advanced swimmers.
- . Whether this program is swum in a 25m or 50m pool.
- . Your name and club so that I can acknowledge you.

ANITA

INTRODUCTION

The Australian Coaching Council (ACC) was established in 1978 with its major role being the coordination and development of coaching in Australia. The ACC runs the National Coaching Accreditation Scheme which ensures a high standard of coaching in Australian sport.

The NCAS is a coaching education program. It aims at increasing the proficiency of coaches by promoting uniform standards of instruction for individual sports. This operates through the provision of courses at three levels with the following components included:

- General General principles of coaching and human performance.
- Sports specific skills, techniques, strategies and science specific to the particular sport.
- Practical practice of coaching.

The minimum course requirements for each of the levels of the Scheme are:

Level	Nature of Course	Duration of Course (minimum suggested)	Experience required as a practising Coach
1.	<ul style="list-style-type: none"> • General Principles of Coaching • Sport specific theory and practical 	25% 14 hrs	1 season for equivalent sporting body
2.	<ul style="list-style-type: none"> • General Principles of Coaching • Sport specific theory and practical 	50% 30hrs	2 seasons for equivalent sporting body
3.	Advanced sport specific information on the theory and practice of coaching	100hrs	3 seasons for equivalent sporting body in addition to previous two seasons required for level 2

Although over 50,000 coaches have been accredited through the NCAS, very little emphasis has been placed on coaching disabled athletes. The ACC believes the basic coaching techniques for able bodied and disabled athletes are the same. However, certain modifications are needed when coaching a disabled athlete.

GENERAL PRINCIPLES

Therefore, to assist coaches in the NCAS, the ACC has produced seven brochures (General principles, visually impaired, amputee, wheelchair, hearing impaired, medical conditions and intellectually disabled) aimed at educating the coach about disabled athlete's needs. The brochures are a major step in helping to integrate the disabled athlete into the wider sports community.

A 'disabled' person can have any type of disability physical, intellectual or emotional. It may be very mild, such as the loss of a toe, all the way to no control of the limbs and trunk. The key element when working with disabled people is integration. Integration with already established "able-bodied" clubs has many advantages, such as developing social skills, fitness, self-esteem and confidence.

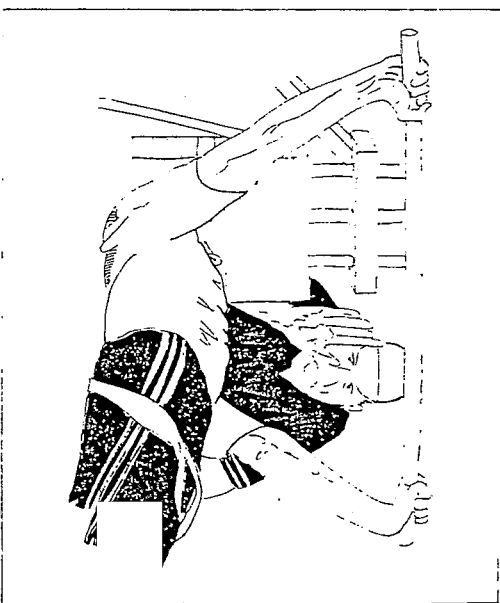
When confronted with a disabled athlete however, coaches may panic and feel insecure in their ability to coach such an athlete. There is no need for this lack of confidence, disabled athletes are no different from any other group of athletes. All coaches need to be able to cope with individual differences, assess athletes' capabilities and utilise athletes' abilities to the fullest.

The basic principles of training and conditioning for all sports people apply equally to disabled people. A program can be prepared beginning with generalisation (skills, fitness, team approach) and gradually diversify to specialise in training for the specific sport. It is important to develop a training program to suit the athlete's individual needs and the athlete must be involved in the planning stages. As with an 'able bodied' athlete the training program must focus upon the athlete's ability.

People with disabilities, as a disadvantaged group, often are not exposed to wide ranging physical experiences which assist in the development of coordination, basic motor skills and fitness associated with physical education and traditional sports programs. Alternatively, the person may have undergone a traumatic change requiring major adaptations to cope with previously acquired skills and movement patterns.

The coach should realise however, that disabled people generally lack the opportunity at a young age to master skills. Consequently, many participants may not have mastered basic movement patterns of their age peers. As a result many disabled may lack interest, confidence or a high motivation level to participate and stay involved. It is therefore important to make skill sessions basic, fun and enjoyable with a wide variety of activities.

Although there are a number of different disabling conditions there are a few generic statements which can be made about working with disabled athletes:

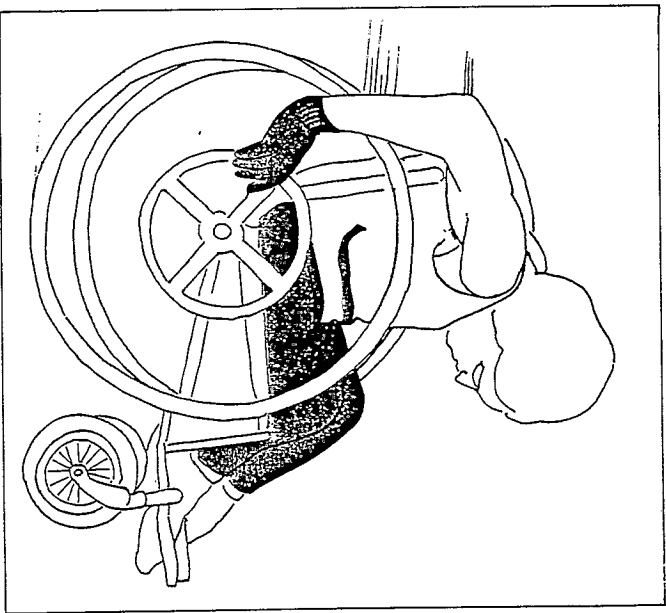


- Approach the person as an "athlete" not a "disabled person" don't talk down to them.
- Ascertain the nature and degree of the disability.
- Find out what the athlete's objectives are so that realistic and feasible goals can be set.
- Use the athlete as a resource of information on themselves ask them what they can do and how specific tasks may be modified to suit their skill level.
- Establish goals that are challenging yet achievable and develop appropriate skills progressions.

- Assist when and where requested - anticipate if possible when assistance is required, but don't offer sympathy.
- Modification of rules may be necessary but don't bend the rules for a particular person. It may disadvantage other competitors and future attempts.
- Encourage joint decisions - provide accurate, reliable and consistent feedback. However, let the decision about what to do in response to that feedback be a joint decision.
- Communication must be a two-way process — the coach must therefore be approachable, patient and concerned for the athlete as a person whose comments are valued.
- Having the athlete repeat or explain instructions given is a good way to determine whether the explanation has been clearly understood.
- Don't be a 'Do-Goooder' - assist athletes to become self-activated by empowering them to achieve goals which are specifically athletic ones. Encourage self-activation, self-motivation and self-reliance.
- Don't assume the role of 'protector' from failure — if an individual has chosen to be a competitive athlete, a coach should recognise and adapt to that person's capacity for handling 'risks'.
- Concentrate on the ability of the athlete. Coaches should be aware that lack of skill does not necessarily indicate a lack of potential ability.
- The ratio of athletes to coach is smaller than with able-bodied.
- Fatigue sets in at an earlier rate.

Although athletes from different disability classifications might share some similarities in performance characteristics, each athlete will have a unique combination of strengths and weaknesses for which individual solutions will have to be sought.

The coach should therefore not rely on pre-determined ideas of how performance should look when evaluating an individual's effort.



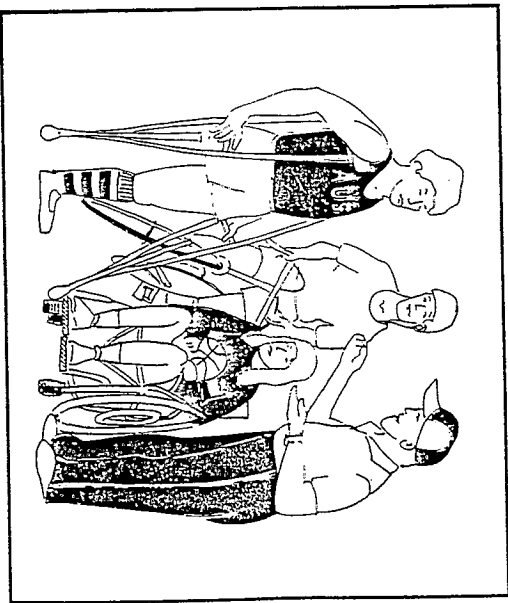
For further information on the ACC, the NCAS or coaching athletes with disabilities please contact:

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 Telephone: (062) 52 1550
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COACHING ATHLETES WITH DISABILITIES



GENERAL PRINCIPLES



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 KEITH BELL SPORTPSYCH TEAM

The following two part transcript of Keith Bell's seminar at the World Masters Games will be continued in the next newsletter.

Keith begins his talk by discussing the friction that may occur between swimmers not adhering to the pool etiquette rules, and how to overcome it.

* * * * *

Someone not circling properly or passing properly, we provide them with very clear guidelines as to how we want that to happen or we ask those who are upset to talk to the culprit about it in a very positive constructive way re "of course you are accidentally out of line here in not passing correctly" and "gee I know you didn't mean to do that." Now they don't have to say all of that but that's the kind of approach we want.

We don't talk a lot about being tired although it is acceptable to be tired and we train very hard because we see "tired" as being a very good thing. We spend a lot of time educating our athletes that the end result of being tired is adaptation. You have to be tired to accomplish the things you want to accomplish. To be clear of their purpose - to remember that they want to be fit. They may want to do it for cosmetic appearances, to have fun, to stay healthy and the best way to do that is to "get after it", and if your going to get after it you are going to get tired, and the marvellous thing about getting tired is that your body adapts and you get healthier so you can work even more intensely - we make an effort to talk in this manner.

We never let anybody say "we don't want to do" something. We always allow people NOT to do things in practise. We never make anybody do anything. Part of our policy when you join is you don't have to do anything. We're here to serve you. This program we think is great and you choose to avail yourself of that. We treat it as a privilege and as an opportunity. We want them to see it as fun. Most of the time we insist that they don't do everything so they build into it. We kick them out of training so that they are not so exhausted that they don't want to come back the next day.

If they don't want to do something that is okay, but I'll probably want to talk to them about it to know why, because if they're scared of doing it I can help them with that. If they don't feel they are good enough to do it, I can help them with that. If they feel too tired, I want to know so I can back off on them. If they are just not "there" that day, that's okay.

The door is over there. If they want to do every other thing or sit some laps out, that's okay, as long as they don't get in anyones way. In a fly set they might stop in the middle of the lap, but I tell them to "keep going." They can do it.

We ask them NOT to say "ooh yuk, I don't want to do this" or "God that intervals too hard". They want to do it and they know they want to do it and we remind them. But everytime that comes out of their mouth we remind them "that's okay you don't have to do it but what did you come here for? Why are you doing this?" If they say "it's too hard" remind them that it's a challenge.

If they think it's too hard I "might not PERMIT them to do it" and pretty soon they want to tackle it.

We have many beginners at least half the members on our team, when they came out had never swum anything but freestyle and we usually start them off with 4 strokes fly per lap. We do fly every day. We never try to teach them the first day. We tell them to fake it. Then we build up the number of strokes per lap gradually over months.

One of the nice things about masters swimming is we figure we've got lots of time and we keep reminding them everyday - if you're tired or out of shape "hey there is plenty of time".

We like our people to have goals for meets and practises because that's what makes it fun. "The Goal is an excuse for the Game." We help them with goals because psychological research shows that goals provide tremendous incentive, because goals set up a standard for the self regulatory process and it allows people to talk nicely to themselves when they reach their goals and there is a lot of incentive to do that. We like them to have goals for everything.

We don't require our people to compete but we do encourage it and we play "Tom Sawyer" all the time. We ask them to come and whitewash the fence. But we treat every practise as if everyone wants to compete, as if they are all preparing to compete. It's okay if they don't, but WE'RE a competitive swimming program.

We have a lot of triathletes in the program, we treat them the same as everyone else. We train them as if they're going to compete in masters swimming. In fact we've had 3 sixth place finishes in the iron man (Hawaii) and we don't treat them any different. They do fly, back, breast and IM's when everyone else does and we tell them why that's going to help their triatholon. We give them a little more distance stuff.

Everyone should feel as if they belong, as if they have a place there. And we find that some people can get intimidated. People tell me that I'm too direct and am intimidating. Fortunately Sandy (Neilson-Bell) who's the other coach is such a sweetie that it balances out and when they get to know me they know I'm a pushover anyway.

But they sometimes get intimidated by others in the pool. We have a learn to swim program for adults that filter into our masters team, so we have all different standards.

In one of our pools we swim in a 3 lane, 3 foot, 25 metre pool and when you have a couple of elite swimmers in there that can be pretty intimidating to others. We make a point of telling them about that range, that we have the whole gambit, but that there are people just like them at whatever level they're at.

We want to create the expectancy of improvement - of rapid improvement, so when we're welcoming people into our program we let them watch some of the others swimming and show them where they were a couple of months ago.

We had one fellow a couple of months ago who came to us at 28 years of age and he could just barely make 25m freestyle. He had no knowledge of any other strokes. This summer he swam 200 fly, 400m, 1500 F/S at Nationals. He didn't win, but he was respectable.

It's really good to show them a guy struggling up to the pool then point to another one and say "See that guy there? Three months ago he was struggling as bad as that other fellow." This is how we create the expectancy.

PERSPECTIVE

We think it's tremendously important that people keep everything in perspective. We remind people all the time that in our program we provide people with the opportunity for people to pursue excellence in competitive swimming, but we acknowledge them/remind them why they are there. We remind them that they are there to keep their weight down or to keep fit, or to socialize.

We have a lot of swimmers like everyone has, or has done themselves, who get bummed out when they don't do well - that they don't swim as fast as someone else, that they don't progress as fast as someone else, so we think it is important to take them aside and talk to them about their purposes. Yes, they want to improve. Yes, they want to swim faster. Yes, we want to help them to do that. Yes, we can show them what to do better. They can be doing their drills a little better. They can be "getting after it" more but, "what are you here for?" (Oh yeah) "Are you getting fit and getting after it?" (Oh yeah) "Does it really matter if that guys beating you?" (Oh yeah, but not really) "It is more fun to beat him and you will get after it and beat him next time but the benefits, what you came here for, you're getting.

It takes a lot of reminding and it also takes a lot of pressure off that race and if you remember why you are doing it, that is what counts.

Q - How about someone who feels inadequate because he can't keep up the times he did five years ago?

A - Firstly, challenge the idea that they can't do it now. They may be finding it difficult now but that doesn't mean they can't do it. So the question is "What can you do differently?" As you get older you get injuries that may not enable you to do that and PERHAPS the aging process may not let us do that but that is not likely. You talk to Dave Costill (Ball State Uni Laboratory) and the research is showing that we don't need to slow down at least till 65 years and the only reason why we say that is because we don't have enough research on people who have trained straight through to that age. So we'll challenge that idea.

Is it psychological, is it 'cos they're not training as well, is it 'cos they don't have any goals, is it 'cos they think they're getting old?

But one thing we know. If they're not doing well they need to do something distinctly different. Having a different attitude, having a different stroke technique which is probably part of it, resting enough, eating right, taking care of the body well enough away from the pool, or not training properly.

CONTINUED NEXT ISSUE

SAFE EXERCISE FOR OLDER ADULTS

An excellent colour brochure has been produced outlining exercise procedure for older adults. It also includes comprehensive stretches for a home exercise program and guidelines as to exercise frequency, intensity and pulse rate counting.

I have given them to all participants in my over 50's water aerobics classes and are available at all times at my pool as a free handout to anyone interested. I recommend that all coaches send away for a stack and keep them on hand to give to new or prospective members. The guide is free and copies may be obtained by writing to The Director, Fitness and Safety Section, Department of the Arts, Sport, the Environment, Tourism and Territories, GPO Box 787, Canberra ACT 2601 - Phone (062) 689 542.

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5.	Endurance Training	Coach Mark Schubert
6.	Specificity of Training	Dr. Jack Wilmore
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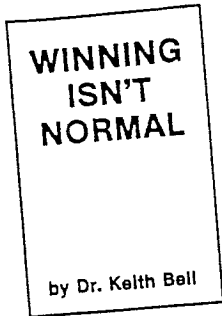
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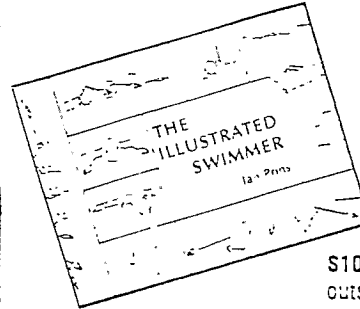
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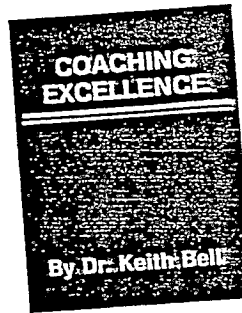
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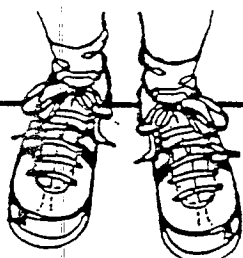
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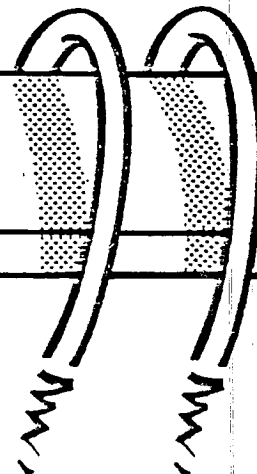
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USING YOUR RESOURCES



The following article was written by Kerry O'Brien, Masters Coach of the U.S.M.S. 1987 Short Course National Champions. Keep up the great work Kerry!

What an inspirational team!

Much of your success in increasing the size of a program, has to do with the amount of exposure that is available and utilizing this to the fullest. These are some of the tactics we used at Walnut Creek with good results. Newspapers: Introduce yourself to the sports writers and those in charge of human interest features for your local newspapers. Invite them to team functions, team breakfast, banquets, and so on. Some of our best articles for exposure didn't come from the sports sections, but from stores involving individuals with unique stories as to why they are swimming and not because of how well they are doing.

Once a story is published, show your appreciation with a bottle of wine and a thank you card. This can only improve your chances for future articles.

Sports Magazines: Many publications are dealing solely with adult fitness and health, which just so happens to be one of the cornerstones of masters swimming. They are eager to print helpful adds for their readers concerning places to swim and organized programs.

Newsletters and Flyers: If your team is sharing a facility (as most of us are) with an age group program, run an article in their monthly newsletter. Often swimming families come from parents with swimming backgrounds. Some of these parents only need an invitation and an opportunity to get back in the water.

A retirement community in your area is a great place to drum up business. By providing a one afternoon clinic, you can come in contact with some enthusiastic older swimmers that might be otherwise hard to reach. Many such communities offer their residents a form of shuttle service that can be organized to accommodate those who don't drive.

Flyers in new housing developments, or any neighborhood is just another way of making people aware of your program.

Using Your Facility: If your program is using a facility that also offers adult lap swimming, make your masters accomplishments and activities visible to the passer-by. With our program, we pick up a lot of new members who were just lap swimming in the lanes adjacent to our workout and became interested by simply observing and becoming frustrated by the chaos in their own lanes.

Advertise your teams "out of the water" activities at a visible location, keeping in mind that to many prospective members, a social group is just as important as a workout group.

THE WORKOUTS

As you begin to get this steady influx of new members, it's important to remember that the rookies (those without a lot of swimming background) often need to see results soon, to fight-off any discouragement that might come from being cast into a sea filled with better and faster swimmers. We hold a "rookies only" practice three times a week for this very reason. The numbers are much lower, so to allow more time for individual instruction. Some of our older swimmers (non-rookies) will attend these workouts and fit in nicely.

At Walnut Creek, the coaches publish a monthly workout calendar that tells basically what type of practice each day will consist of and whether in be long slow distance, pace work, specialty, backstroke stroke work, and so on. That way those swimmers who cannot attend workout on an every day basis, can adjust their schedule to make the days that most appeal to them. Everyone seems to appreciate this system, and they really let me have it when their not out on time.

Through the course of a week or a month, there should always be structured sets designed to let swimmers gauge their progress. The Pacific Masters Swimming Association has just developed a "super set" program for all registered PMS swimmers to participate in, to acknowledge improve on a set of 10 x 100 for all levels of swimmers. It's these kinds of ideas that are going to best keep the interest of the "not-so-great" swimmers, of whom for most teams, are largely part of our membership is made up of.

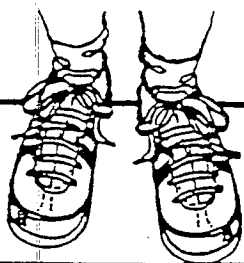
TEAM MANAGEMENT

As a program grown in a favorable direction, it becomes more evident how important it is to have a supportive body behind you. When our Walnut Creek team started it's period of a consistent increase in numbers, one of our best moves was to rethink our system of decision making. We went from a board consisting of coaches, president, vice president, treasurer, and secretary, and a membership meeting once a month to discuss team events and concerns; to a system which let the membership elect a men's and women's team captain for each calendar year.

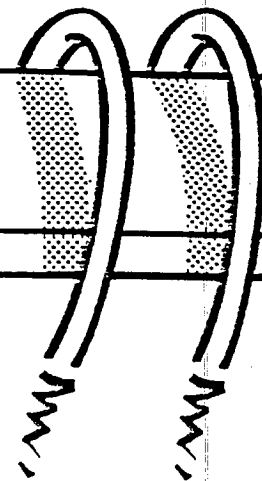
We retrained a secretary and put more emphasis on making our newsletter more informative regarding team policies, functions, and accomplishments. With this system, every members opinion is welcome, but all major decisions concerning the team are made solely by the head coach and the two team captains. Three votes.

The membership's primary responsibility in team management is to elect good, hard working captains. The captains primary responsibilities in team management are to plan and schedule the team's social events, meet the administrative needs of the coaches, and always have the team's best interest in mind. The secretary's job is to keep the books and cut the checks. The Newsletter Editor's responsibility is to keep the membership level informed. All this allows the coaching staff to attend to their primary responsibilities - that of directing the team and running the workouts and clinics.

Our experience with this type of a set up has resulted in many good ideas being introduced into the program quicker.



WARM UPS



- . 400m IM reverse order ie
kick 25m swim 25m then
4 x 50m build speed on 60 -
your choice
- . 5 x 100m F/S on 2.00
Decrease times from no. 1
to no. 5 by 2 secs/100m
- . 5 x 100m F/S on 2.00
ie 25m easy
50m moderate
25m fast
- . 400m easy } F/S
200m Moderate } 45 secs
100m Fast } rest
2 x 50m max }
- . 200 F/S } Easy pace
200 BK } non stop
200 BRST }
- . 2x [200 swim - 50 kick
150 swim - 50 kick
100 swim - 50 kick
50 swim - 50 kick
- 1st set swim and kick
2nd set pull and kick
OR
1st set F/S
2nd set Form
- . 4 x 150m IM's easy
No fly - 20 secs rest
- . 4x [1 x 50m slow
1 x 50m moderate
1 x 50m building speed
to maximum
1 x 50m your choice
on 1.15] F/S
on
55
secs
- . 500m drill ie
25m right arm
50m catchup stroke
- . 1000m SKIPPD
ie 200m Swim
200m Kick
200m Pull
200m Paddles
200m Drill
- . 200 F/S
100 IM
200 BK
100 IM
200 BRST
100 IM] 30 secs
rest
comfortable
speed
- . 4 x 200m F/S on 4.00
focus on a different part
of your pull each 50m ie
50m catch phase
50m middle of stroke
50m push through
50m combine all together
- . This assumes that everyone
knows how many strokes they
do per lap. On average
1 stroke/metre is a reasonable
stroke count.
5 x 200m F/S on 4.00
ie 1 x 50m 50 strokes
1 x 50m 49 strokes
1 x 50m 48 strokes
1 x 50m 47 strokes
when they can achieve this
make them do the last lap fast.
- . 2 x 200m on 3.30 easy
2 x 100m on 2.00 moderate
2 x 50m on 1.15 fast
2 x 25m on 1.00 max] F/S
- . 2x [100F/S
on 75m 2nd stroke
5min 50m 3rd stroke
25m 4th stroke
- . F/S [1 x 200 easy
on 1 x 200 moderate
3.30 1 x 200 fast
[1 x 200 kick
- . 4 x 100's F/S on 1.40
4 x 75m 2nd stroke on 1.30
4 x 50m 3rd stroke on 1.10
4 x 25m 4th stroke on .45
- . 2x [100 F/S
20 100 BK
secs 100 BRST
rest 100 IM

NB: Times and quantities must be adjusted to suit abilities.



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11th February, 1989

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Claims of this nature are becoming more frequent and therefore in order to provide protection for our coaches and teachers, AUSSI Masters Swimming has arranged through Insurance Exchange of Aust. a group policy which you can join for a premium of \$20.00 inclusive of Stamp Duty and Policy Fee. The policy will protect you for a limit of \$2 million for each and every claim made against you. There is a policy excess for each and every claim of \$500.00

Consider what you would do if you were presented with a solicitor's letter holding you responsible for a serious accident to one of your members which has resulted in that person becoming a quadriplegic. Now you need worry no longer, as the policy extends to cover your legal costs in defending an action brought against you, as well as for the cost of the final settlement.

The policy cover commenced on 1st January 1989 and we would ask you to send a cheque for \$20.00 made payable to : Insurance Exchange of Australia and the attached form to AUSSI MASTERS SWIMMING
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