



# Progress

## Stroke and Stamina Squads

James Nock, Head Coach.

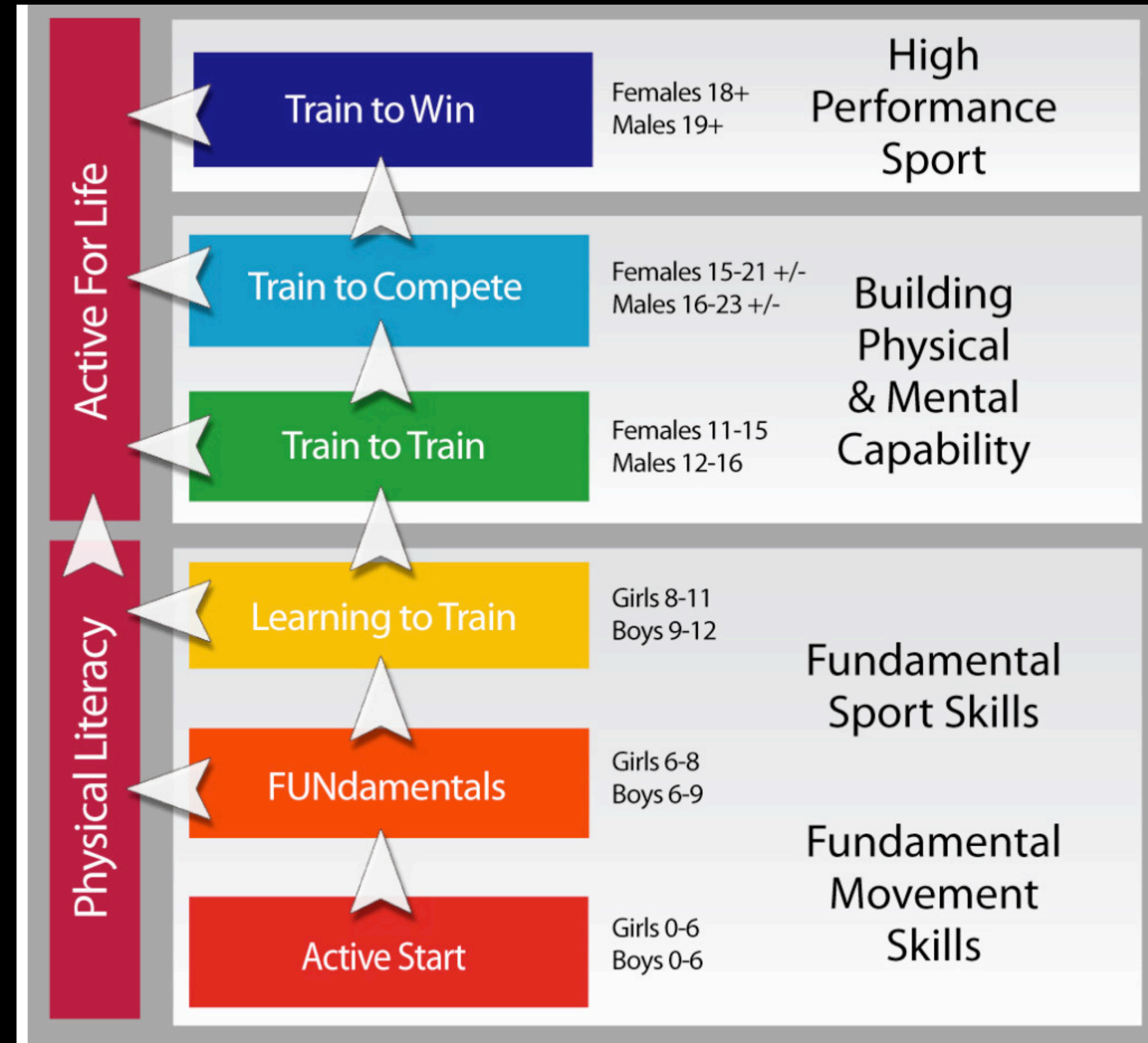
# This presentation

A brain dump 🧠

- Long Term Athlete Development
- Focus
- Things you **really** need to know

# Long Term Athlete Development

The bigger picture



# The focus

## In the pool

- Technique on all 5 strokes
  - Butterfly Kick Underwater = 5th Stroke
- Starts & Turns
- Using a Pace Clock
- Training at the right speed at the right time
- Look & Listen 👁️ 👂
- Drink 💧

# The focus

## Outside the pool

- Rest 🌙
- Drink 💧
- Food 🥗
- Screen time 📱

# Should I do competitions?

## What are they for?



- Training is far more important than racing
- Racing helps us build experience
- Racing shows what speed we can go when we test ourselves
- It doesn't matter how fast you are right now

# Expectation vs Reality

Everyone's journey is different



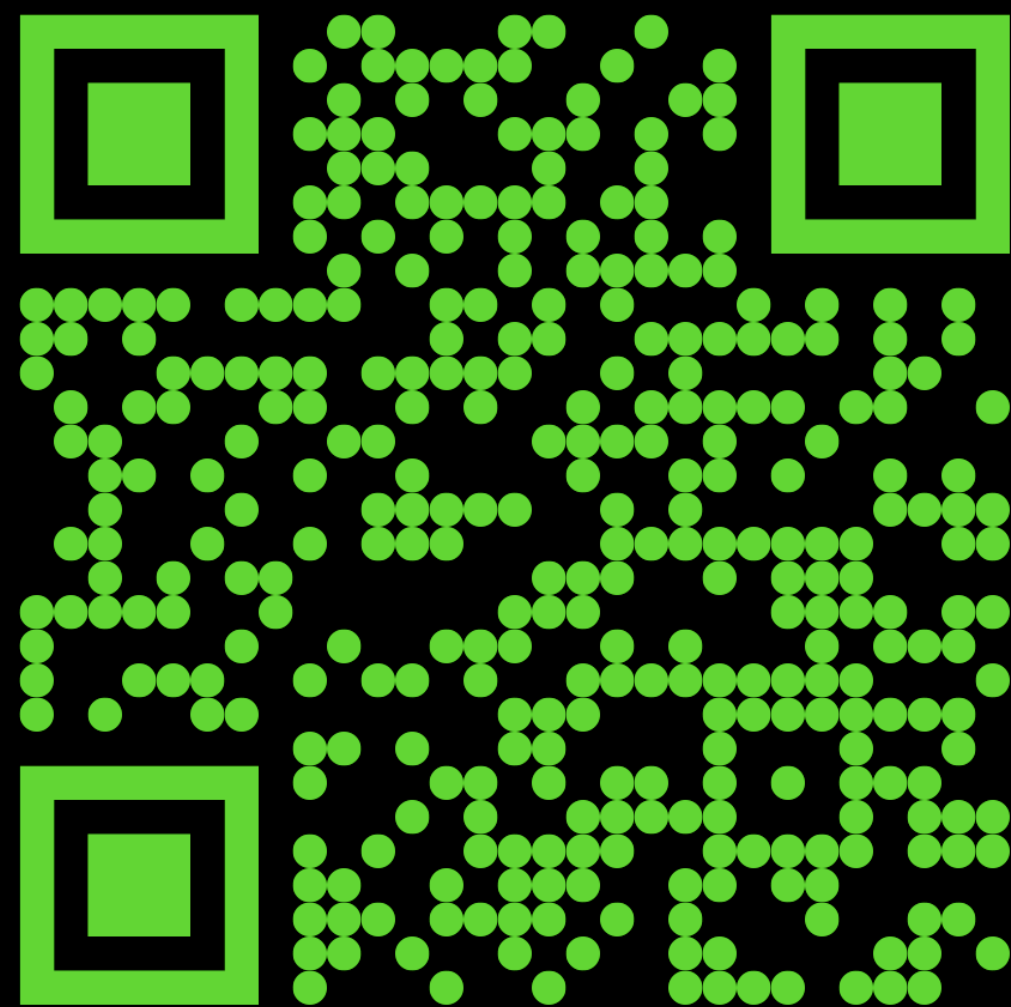
**Help us on our journey**



**Let's do this!**  
Swim like you mean it

**Thank you.**

**Any Questions?**



Our Website

[www.sussexswimming.org](http://www.sussexswimming.org)

[www.swimmingresults.org](http://www.swimmingresults.org)



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