

News For

SWIM PARENTS

Published by The American Club Swimming Association
2101 North Andrews Ave., Suite 107
Fort Lauderdale FL 33311

Why Do Coaches Gear Practices To The Ability Level Of The Best Swimmers?

Coach Mark Schubert: "If you want to raise the level of your team, you have to center your workout around the best swimmers on the team. You don't ignore the other swimmers, but you tailor the workouts to challenge the best swimmers, so the others tag along and raise their level. You can set tough intervals, and adjust the way the sets are done for slower swimmers, but you certainly don't motivate the better swimmers by having them go a lesser workout centered around the majority of the team. "I also feel that by giving extra attention to the better swimmers, you motivate the lesser swimmers to strive to be better, so they get that attention. As you gradually raise the team level, you will have people breaking through and challenging the good swimmers."

Coach Ira Klein of the Sarasota Y Sharks seconded that idea by saying that it's natural that kids who lead lanes get more time between repeats for valuable feedback from the coach, and that the prospect of earning such attention motivates more kids to take a leadership position in practice, rather than habitually swimming in the back of the loop.

Some coaches, such as Chris Martin of the Peddie School, start loops concurrently at both ends of the pool in order to create twice as many "leaders."