

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

ADVANCED COACHING 202

HOW TO GET FROM GOOD TO GREAT

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THANK YOU



DISCLAIMER

- EVERY CLUB...EVERY TEAM...EVERY SCHOOL...EVERY CHURCH...EVERY FAMILY...EVERY RELATIONSHIP...
- MY OBJECTIVE TODAY: _____

APPEARANCE



POSTURE



DECK PRESENCE

- WALK WITH PURPOSE

1ST MEET I ATTENDED @UT

- CHAIRS
- NEWSPAPERS
- HANGOVERS
- UNTUCKED
- DISINTERESTED
- "...ARE YOU ALL GOING TO MAKE IT THAT EASY...?"

WHAT DO YOU DO?

- WHAT OTHERS WON'T
- WHAT OTHERS DON'T
- DO IT BETTER
- DO IT CONSISTENTLY

AZUL



BACK TO BACK TO BACK TO BACK



GOING THROUGH THE MOTIONS



NICK SABAN

- “MOST PROGRAMS PRACTICE IT UNTIL THEY GET IT RIGHT. WE PRACTICE IT UNTIL WE CAN’T GET IT WRONG.”



ATHLETE PROGRESSION

- **COMPETITIVE TRACK:**

- INTRO TO NITRO
- BRONZE
- SILVER
- GOLD
- TAGS 2
- TAGS 1
- SECTIONAL DEVELOPMENT
- NATIONAL DEVELOPMENT
- NATIONAL

- **DEVELOPMENTAL TRACK:**

- TECHNIQUE AND FITNESS (TF)
- MIDDLE SCHOOL/HS TRAINING
- SENIOR

ATHLETE RETENTION/DEVELOPMENT “TRUST THE PROCESS”

- COMMUNICATED REPEATEDLY
- LONG TERM APPROACH
- TIMELINE
- BIG PICTURE
- 74% STAT
- THE “VALLEY” TALK
- BURN OUT?
- MEASURE PROGRESS IN OTHER WAYS
- REMIND THEM OF REASONS THEY ENJOY SWIMMING-DAILY

QUESTIONS TO NCAA COACHES

1. DESCRIBE YOUR SEASON PHASES: SEPT-MARCH

2. LAST 2-3 YEARS, WHAT CHANGES HAVE YOU MADE (EITHER ADDED OR MOVED AWAY FROM)?

3. TWO IDENTICAL RECRUITS ON PAPER, WHAT ARE THE DIFFERENCE MAKERS?

RESPONSES FROM:

- UNITED STATES NAVAL ACADEMY
- UNIVERSITY OF MARYLAND BALTIMORE COUNTY (UMBC)
- UNIVERSITY OF MISSOURI
- UNIVERSITY OF CALIFORNIA AT SANTA BARBARA (UCSB)
- NOTRE DAME
- OAKLAND UNIVERSITY
- TCU
- UNIVERSITY OF TEXAS (WILL LICON)

SEASON PLAN: SEPT - MARCH

- ALL WERE SIMILAR. SEPTEMBER --TECHNIQUE, KICKING, RUNNING 3X A WEEK, WEIGHTS
- OCTOBER: INCREASED WORKLOADS, WEIGHTS, YARDAGE.
- NOVEMBER: MEETS AT END OF MONTH/EARLY DEC. SHORT REST PERIOD. MISSOURI 10 DAY REST. OTHERS SHORTER.
- DECEMBER: REST MEET, SOME SHAVE. MAINTAIN THROUGH EXAMS AFTER MEET.
- JANUARY: GET BACK TO WORK AFTER CHRISTMAS TRAINING. TCU SAYS: _____
- FEBRUARY-MARCH: RACE PACE, SWIMMING FAST

SEASON PLAN – MORE DETAIL

- OAKLAND: FIRST SIX WEEKS (SEPT TO MID OCT): FOCUS ON GENERAL ENDURANCE. YARDAGE TOTALS GO FROM 30,000-60,000 DURING THIS TIME. WEIGHTS: MUSCULAR ENDURANCE – LIGHT WEIGHTS, MAX REPS – CIRCUIT TRAINING. LCM PRACTICES FOR ALL AM'S.
- MAJOR FOCUS – INTRODUCE KNOWLEDGE ON DECREASING DRAG + INCREASING PROPULSION. FLY IN DR. MAGLISCHO TO WORK ON BIOMECHANICS WITH TEAM FOR 1 WEEK.
- INTRODUCE THE IMPORTANCE OF UNDERWATER DOLPHIN KICKING. 1 X WEEK WE SWIM AN 800 MTR FREE W/FINS. STARTING WITH THE FIRST PUSH-OFF WE DO 1 X DOLPHIN KICK OFF WALL, 2ND LAP WE DO 2 X DK OFF WALL, ETC FOR 16 LAPS. BREATH CONTROL, STREAMLINING AND WORKING ON IMPROVING MECHANICS OF KICKING MOTION. TEST ANKLE FLEXIBILITY. MID OCTOBER, BREAK INTO GROUPS.

- OCTOBER-INTRODUCE TEST SETS. 10 X 300@4 BEST AVERAGE; 20 X 50@3 MAJOR STROKE – BEST AVERAGE; 8 X 100@8 MAJOR STROKE ALL OUT. POWER HOUR--- 60 X 25@:60 FAST, FAST, FAST. ½ WITH FINS.

LAST 2-3 YEARS, WHAT HAVE YOU CHANGED?

- USNA: DAVE SALO 60 X 25'S SET; 2016-2017 EMPHASIS ON MENTAL TRAINING
- MISSOURI: INCREASED COMMITMENT TO THEIR PROCESS. SENIOR CLASS WAS RECRUITED BASED ON THAT COMMITMENT. MADE A BIG IMPACT.
- OAKLAND: UNDERWATER DOLPHIN KICKING. INCL 1 X WK 800 LC W/FINS ADDING ONE UNDERWATER TO EACH LENGTH (1-16).
- UMBC: GROWTH IN LEADERSHIP, TEAM CULTURE, VALUES
- TCU: ADDING TRITON WEAR
- UCSB: KICKING, UNDERWATER WORK, 25'S USRPT FORMAT ("SHOOTERS"), TEST SET WEDNESDAY AM'S OFF BLOCKS, HARDEST/LEAST FAVORITE, BUT MOST BENEFICIAL.
- NOTRE DAME: SLOW MOTION VIDEO REVIEW. DON'T EVER MOVE TOO FAR AWAY FROM PULL SETS.

CHANGES MADE (CONTINUED)

- NITRO: *"I DON'T THINK YOU CAN JUST SWIM TO SWIM ANY MORE. THERE ARE A FEW KIDS THAT HAVE THAT "OLD SCHOOL" ABILITY, BUT I THINK MORE AND MORE YOU HAVE TO GIVE EACH SET A TWIST OR CHALLENGE. FOR EXAMPLE DOING 125'S ON 1:40 IS EASY, BUT DOING 125'S ON 1:45 WHERE YOU ARM LEAD SPRINT KICK AT THE FLAGS INTO EACH WALL AND DON'T BREATHE FOR 3 STROKES OFF THE WALL IS A LOT MORE CHALLENGING. I'VE FOUND MYSELF MORE AND MORE WRITING BLAND SETS AND THEN INCORPORATING THE SKILLS I WANT IN THEM. TAKE 48X50 FREESTYLE ON :45, THEN MAKE IT CHALLENGING WITHOUT ASKING THEM TO SWIM FAST, ADD UWKS, ADD BREATH CONTROL, ADD ANYTHING YOU CAN THINK OF AND THEY WILL GET A LOT OUT OF IT."* –ELLIOTT MCGILL

TWO RECRUITS... SIDE X SIDE WHAT ARE THE DIFFERENCE MAKERS?

- USNA: COACH RECOMMENDATION OVER PHONE AND ON PAPER.
- MISSOURI: POSITIVE ATTITUDE (LEARNED IN RECRUITING CALLS AND VISITS), WORK ETHIC (REPORTED BY CLUB COACHES AND WE GET HONEST ANSWERS FROM COACHES), WHETHER OR NOT THEY GET ALONG WITH OUR TEAM (LEARNED DURING UNOFFICIAL OR OFFICIAL VISITS), SHARED VALUES (AN UNDERSTANDING OF WHAT IT MEANS TO COME TO MIZZOU. HOW THEY TREAT AND SPEAK TO THOSE AROUND THEM (OBSERVED AT CLUB PRACTICES AND HOME VISITS). WHILE NO RECRUIT IS PERFECT IN ALL OF THESE AREAS, THERE ARE RED FLAGS IF SOMEONE SHOWS US THAT THEY DON'T MEET OUR STANDARDS.

TWO RECRUITS (CONTINUED)

- OAKLAND: WHAT KIND OF TEAMMATE THEY ARE.
- UMBC: WE TYPICALLY REFER TO THE CLUB COACH FOR INSIGHT ON LEADERSHIP QUALITIES, POSITIVITY IN WORKOUT AND MEETS, LEVEL OF INTERNAL MOTIVATION, BEHAVIOR WITH TEAMMATES, EFFECT ON TRAINING GROUP CULTURE... THOSE X FACTORS THAT CAN HAVE A HUGE INFLUENCE ON A NEW TEAM. WHEN THEY COME FOR AN OFFICIAL VISIT, WE RELY HEAVILY ON THE OPINIONS OF THE CURRENT ATHLETES ON WHETHER THE RECRUIT WOULD BE A "GOOD FIT"

TWO RECRUITS (CONTINUED)

- TCU: "WE LOOK AT INTEGRITY AND VALUES. TALK TO THE CLUB COACHES AS WELL AS SCHOOL ADMINISTRATORS. GET THE OVERALL FEEL OF THE ATHLETE, NOT JUST HOW FAST THEY ARE. ARE THEY IMPROVING OR CONTINUING TO IMPROVE."
- UCSB: "I'M GOING TO LOOK AT SIZE (FOOT SIZE ALSO), PROGRESSION AND VIDEO. IF AN ATHLETE CAN INCLUDE VIDEO WITH THEIR RECRUITING INFORMATION, I APPRECIATE IT. WATCHING AN ATHLETE SWIM IS ALWAYS IMPORTANT, ESPECIALLY IF I AM UNABLE TO SEE THEM SWIM IN PERSON. I WOULD ALSO CONTACT THE CLUB COACHES OF THE ATHLETES TO GET A SENSE OF WHAT KIND OF TEAMMATE THEY ARE."
- NOTRE DAME: "GRIT. HUMILITY. INTELLIGENCE. RESPECTFULNESS."

SEAN GRIESHOP


400IM 3:44/4:13; 500 FREE 4:15

- SEAN'S FAVORITE SETS:

- 100IM @1:10
- 200IM@ 2:10
- 300IM@3:10
- 400IM@4:10
- 500 FREE @5:10
- 400IM@4:10
- 300IM@3:10
- 200IM@2:10
- 100IM@1:10

10 X 400IM OFF BLOCKS (LCM) @6:00

"AFTER THAT SET, I BELIEVED I COULD DO ANYTHING!"



CHRIS YEAGER

1500 15:17, 1650 14:55

- 4 X 1500M LC @ 18:00, DESCEND 1-4

- 3 X THROUGH:

- 300@3:15 HOLD UNDER 2:50

- 200@2:15 HOLD UNDER 1:50

- 100 @1:15 ALL OUT

- 1 MIN REST



SEAN – THE ONE POSITIVE THING: “MY APPROACH. I ENJOY COMING IN, LOVING THE SPORT, AND I LOVE THE PAIN OF A GOOD SET!”



WHAT ONE THING HAVE YOU MOVED AWAY FROM?

- SEAN: I CHOSE TO STOP EATING FAST FOOD BURGERS.
- CHRIS: REDUCED/ELIMINATED SUGAR, EXCEPT FOR CHOCOLATE CHIP PANCAKES ONCE A WEEK.

WILL LICON

- QUESTION 1: THROUGH OUT THE FIRST SEMESTER IS USUALLY WHEN WE ATTACK THE REALLY HARD PHASES OF OUR TRAINING AND KIND OF ESTABLISH OUR "BASE" FOR THE SEASON. WE HAVE NICKNAMES FOR 2 MONTHS OF IT, OCTOBER WE CALL, "ROCKTOBER" (HAHA) AND NOVEMBER WE CALL "SLOWVEMBER" DUE TO OCTOBER BEING SO HARD. SLOW AS IN WE'RE ALL JUST REALLY BROKEN DOWN. AFTER CHRISTMAS TRAINING, WE USUALLY GO MORE INTO FINE TUNING OF EVERYTHING AND GETTING OUR BODIES READY TO RACE AT CONFERENCE AND THE NCAAS.

WILL LICON (CONTINUED)

- FAVORITE SET? EDDIE DOESN'T REPEAT SETS THAT OFTEN OR AT ALL, BUT THERE IS A TEST SET THAT WE DO THAT CONSISTS OF A 150 ON 2:00, AND 3X50S ON :45, WE USUALLY DO THAT SET 3-4 TIMES AND SEE HOW FAST WE CAN ADD UP A BROKEN 300. ONE OF THE HARDEST SETS THAT WE DO IS 20X50'S FLY ON :35 THAT WE DO ON NEW YEAR'S DAY. ALSO FOR US AT LEAST, THE HARDEST SETS THAT WE DO ARE HONESTLY OUR SPEED SETS JUST BECAUSE THERE ARE SO MANY PEOPLE AT SUCH A LEVEL RACING AND EVERYONE GETS SO COMPETITIVE THAT WE PUSH EACH OTHER TO TIMES WE NEVER THOUGHT WE WOULD BE CAPABLE OF DOING.

WILL LICON (CONTINUED)

- TWO THINGS THAT I THINK EDDIE AND KRIS HAVE HELPED ME WITH OVER THE LAST 4 YEARS ARE THE ADDITION OF WEIGHTS FOR SURE. THAT HAS HELPED ME TREMENDOUSLY. SECOND, TO BE HONEST, I THINK IT'S JUST THEIR MINDSET OF JUST WANTING THEIR SWIMMERS TO IMPROVE AND GET BETTER EVERYDAY RATHER THAN WINNING.

WILL LICON (CONTINUED)

- ON THE MOVING AWAY SUBJECT, PERSONALLY, I THINK **NOT** DOING JUST HARD/FAST INTERVAL TRAINING ALL THE TIME HAS HELPED A LOT AS WELL. IT SEEMS LIKE YOUNGER KIDS ARE SORT OF PUSHING THROUGH WORKOUTS ALL THE TIME THAT ARE JUST FOCUSED ON GOING FAST ON AS LITTLE REST AS POSSIBLE. NOT SAYING THAT'S BAD AT ALL, BUT AS I GOT OLDER, I THINK NOT DOING IT ALL THE TIME AND MAKING AN INTERVAL A LITTLE SLOWER BUT REQUIRING A GREATER EFFORT HAS REALLY HELPED ME A LOT.

WILL LICON PARTING THOUGHTS...

- WHAT DID WE AT NITRO GET RIGHT WITH YOU? "WITH MY TIME ON NITRO, I DON'T THINK VERY MANY, IF ANY CLUB TEAMS WORK AS HARD AS YOU ALL EVERYDAY AND IT MADE BALANCING THE COLLEGE WORK LOAD BEARABLE WHEN I GOT HERE. ALSO, I THINK BEING PREACHED THE VALUE OF A TEAM AND NOT BEING A SELFISH SWIMMER WAS A HUGE PART NOT JUST FOR ME BUT EVERY ATHLETE ESPECIALLY IN THIS SPORT. IT ALSO PROVIDED ME WITH TWO STATE OF THE ART TRAINING FACILITIES THAT 99.9% OF CLUB TEAMS DON'T HAVE TO TRAIN AT EVERYDAY."

INSIDE LOOK AT NITRO-SEPTEMBER

SEPTEMBER- KICKING AND TECHNIQUE. WE BUILD UP FROM AN AVERAGE WORKOUT DISTANCE OF 4000 TO ABOUT 6000. WE WILL START OFF WITH AN HOUR OF TECHNIQUE EVERY DAY AND THEN A 30 MINUTE KICK SET AND THEN A 30 MIN AEROBIC SET. ALL OF OUR KICKING IS DONE WITHOUT A BOARD AND IS BODY LINE FOCUSED. WE REALLY FOCUS ON DOING THE DRILLS RIGHT AND WON'T MOVE FORWARD UNTIL THE KIDS HAVE IT DOWN.

INSIDE LOOK AT NITRO - OCTOBER

- THIS MONTH WE WILL BUILD UP TO 5000-8000 PER PRACTICE, SOME DISTANCE KIDS MIGHT SNEAK IN A LITTLE MORE. THE TECHNIQUE WORK WILL GET REDUCED BUT MORE INDIVIDUALIZED. THEN I REPLACE THE TECHNIQUE WORK WITH STROKE COUNT, RACE PACE, AND TEMPO TRAINER SETS. OCTOBER IS USUALLY A VERY HIGH QUALITY MONTH FOR US.

INSIDE LOOK AT NITRO - NOVEMBER

- CONTINUE WHAT WE DID IN OCTOBER BUT MOVE KIDS AROUND DEPENDING ON WHAT ENERGY SYSTEMS THEY NEED TO HIT LEADING INTO WINTER TAPER MEETS. SOME KIDS MIGHT NEED MORE AEROBIC POWER, OTHERS MIGHT NEED MORE AEROBIC CAPACITY.

INSIDE LOOK AT NITRO- DECEMBER

- AFTER TAPER WE LIKE TO HIT THE LEGS DURING WINTER TRAINING. NOT A BIG FAN OF OLD SCHOOL DOUBLES EVERYDAY KIND OF THING. THE KIDS AREN'T COMING OFF A BREAK AND REALLY ARE IN BETTER SHAPE THEN MOST COACHES GIVE CREDIT. WE PRETTY MUCH GET RIGHT BACK INTO OUR WEEKLY ROUTINE. ALSO HELPS WITH GETTING BACK TO SCHOOL IN JANUARY.

INSIDE LOOK AT NITRO- JANUARY

- YARDAGE IS VERY SIMILAR TO THE FALL, BUT WE WILL GET MORE QUALITY FOCUSED AND BUILD IN MORE AEROBIC MAINTENANCE SETS. TRY TO GET MORE OF A RACE FOCUS 3-4 TIMES PER WEEK.

INSIDE LOOK AT NITRO- FEBRUARY

- HS MEETS ARE TOUGH TO HANDLE HERE BECAUSE MOST KIDS HAVE TO TAPER AT REGIONALS TO MAKE STATE. THROW IN SECTIONALS AT THE END OF THE MONTH AND YOU'RE TRYING TO PREPARE FOR THREE MEETS IN 1 MONTH. LOTS OF RACE PACE SETS AND RECOVERY/MAINTENANCE WORK.

INSIDE LOOK AT NITRO- MARCH

SINCE OUR SCY SEASON ENDS EARLIER (WE DON'T DO NCSA OR A LATE SECTIONALS) IT ALLOWS US TO HAVE AN EARLIER BREAK, AND THEN GET A HEAD START ON LCM THE LAST 2-3 WEEKS OF MARCH. WE PRETTY MUCH GO BACK TO WHAT WE DID IN SEPTEMBER BUT ADJUST DRILLS AND FOCUS DEPENDING ON WHAT WE LEARNED FOR SCY. MORNINGS ARE LCM.

MY PARTING THOUGHTS

URGENCY/HEAD AGE GROUP COACH STORY

ALWAYS HAVE SOMETHING TO SAY

APPRECIATE WHAT WE DO FOR A LIVING – DAILY – IN EVERY INTERACTION

SMILE MORE

MAKE EACH ATHLETE BETTER – EVERY PRACTICE

DELIBERATE COACHING

EVERY STROKE CYCLE...

RECAP/REMIND

IT'S BIGGER THAN SWIMMING