

RACE STRATEGY FOR EACH EVENT

In this clinic, we present data on how the best swimmers in the world swim their races.

DYNAMIC WARMUP

Rather than swimming slow in order to swim fast, use movement to wake and loosen the body. Animal movements, plyometrics, PVC pipes, and stretch chords.

NUTRITION: 100 CALORIES SHORT IS WORSE THAN 1000 CALORIES SHORT

Learn the importance of great nutrition and implement the idea of “Gap Snack” to avoid the energy pitfalls of many swimmers.

IMPORTANCE OF STRUGGLE AND FAILURE

If success is a cake, struggle and failure are it two most important ingredients.

ACCOUNTABILITY

“There is not secret formula. It takes what it takes!” Learn how to maximize accountability so that you are not falling short in the big moments.

LEAP OF FAITH

Every time you try to do something new in life, it takes a leap of faith. Embrace it.

EARLY SPECIALIZATION VS ALL STROKES, ALL DISTANCES

Learn how to view success as a pyramid. The foundation of your success is found in the amount and array of experiences you have. Don't crumble your foundation with early specialization.

RECRUITABILITY

Which swimmers hold the most value in the world of recruiting? Which characteristics are coaches looking for? In this seminar, we teach you how to balance and maximize your love for the sport with your desire to be recruitable.

SECRET TRAINING

If everyone is working hard, how do you set yourself apart?

IMPORTANCE OF LONG COURSE SWIMMING:

A long course pool is 3 times longer than a short course pool. Learn why this is true and how to use it to your advantage.

USA SWIMMING MOTIVATIONAL TIMES: WHAT DOES IT MEAN?

Motivational times are misunderstood and underutilized. Let's change that for your swimmers.

QUALIFYING VERSUS PERFORMING

Why is there such a difference between qualifying for an event and performing well at an event? Let's explore this topic so that your swimmers can be ready to perform on the big stage.

EFFORT + COMMITMENT + CONSISTENCY = RESULTS

Simple formula. Hard to follow. Tremendous results.

WHAT IS FULL POTENTIAL

One of my favorite topics to discuss. Let's take a look at what full potential is so that we can help navigate swimmers' paths toward it. .

PRACTICE IS CODING, RACING IS PLAYING.

Everyone plays games on their phone. Practice is coding the app, racing is playing the app. Viewing practice like this can be a total game-changer for an entire club.

BAD DAYS ARE THE MOST IMPORTANT

There's no way around it. We have more bad days than good days. Learning how to have effective practices during your bad days may be the most important thing you learn this year.

GOAL SETTING

In this clinic, I teach swimmers that goal setting is like using a map to get where you want to go. If you don't know where you are, the map is useless.

DOES HOW YOU FEEL REALLY MATTER?

Cliff notes: it doesn't matter how you feel! Real world examples to help your swimmers avoid the pitfalls of thinking that it's supposed to feel a certain way.

LIONS AND GAZELLES

In this clinic I use this analogy to challenge the prevailing mindset of the last prelims session of a meet, unlocking levels of performance previously accepted as impossible.

THE ILLUSION OF 100%

One of the biggest challenges as a coach is teaching their athletes that what they think is 100% is not.

NERVES ARE LIKE WAVES

Being nervous is like a wave. If you are ready for it, you can ride it!