

SEASON PLANNING

Let me help your coaches with season planning.

MEET PREP VS TAPER

For some, taper is a thing of the past. Let's talk about meet prep.

RECRUITABILITY

Let's get real about the recruitability of swimmers.

ALL STROKES, ALL DISTANCES

Your program should be aiming to be excellent in all strokes, all distances.

CHASING CUTS

The avoidable pitfalls of chasing cuts.

IMPORTANCE OF NUTRITION

How to introduce and reinforce the topic with your members.

RACE MODELS

What are race models? How can you use them for training and evaluating?

TEAM PERFORMANCE ASSESSMENT

- Performance assessment
- National Average Progress
- IMX
- VCC
- Champs

ENERGY SYSTEM PROFILES FOR RACES

Let's talk about the specific energy systems used to fuel strategies in each race.

QUALITY VS QUANTITY:

Are you using repetitions to your advantage or will they come back to haunt you?

IMPACTFUL SWIMMER RECOGNITION STRUCTURES

- Top-10 time drop
- Immaculate
- Triple Crown
- Swimmer Highlights