



OF THE WORLD SWIMMING COACHES ASSOCIATION
phone 954.563.4930 fax 954.563.9813

WSCA Board Meeting To Be Held at Gold Medal Clinic!

The WSCA Board of Directors will meet during the WSCA Gold Medal Clinic in Acapulco, Mexico, August 17-20, and not at the World Champs in Montreal. Specific dates and times will be emailed to the Board by June, 2005. Representatives of all nations will be welcome to attend the Board Meeting, with or without a vote on the Board.

The WSCA will hold an informational and discussion meeting in Montreal on July 21, Thursday, in the evening. Location to be emailed to the membership as soon as decided. Please plan to attend, Anyone may attend this meeting.

The 4th Gold Medal Swim Coaches Clinic!

Acapulco, Mexico

August 17-20, 2005

See page 10 for more details and registration info.



American Swimming Coaches Association
World Clinic September 5-11, 2005 , Fort Lauderdale ,FL

Australian Swimming Coaches Association
World Clinic April 27 - May 1, 2005, Australia

World Swimming Coaches Association
Board Meeting - August, 2005, Mexico

International Schedule An Increasing Problem

By John Leonard

It has become clear that the present plan of a short course world championship in the same year as the Olympic Games, with only 12 months between the O. Games and the Long Course World Championships, is not in the perceived best interests of an increasing number of the world's best swimmers, who either chose to miss World Short Course

in Indy, or will skip the World Long Course in Montreal, or have skipped both. With this in mind, I wrote a letter to FINA President Mustapha Larfaoui on Jan. 20, respectfully requesting a review of the FINA Championships calendar, and proposing the following schedule instead, beginning in 2009.

**Year One 2008- The Olympic Games - Summer
(northern hemisphere)**

**Year Two 2009 - World Short Course Champs, April, 2009
(nine months after O. Games.)**

**Year Three 2010 - World Long Course Champs. July, 2010
(15 months after W. Short Course.)**

**Year Four 2011 - World Short Course Champs, April, 2011
(9 months after W. Long Course.)**

**Year Five 2012 - Olympic Games - Summer
(15 months after W. Short Course.)**

This schedule retains one major world swimming event every year, thereby retaining focus on our sport. It allows 9 months from long course to short course champs, and 15 months from short course champs to Long Course Champs. These intervals allow adequate recovery, rest, regeneration and proper preparation for world record performances in each meet, and will more likely attract the full field of the world's best swimmers to each RNA Championship.

In a survey of 358 WSCA Members in 38 nations around the world, with over 200 coaches responding, every single response was positive towards the change.

Clearly the changes necessary to the FINA Calendar will be a major discussion point for WSCA meetings in 2005. It is vital that coaches forward their views on the schedule as it currently exists and as proposed here, to the FINA Coaches Commission, via their federations.

Thank you for considering these ideas.
- *John Leonard*



The following two articles from 1999 at the ASCA World Clinic are outlines of great presentations by Dennis Pursley and Chuck Warner, about running a world class program and the history of one of the greatest distance swimming events of all time.

A Program Designed to Produce Swimming Excellence - What Does It Look Like?

Dennis Pursley - 9/10/99

Mr. Pursley says that he agreed to do this talk because the U.S is not getting to the next level in swimming.

I. Program Essentials

- A. *Philosophy, goals, priorities that give direction to the program and justify all programming decisions.*
- B. *Delineate the roles of the Head Coach who must have final authority.*
- C. *Program policy, structure for commitment.*
- D. *Dedicated and competent staff- of good character, loyalty, compatibility and enthusiasm.*

II. Program philosophy, goals and priorities - the direction.

- A. **Philosophy is the foundation of the program.**
- B. **Team goals**
 - 1. Goals for all involved in the program.
 - 2. Character development should be the # 1 priority of the team.
 - 3. Mental toughness in and of itself will provide maximum potential in competitive swimming.
 - 4. Focus on character to attain performance goals.
- C. **Priorities**
 - 1. Character development.
 - 2. Short term goals.
 - 3. Long term goals.
 - 4. FUN.
 - 5. Do not compromise higher priorities for lower ones.
- D. **Principles of Excellence**
 - 1. Total commitment.
 - a. Compromise = mediocrity.
 - 2. Commitment throughout all levels in specific ways.
 - 4. Creates opportunities for excellence.

- E. Unconditional support.
 - a. Support the coach and athletes even if you don't agree as long as it's for the good of the team.
 - b. Support with enthusiasm!

III. Delineate roles for Coach, parents, and swimmers.

- A. *Parental contribution- relieve coach of hands-on responsibilities of the administrative JUNK.*
- B. *Program Description*
 - 1. Handbooks.
 - 2. Semi-Annual information bulletin.
 - 3. Team pledge, goals, etc.
 - 4. Stroke descriptions.
 - 5. Nutrition information.
 - 6. Records.
 - 7. Responsibilities of parent committees.
 - 8. Coach must educate and direct parents.

IV. Team Policies

- A. *Awards presentations.*
- B. *Dress Code.*
- C. *Punctuality.*
- D. *Behavior expectations.*

V. Training Program

- A. *Training program structure.*
 - 1. Top down planning progress.
 - 2. Describe the highest level possible.
 - 3. Age Range.
 - 4. Performance standards.
 - 5. Must re-qualify each year.
- B. *Training Standards.*
 - 1. Swimmers should be compatible to create group synergy.
 - 2. Training groups should not be based on convenient times and carpools.

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C. *Details are important.*

D. *Training Guidelines.*

1. Legal strokes.
2. Streamline.
3. Technique standards.
4. "Indefinitely suspended" if don't follow guidelines.
5. Hold swimmers accountable.

E. *General Training Principles.*

1. 100-yard race is different than a 100-meter race.
2. Need lactate tolerance created by doing sets that require constant effort throughout.
3. Anaerobic threshold.
4. Led astray by the East Germans who were getting results from low intensity aerobic work. They were getting results from steroids.
5. The maximum duration for aerobic work is 50 - 120 minutes.
6. If you are a butterflyer, do fly. If you are a breaststroker, do breast. The human body is capable of doing anything!
 - a. Mary T. Meagher did a 3000 fly!
7. There is a time and a place for the "take it to the limit" training. Not on a regular basis.
8. If you have only done a 3,000-yard workout, you are not able to attack larger workouts.
9. Well-placed, over-challenge training.

F. *Program Structure*

1. Simplified training plan.
2. Divide the season
 - a. Prep phase of 6 - 8 weeks.
 - b. Endurance phase.
 - c. Specialty phase.
 - d. Microcycles within each phase so the swimmers stay fresh.
 - e. The core of each week stays the same.
 - f. Build in variety around the core.
3. Mileage/yardage - have nothing in mind.
 - a. Plug in the work for each point in the week.
 - b. Have a plan!
 - c. Maintenance during breaks
 - 1) Weight control.

2) Taper plus a break after that involved detraining.

3) Get swimmers back in the water a day or two after a big meet, let them train for 2 - 3 weeks and then take a break.

4. Values - hard work, pain, recovery period.

VI. Goals

A. *Guidelines for individual goals.*

1. Not necessary for accomplishment if you set the goal to be the best all the time.
2. Road map early in the season.
3. Desire - how important is this to you?
4. Determination level of commitment, sacrifice, and priority.
5. Confidence in accomplishments.

B. *Goal Attainment*

1. Team "Hall of Fame."
2. Mindset - don't just think about making the cuts, think about how will you will do at the big meet.
3. Keep control of start and turn efficiency, race strategy, and mental toughness.
4. NEVER QUIT = absolute cardinal rule!
5. If you want to progress, you must understand that failure is a part of the progress that leads to success. Learn from failures and respond positively.

C. *Team Concept*

1. If you don't buy into the team concept, you are missing out on a valuable opportunity.
2. Make the swimming experience more rewarding.
3. Tom Jager story of being disappointed with his own racing, yet still giving his best for the team by cheering and encouraging everyone. His attitude was that he was the lucky one because he got to be captain of the best swim team in the world! The experience was more valuable to him because of his team.
4. The team makes us better people and it enhances our performances.
5. Team pledge - be accountable to it!

Training with Speed and Pain

— Chuck Warner. *Bobby Hackett, Tim Shaw and Brian Goodell - 9/10/99*

I. Background of men's distance swimming in America.

A. History of the 1500 Meter Freestyle.

1. 1904 - 1996 Progression.
2. From 1968 - 1972, 50-second improvement in the event thanks to Mike Burton.
3. From 1972 - 1976, another 50 second improvement. Tremendous progression.
 - a. The height of men's distance swimming.
 - b. Progress thanks to Bob, Tim and Brian.

B. One common thread in all of these men's successes was the experience of an "out of body" sensation during training and performance.

1. They had the capacity to deal with pain.
2. They trained fast, through the pain.

C. In 1973, as a 12/13 year old Bobby Hackett was top 18 in the 1500 meter free and rose to become the third fastest of all time in the event.

D. From 1974 - 1976 Brian Goodell rose in the distance free events. In 1976, he set the world record in the 400 and 1500 Free and won both events in Montreal at the Olympic Games.

E. From 1974-1975 Tim Shaw set 7 World Records in the 400 and the 1500 Free.

II. Panel Discussion

A. Bobby Hackett.

1. Swam for Joe Bernal at Bernal's Gator Swim Club.
2. Experienced a defining moment as a 12-year-old.
3. To this day he can still see the pool, smell the chlorine, and see the coach.
4. He raced the older guys, 8 guys at a time.

5. He took his races out fast and tried to hang on.
6. Can still feel the pain and the sensation of fighting through the pain.
7. He liked the pain. Mr. Hackett said that the more that it hurt, the more he fought through it.
8. Racing became a mental game.
9. He worked on technique even in national level races. He fought through the pain by finishing the race and staying long.

B. Tim Shaw

1. Grew up in Long Beach.
2. Coach Skip gave Mr. Shaw the experience of fun, speed and the value of racing that helped him transition to Coach Gambriel.
3. Coach Jochums was nicknamed "Stone Cold."
4. Coach Jochums used Greek philosophy and it's themes of process and struggle in his coaching.
5. Coach Jochums measured success by personal progress, sold the swimmers on the reality of sport and encouraged the intrinsic value of performance.
6. As an 11/12 swimmer, Mr. Shaw swam 5,000-6,000 yards a day 6 times per week.
7. Throughout the season, kept adding yards to get up to 80,000-110,000 yards.
8. Average 100 speeds - Erik Vendt 1:00.7, Thompson 1:00.3, Shaw 59.0.

C. Brian Goodell

1. He remembers feeling as though he wasn't training well for weeks. He wasn't leading his lane and was feeling bad.
2. He decided to just sprint! This was a major mental breakthrough.
3. He kept swimming through warm-down, feeling long and strong for 1200 yards instead of the assigned 400 yards.

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4. The power of the mind is amazing.
5. Day after day, Mr. Goodell would break through the pain with speed!

D. Bobby Hackett

1. Mike Bruner and his coach reported that he did 10,000 yards in 100 minutes.
2. Joe Bernal called the coach and confirmed this performance. Then Coach Bernal decided to test his swimmers.
3. Mr. Hackett was doing 100's in practice splitting 27.00 at the 50.
4. Coach Bernal challenged Mr. Hackett and the team to 100 x 100.
 - a. It was a team effort in that everyone on the team tried it.
 - b. As people missed the interval, Coach Bernal got people out of the pool and watched Mr. Hackett complete the set.
 - c. Coach Bernal made a game out of it by sending in rested swimmers to race Mr. Hackett.
 - d. His last 100 was a 52.00.
 - e. Coach Bernal created a very supportive environment in which to challenge oneself.
5. Mr. Hackett pictured an evil Mike Bruner and he knew that Mike wanted to beat him.

E. Tim Shaw

1. One of Jochum's sets 4 x (3 x 400) pace and descending intervals.
2. Must go faster with less rest.
3. Last set of 3 x 400 long course @ 4:20 holding 4:10.
4. 10 x 200 @ 2:30 long course.
5. Mr. Shaw liked to descend every set to all out effort.
6. He always tried to descend tightly.
7. In the middle of the set, in a crowded and shallow pool with no lane lines, Mr. Shaw went 1:47 for 200.

F. Brian Goodell

1. 20x 200 descend 1 -5. Long course, with descending interval of 2:30, 2:25, 2:15.
2. Mr. Goodell rarely went fast early in the set.

3. For the first one, he went 2:05 and made everyone mad. On the next one, everyone stayed with him.
4. Mr. Goodell was praised for attacking sets.
5. He believes that fast training made the difference in his swimming.
6. Used the song "Radar Love" as a training and a psyche-up tool.
 - a. It was the perfect tempo for a 1500.
 - b. He has many memories tied to people and songs.
 - c. He used the songs to push through the pain.
7. During a Sunday make-up practice, the team did a timed 3,000. In the last 1500, Mr. Goodell played Olympics in his mind.
 - a. His last 100 was a 59.2
 - b. Practiced his Olympic finish.
 - c. He visualized himself breaking the record and winning the Olympics.

G. Tim Shaw

1. There are two types of pain.
2. One type of pain reminds one of all that is bad about sport.
 - a. When one's head is not in the race.
 - b. The pain of a broken spirit.
 - c. The pain feels like the world is collapsing in on one's body and one can feel all of one's limbs.
3. The other type of pain is non-specific pain.
 - a. The pain makes one feel as if one's mind is out in front of one's body.
4. The Australian, Stephen Holland, was a great motivator for Mr. Shaw.
 - a. Mr. Shaw knew about the Australians and their training.
 - b. In Australia, championships are in December. The results of these championships served as motivation.
 - c. Mr. Shaw visualized what Stephen was doing during his main set and used this imagination to train even harder.

5. Mileage has to be done with speed, effort, leg drive, and great legs.
6. Mr. Holland would brag about his mileage, and Mr. Shaw would do it with quality.
7. Mr. Shaw was accomplishing more speed variables.

H. Bobby Hackett

1. Mr. Hackett valued looking for pain.
2. Great pride is involved in going hard.
3. Coach Bernal believed that practice was done when practice was done. It was a priority for Coach Bernal to have the whole team performing at a high level.
4. Coach Bernal set tight intervals.
5. Mr. Hackett relished in the unknown. Coach Bernal always threw in test sets.
6. Mr. Hackett looked at practice as a game. He loved racing the clock and competing against himself.
7. Pain in practice was required.

I. Brian Goodell

1. Mr. Goodell visualized Mr. Hackett, Mr. Shaw, and Mr. Bruner.
2. Used the "out-of-body" experience to push through the pain.
3. There was great competition in the pool at practice and nationwide.
4. Mr. Goodell used the image of a pilot in a 747. The pilot does not feel the engine. Mr. Goodell is the pilot and his body is the engine.
5. Mr. Goodell liked the imagery of the album cover for Supertramp's "Crime of the Century."
6. He imagined the cage (pain) exploding with the will of his mind.
7. Mr. Goodell used lots of games and imagery.
8. Mr. Goodell pretended that other swimmers in practice were Mr. Hackett, Mr. Shaw, and Mr. Bruner.

J. Race Video of the Montreal Olympics 1500 Free.

1. Bobby Hackett
 - a. Took his 1500 race out pretty easy.

- b. No pain in race.
- c. Feels good and knows that he can beat Steve Holland.

2. Tim Shaw

- a. Second in the 400 in Montreal.
- b. Did not want to let Mr. Goodell ahead of him.
- c. Mr. Shaw had had a devastating year in training. He found out that he was anemic.
- d. He could not use any strategy in the race because he had no tools to work with.
- e. Mr. Shaw just wanted to save face.
- f. He stayed with Mr. Goodell and sprinted.
- g. Mr. Goodell had to tell him his time because he couldn't see the clock without his glasses.

QUESTIONS:

1) What did your coaches do to instill the mental strengths that came from within yourselves?

Tim Shaw - Mr. Jochums really took him under his wing and sold him the intrinsic value of sports. He talked a lot about the Greek traditions and the history of sports.

Brian Goodell - His coach really articulated the goals of the club to him and his total focus was nationals. His coach taught him about the workings of the brain and the subconscious. His coach was very committed.

Bobby Hackett - Swimming was his source of identity. Mr. Bernal and his parents were very supportive. Coach Bernal was like a father to him. Mr. Hackett devoted himself to his parents and his coach and wanted to make them happy.

Swimmers have to look within themselves to take it to the next level.



World Clinic Yearbook

Series 2004 Volume 36 Indianapolis, IN

A Primary Source of Information For All Swimming Coaches



Since it is difficult to attend every session of this multi-track clinic, ASCA records and transcribes the presentations and then compiles the annual World Clinic Yearbook. This collection of presentations will be published in January, 2005.

Presentations will be included for the following:

International Speakers:

Forbes Carlile, Ben Titley, Cory Beatt, Stephan Widmer, David Kelsheimer

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(Members must submit proof of membership in national coaches association or similar organization)

"A Rising Tide Lifts All the Boats!"

Be a part of the rising tide of the World Swimming Coaches Association

The World Swimming Coaches Association exists to elevate the profession of coaching in swimming in the international sporting arena, to a position of influence and to improve swimming. WSCA also provides and develops international friendship and support of coaches, elevates the level of coaching in all nations, and increases public awareness of the good work that swimming coaches perform in all nations. Coaching Education is a primary function of the Association.

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WSCA (U.S.)	\$35.00 <input type="checkbox"/>	\$45.00 <input type="checkbox"/>
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*(All Amounts Are US Dollars)***Thank You!**

Finally, it is important to note some of the honors received by Coaches in 2004-early 2005, from around the world. Our WSCA Congratulations to all!

Australian Coach of the Year - Shannon Rollason

American Coach of the Year - Eddie Reese

Great Britain - Coach of the Year - Chris Nesbitt

Netherlands - Coach of the Year - Jacco Verhaeren

France - Coach of the Year - Philippe Lucas

Norway - Coach of the Year - Stig Leganger Hansen

U.A.E - Coach of the Year - Sherif Habib

Cayman Islands - Coach of the Year - Dave Kelsheimer

Bermuda - Recognized for 25 Years of Dedicated Coaching - Richard Goodwin.

Canada - Coaches of the Year - Men -Jim Fowlie, WomenVlasimil Cerny, Male Youth - Benoit

Lebrun, Female Youth - Cory Beatt, Male Junior - Bud McAllister, Female Junior-Steve Price,

Open water - Ron Jacks.

The 4th Gold Medal Swim Coaches Clinic!

Acapulco, Mexico

August 17-20, 2005

The Clinic cost will include the Clinic Registration, hotel room and all meals (buffet style). Costs are for the four night stay. The Hotel is the Acapulco Crown Plaza.

***TO REGISTER ONLINE GO TO:
www.goldmedalclinic.com.mx***

INVITED SPEAKERS

Among the renowned speakers that have been invited to present we find: Bob Bowman (Michael Phelps), Mike Bottom (Gary Hall), Frank Busch (Amanda Beard and 4x100 South-African free relay), David Marsh (Kirsty Coventry), Teri McKeever (Natalie Coughlin), Eddie Reese (Aaron Peirsol, Brendan Hansen, Ian Crocker), Jacco Verhaeren (Pieter Van den Hoogenband), Pawel Slominski (Otylia Jedrejczak), Nina Kozhukh (Yana Klochkova), Sava Doina (Camelia Potec), Shannon Rollason, Jodie Henry), Tracey Menzies (Swimmer Ian Thorpe, Gold 200 and 400 Freestyle), Denis Cotterell (Swimmer Grant Hackett, Gold 1500m. Free), Glenn Beringen (Swimmer Petria Thomas, Gold Women 100m. Fly) and the coaches of Xuejan Luo (CHN), Kitajima Kosuke (JPN), Ai Shibata (JPN) and Laure Manadou (FRA).