

Munster Coach Conference  
Saturday Oct 27<sup>th</sup>  
University of Limerick

09:00-10:30 **IM Skill Development**

**Presenter: John Szaraneck, Head Coach National Centre Limerick**

***This presentation will examine the importance of IM for age group swimmers and provide practical training tips to assist coaches working with swimmers at all ages.***

Learning Objectives:

1. Discussion of the importance of IM development for age group swimmers
2. Review of video models to identify key performance for 4 strokes and IM turns
3. Training tips (drills, training activities and sets) for developing successful IM swimmers

10:30-11:00 Break

11:00-12:30 **Developing a Land Training Programme for AG Swimmers**

**Presenter: Lorna Barry, S & C Coach National Centre Limerick**

Lorna Barry, S & C Coach National Centre Limerick will provide coaches with guidelines for designing and delivering a Land Training programme for youth up to senior swimmers in the club environment

Learning objectives:

1. Identify essential basic movement skills for swimmers at each developmental stage
2. Identify key movement land movement skills related to water
3. Develop an activation programme suitable for each developmental level of swimmer within the age group club
4. Examine basic age/stage appropriate tests for tracking improvements through the season

12:30-13:30 Lunch

13:30-15:00 **Team Building**

**Presenter: Sarah Fellner, Regional Pathway Development Coach**

This workshop will look at long term athlete development and its applications to club programming and motivation. Coaches will explore how to keep swimmers motivated – and how to stay motivated themselves. Topics will include games with aims, setting goals, selling the process, and working with parents to set up a team culture which will retain swimmers by getting them excited as well as learning and improving. This session will involve a Q & A and round table discussion to assist coaches to find ideas for their own home programmes. Each attending coach must write out their best game/activity which teaches and/or reinforces a skill to share.

Learning Objectives:

1. Review of LTAD theory as applicable to teambuilding and swimmer retention
2. Presentation/sharing of programming and team building strategies
3. Coaches will be able to reflect on application of ideas presented for their own club

15:00-17:00 **Pool Session: Starts & Turns**

**Presenter: John Szaraneck, Head Coach National Centre Limerick**

Session focus will be Starts and Turns – teaching progressions suitable for all ages, with drills and activities to refine skills and to develop excellence in this area.

Learning Outcomes:

1. Demonstrate teaching progressions suitable for introducing/refining the following skills:
  - Dive starts
  - Backstroke starts
  - Relay Takeovers
2. Demonstrate activities and drills which will introduce/refine skills in:
  - Open Turns
  - Tumble turns
  - IM Turns