

News For

SWIM PARENTS

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Why Doesn't The Coach Continue To Work On Technical Points At Championship Meets?

Coach Alex Braunfeld: Dynamo Swim Club: "I believe most coaches do realize that the technical aspects of stroke, turns, and starts are extremely important, no matter what time of the season. It's important to stress fundamentals throughout the season, including the championship season. Technique should be a day-in, day-out consideration but with a bit more concentration at the beginning and end of the season when more time is available.

"However, most coaches try to avoid over-coaching at the championship meet. Swimmers perform best when they are intuitively doing things they have rehearsed thoroughly for a long time. Trying to make technique adjustments at a championship meet can be distracting to the swimmer, forcing them to think too much when they should be performing skills almost automatically and subconsciously.

"One final point, while parents can always find fault with starts and turns and they are always the first thing to be identified as needing work, if adjustments are to be made, it should be the coach who makes them. Athletes get easily confused when they hear different advice from parents and coach. Let the coaches do the coaching."