

Missouri Valley Swimming --- Coaches Blast

May 18, 2009



Seek knowledge rather than information.

- I. *Coaches Quarterly*
- II. *MVS Fall Swimposium*
- III. *SCY 2009 National/Junior National Standards*

I. Coaches Quarterly

Coaches Quarterly is now available on the USAS website. The current issue, "Season Planning Report" provides extensive information pertaining to development of an organized, methodical and scientific approach to seasonal design. In addition to the downloadable PDF file, there are links to various templates to assist coaches with season planning. To access this information, go to usaswimming.org and click the "SIGN IN" link located in the uppermost right corner of the page. Then, click the "COACHES" tab. The Season Planning Report is the first link on the page.

II. MVS Fall Swimposium – Coaches Education Component

One of the Sport Performance Consultants from USAS is going to present a coaches education segment at the MVS Fall Swimposium. Possible topics include:

- Using Race Analysis for Faster Swimming
- Effective Use of Video Capture
- Using TiVo or DVR
- Season Planning
- How to Talk to your Athletes About Nutrition
- Analysis of Taper
- Functional Strength Training & Conditioning
- Modalities for Swimming Power Development
- Lactate Testing
- DartFish training
- Latest stroke technique presentations from the National Team (Back, Breast, Starts)
- Fly, Free, Turns video review
- Setting up dry-land training systems
- Top 5 USA Swimming Services for Coaches

Of all of these, what are you most interested in learning about? Please respond to Megan Pittman (megan@csctigersharks.org) with any suggestions and/or input you'd like to provide!

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III. Updated time standards for next winter's SC Nationals/Juniors

The 2009 SCY USA Swimming Nationals Time Standards:

http://www.usaswimming.org/USASWeb/Rainbow/Documents/31319109-a88d-4dd3-bb9a-cc271e272b29/08_standards.pdf

and the 2009 SCY USA Swimming Speedo Junior Nationals Standards:

http://www.usaswimming.org/USASWeb/Rainbow/Documents/8dd4e60a-b3cc-42be-9ad6-8192da8785f8/08_scy_juniors.pdf