

## Rachael Kloostermans Coaching Philosophy

### **Education and Experience:**

*4 year bachelor degree exercise physiology*

*2 year masters degree in Recreation and Coaching Education*

*NCCP Level 2, ASCA Level 2*

*20 years provincial- national level swimming*

*2012- 2016 Head Age Group Coach, Trent University Coach, Trent Masters Coach*

**Athlete Centred:** Maximising the individual potential of an athlete

**Coach Driven:** The coach leads and manages a multidisciplinary program aimed at developing and delivering best practice processes to the individual athletes

**Skill Performance Based:** The achievement of agreed targets and skills to get swimmers to the next level

- Holistic approach to athlete development (injury prevention, physical, mental, emotional wellbeing)
- Development of “athletic” intellect
- Physical activities and emotional states (get into the right mood)
- Being positive is a matter of choice
- Progressive Overload in training
- Race Specific training - no garbage yardage
- Prevent Injury and overtraining
- Teach Rest and Recovery
- Develop Well rounded athletes
- Give responsibility to swimmers for self care and management
- Learn by Experience

### Summer Season Training Plan 2016- 2017

May 1 – June 12

Phase 1 – General Preparation (6 weeks)

- skill development (streamlining, underwater kick, breakouts, starts, turns)
- stroke development (basic mechanics, efficiency)
- kicking skills
- low intensity to moderate intensity aerobic conditioning

June 12- July 17

Phase 2 – Specific Preparation (5 weeks)

- skill development/refining (streamlining, underwater kick, breakouts, starts, turns)
- stroke development (technique maintenance under physical stress)
- kicking skills/conditioning
- moderate to high intensity aerobic conditioning (anaerobic threshold to maximum aerobic power)
- sprint training
- some anaerobic capacity training

July 17- August 14/ 20

Phase 3 – Competition Phase (4-5 weeks)

- integration of skills into stroke under physical stress (turns, underwater kick, maintaining stroke efficiency at race tempo)
- maintenance of aerobic conditioning
- sprint training
- anaerobic capacity/anaerobic power training

### Dryland Training

#### **Age Specific Training**

1. **7 years and younger**
  - a. Introduction to techniques
  - b. Coordination to basic bodyweight strategies
  - c. Games, aerobic, agility, and speed
2. **8-10 years**
  - a. Start loading with use of light weights (1-2 lbs) yoga balls)
  - b. Introduction to lunges, planks, single leg balance with arm swings, walk outs, hoola hoops.
3. **11-13 years**
  - a. Progressive loading and introduction to resistance training emphasizing technique
  - b. Push ups, body rows, alternate arm and leg raises, squats and lunges
4. **14-15 years**
  - a. More advanced resistance exercises incorporating total body movements
  - b. Sport specific components (shoulder training strategies introduced)
5. **16 years and older**
  - a. Technique mastered from previous levels
  - b. Formal resistance training 2-3 days with 5-6 exercises
  - c. Inclusion of balance, core, reactive (jumps) and strength protocols

### **Racing Philosophy**

- Each swimmer should compete with him/herself. It is more beneficial to improve one's time and/or technique than to win a ribbon or medal
- In addition to earning best times, the coach praises for working on technique and/or race strategies. Please note that it is possible that a swimmer won't improve his/her time when he/she tries something new (e.g. flip turns, technique, etc.). However, if a swimmer continues to try a new skill or technique, he/she will improve in the long run.
- The swimmers are taught to set realistic goals, and as they get older, they are taught to relate performance in practice to their goal times.
- The coaching staff encourages age-group swimmers to swim every event they are eligible for. Not necessarily every event possible at each meet. In order to execute successful skills, a coach may have the swimmer focus on only a few races a day. This helps to promote versatility since swimmers are continuously switching best events as they grow, mature, and change body shapes and sizes.
- Sportsmanship is a MUST for everyone. We expect all swimmers, parents, and coaches to respect the officials, competitors, and the facilities we use. We also want swimmers to encourage and support their teammates.
- It is important that each swimmer has a copy of his/her times. Keeping these times in a logbook helps the swimmer to see the progress he/she has made throughout the season and also from year to year.
- SUCCESS = Improving one's own, best self.

### **Relays:**

- Relays are given as an option for each meet on Team Snap so that we know we have your commitment to being on a relay or as an alternate.
- Relays are a very important part of the competitive environment and build team spirit. Coaches expect the swimmers be there for it, whether on the relay, or available as an alternate.
- Food for thought; leaving before the relays would be comparable to leaving a Baseball game part way through. The Cloverdale Tritons are a Team; please help support your child's swim team but

attending relays whenever possible.

**Expectations for Athletes:**

Have a willingness to:

- Be part of a team
- Work hard- when needed
- Be committed - follow through on their commitments in order of importance to them.
- Learn
- Keep on trying- do their best
- Handle Set- Backs
- Keep Learning
- Self care
- Time management
- Emotional control
- Mental strategies
- Positive and Growth Mindset= Athlete Mentality