

NUTS & BOLTS







COACHING THIS GENERATION

Generation Z

Technology

Be Creative

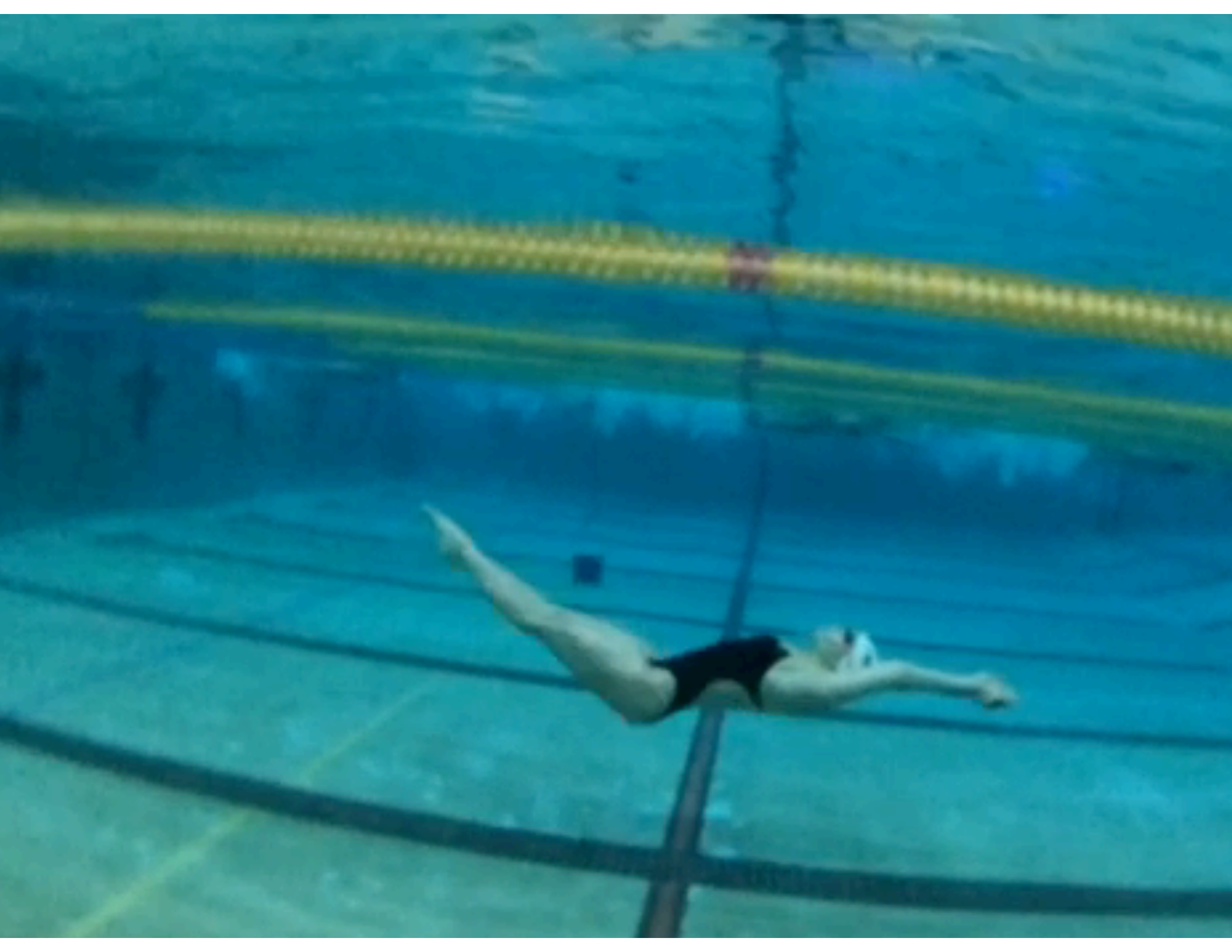


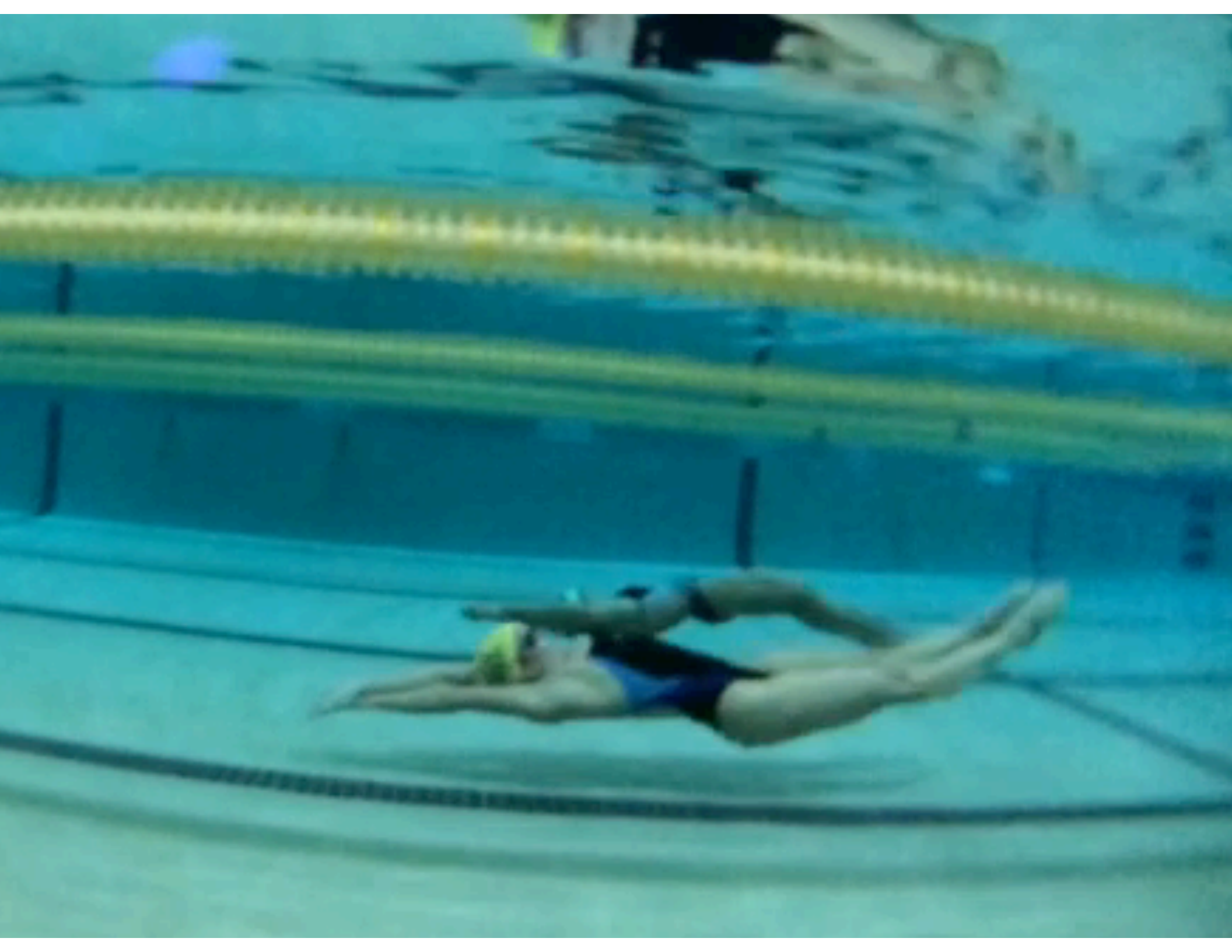
Young Teens (13-15) Most Frequently Used Messaging Apps	Used Most Often on a Regular Basis
<i>App</i>	<i>% of Respondents</i>
Instagram	47% 3-15 seconds
Kik	44%
Snapchat	36% suppose to be 10 seconds
Facebook messenger	35%
Skype	21%
Twitter	19%

Social Platforms (...Spend Most Time On)		
<i>App or Site</i>	Younger Teens (13-15)	Older Teens (16-19)
YouTube	73%	60%
Instagram	46%	43%
Facebook	38%	58%
Snapchat	33%	42%
Twitter	19%	28%

Explain, Show and Try







Dolphin Set: 3 Rounds

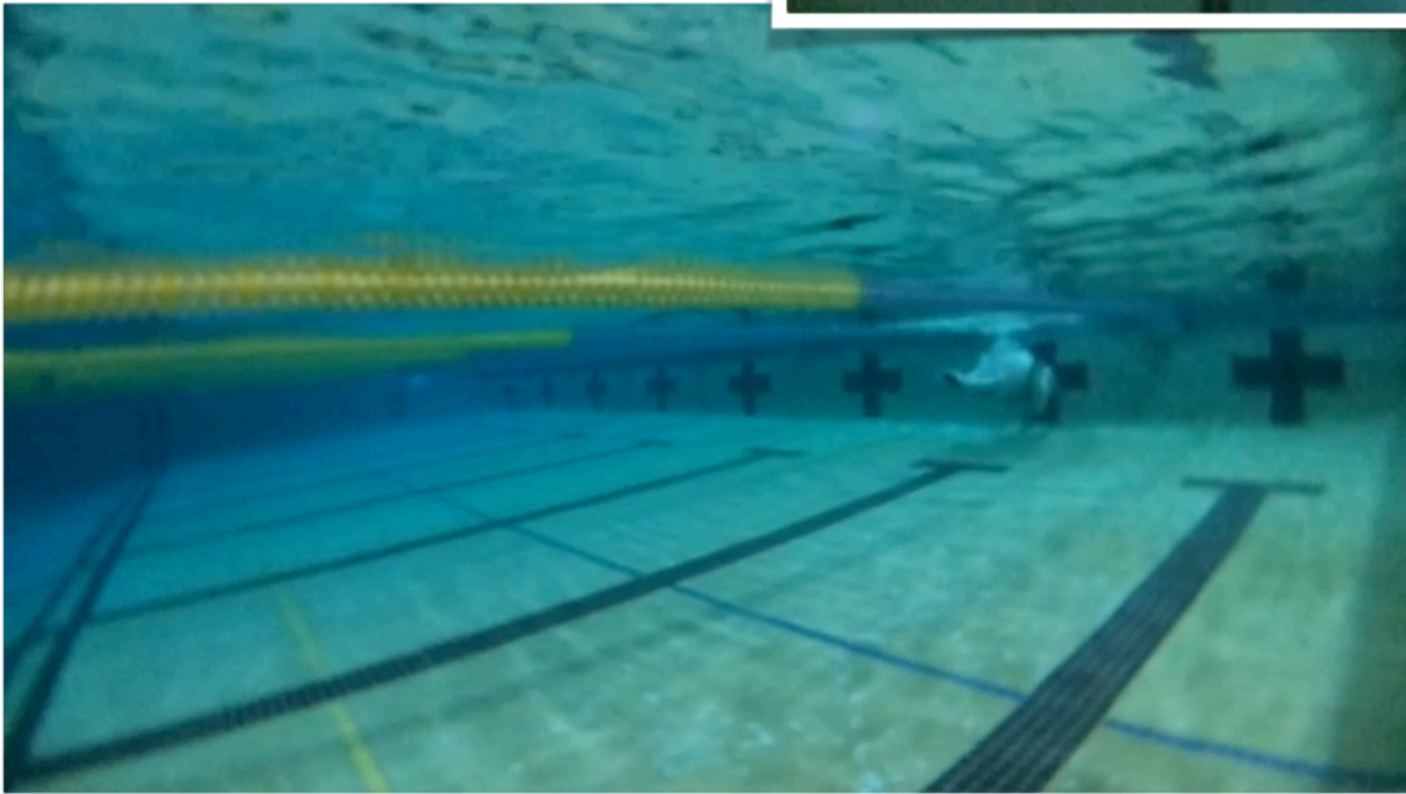
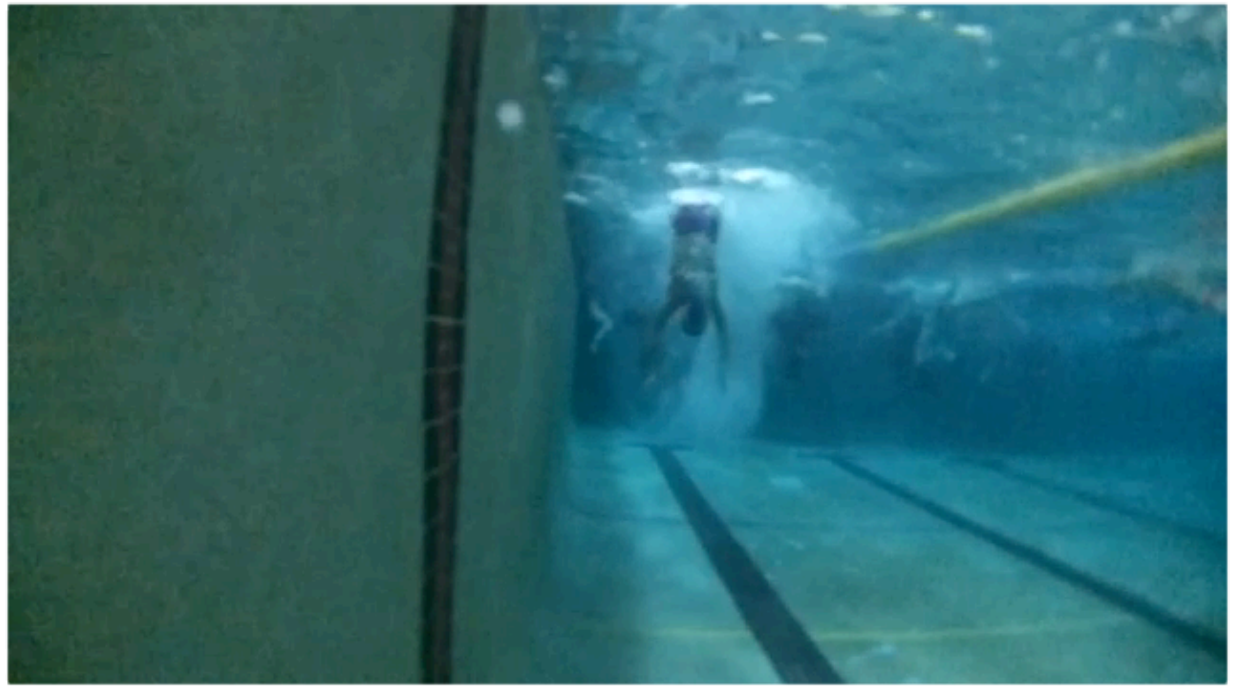
4x50 6-10 Suechens with a
15m underwater 1:00

3x300 Fin/Paddles 3:45-3:30

K4x125 1)2:00 2)1:55 3)1:50

D-set with last 25 underH20DK

2x200 Pull with Tubing 2:30



- Fin/Paddle
- FR
- BK



TECHNOLOGY

SELFIES



- 93 million selfies are taken everyday
- 54 hours a year
- Woman age 16-25 spend 5 hours a week
- Conclusion: they like looking at themselves... their live “diary”



GoSwim



hitcase.com



EQUIPMENT ON THE DECK

- iPad using Coaches Eye
- iPad using Workouts for Swim Coaches/ MainSet TU
- Hitcase
- Music

STATIONS FOR 50 SWIMMERS

15 MINUTES PER STATION

- 1. Cords connected to the Lane Lines 3 rounds of K50 1:00, K100 1:30 and K200 2:30 GT**
- 2. 8x25 Kick with Fins :20 BB up in the air, 4x250 FR D-set 3:15 Fin/Paddle**
- 3. Under-Overs 2 Rounds 8x25:40 underwater DK with (Fins) and on Top is your mate sprinting trying to beat them 100EZ 2:00**
- 4. 500FR Strap, paddles and snorkel, 4x200 Pulling BS 2:45 with strap and paddles**
- 5. 8x50 Buckets 1:30 5 swim 3 kick to 15m**
- 6. Video viewing using Hitcase and TV**
- 7. 4 rounds of 1x100 2 x 10 pound weights from red to red 4:00 all out**
- 8. 4x350 on 4:30 TTurns at deep end D-set 1-4**

**When you just
don't know
what to do!**





BE CREATIVE



In the WATER

Dryland

Kick to the Beat

KICK TO THE BEAT

Song	Time	Tempo	Distance
Uptown Funk	4:30	.45-.50	25's-VK
Something Big	2:41	0.50	25's-VK
All Night	5:03	0.45	VK (DK)
Everything is Awesome	2:43	0.43	VK (Flutter)
In Your Arms	3:25	1.10	25's for BR



Four Rounds:

**Kick to the beat one
song**

**4x15m underwater
kick for time**

**4x50 RP for 200 1:15
100 regroup**

4x25 Kick to the beat

4x25 RP for 100 :40

150 regroup 2:00

SENIOR 2 DRYLAND

Stations



DRYLAND WITH NATIONAL TEAM



SOME EQUIPMENT

- Brick Board
- T-Kick
- DragSox
- Bottles...soda cans, gatorade bottles, to water bottles, even cups
- Tug-of-War with Cords

Three Rounds:

K4x75 with the BB
with snorkel 1:15

K6x50 15m

underwater then on BK
with DK BB sitting up
with Fins being smooth

2x50 at 200RP 1:00

100 with T Turns

100 2:00 2nd 100 of
200

150 with T Turns



T-KICK

by Aquavolo



AQUASOX

by Aquavolo



