

Building a Program - Stroke Correction Progressions

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NORTHWESTERN
COLLEGE



Building Waukee High School Swim Program

Age Group Lesson Program - Twigg Swimming Academy

Club Swimming Presence - Waukee YMCA Rays/DSMY Marlins

Competitive Private Lesson Program - Twigg Swimming Academy

Being a trusted and effective high school swim coach

Age Group Lesson Program - 3 to 14 year olds

TWIGG SWIMMING ACADEMY LLC - SAFETY, STROKE, SMILES

- Curriculum that not only teaches kids to be safe in the water but has a progression of skills that supports those who would like to swim competitively at some point
- Instructors that are trained in the curriculum and then can effectively communicate the curriculum to kids
- Arrow kicking, out-tummy-arrows, scoops, breath control (bubble, bubble, breath, 1-2-bubble breathe, hold-blow-breathe), dives
- Built trust with families and they continue to come back year after year
- Keep a list of all the families that mention swim team or would like to get their children involved - I also make a list of those I think should potentially consider swimming (while trying other sports) competitively at a young age.

Stroke Correction Progressions

Show me your best: _____ (look at it as a whole)

Main Correction Progressions for ALL strokes:

- Head Position
- Kick
- Arms - entry, recovery, DPS
- Underwater work into breakout
- Turn work - short way
- Turns into underwaters and breakout - long way
- Repeat show me your best: _____ (putting everything together in one great swim!)
- Starts

Other Stroke Correction Ideas

Butterfly

- Press the T drill
- 4 press the T, 4 strokes
- 4 strokes

Breastroke

- Kick with a board
- Up-Kick-Glide with a board - movement, hinge stroke
- Then go through all the correction progressions

Backstroke

- Flutter kick on back 10 - 4 strokes

QUALITIES OF AN EFFECTIVE COACH

Curiosity

Ability to Connect with People

Presence

Expertise

Enthusiasm

Honesty/Integrity

Function effectively and decisively in stressful situations

Clear Communicator

Other qualities: supportive, patient, organized, observant, focused, fun:)



All these athletes need to be
coached differently



Passion + Purpose = rewarding, fulfilling, long lasting career

