

# Frequently Asked Questions

## **What do I need to take to training?**

Swim Suit, Goggles, Cap & a **Water bottle** for every level of swimmer. Novice, Juniors and Seniors should bring their Swimming Mesh Bag which includes a kickboard & fins. Juniors will need Finger paddles & a pool buoy and band, while Seniors need hand/finger paddles pool buoy and band on top of the listed equipment above.

All equipment should be clearly marked with the swimmer's name. This needs to be checked frequently. Pack a change of dry clothes to change into after training. In winter, ensure you dress for warmth (tracksuits, jackets, tuques and winter boots).

## **What do I do when I arrive at the pool?**

Swimmers should arrive at the pool at least 15 minutes before training to get organised. Ensure your water bottle is full and **BE READY TO GO WITH A SMILE ON YOUR FACE WHEN YOUR COACH CALLS YOU.**

## **Why do I need to drink water during training?**

To make the most of your training efforts, keep your body well hydrated and drink plenty of water. Every swimmer should drink at least a bottle of water during training as our bodies lose water even when we are in water. Remember, when you are thirsty, your body is telling you that dehydration has occurred so sip water throughout the session.

## **What if my child is ill?**

**The health of ALL swimmers is of UPMOST IMPORTANCE. If your child is not feeling 100%, it is strongly advised to abstain from training until they feel fit. We urge parents to use common sense in the interest of their child's health and in the interest of other swimmer's using the pools. Contact the coach to inform them of the nature of the illness.**

## **How many sessions should I be doing per week?**

Your Coach will be able to advise you on how many sessions you should be swimming according to your age, ability and competition goals. They will also be able to advise you on the best times to take that much needed break from training and for how long.

### **How do I find out about race meets?**

The list of Competitions MMST will attend is located on our website. **Always check with your Coach as to which Meets are suitable for you to attend.** Information on Meets is regularly updated on the Web. Check this regularly! Results are also posted there.

### **What is my “age” for each meet?**

Your age for a Meet is the age you are on the day of the Meet or if the Meet runs over more than one day it is the age you are on the first day of the Meet.

**e.g. Your D.O.B is 13-Jan-2004**

**The meet is on 8-Dec-2014**

**Your age for this meet will be 10 years.**

The only exception to this Policy is “School Swimming”. In this instance, your age will be determined by year of birth.

### **When do I step up from swimming 25m to 50m and then to 100m events?**

Normally swimmers compete in 25m events when they first start to swim. Then graduate to 50m events when they are capable of completing the distance without sacrificing technical ability. The same principle is applied for graduating to 100m events and above.

### **How do I know where to find my Personal Best times (PB’s)?**

All swimmers results can be found on the SNC website ([www.swimming.ca](http://www.swimming.ca)) by using the Search for an Athlete function. Simply enter your swimmers name and you’ll be able to view their entire swimming history.

### **How do I prepare for a meet?**

Always make sure you have checked the Meet Package to know when to arrive at the pool for warm up. Your Coach will also let you know when to arrive. Other information will be posted on the MMST website. If there are any changes to the meet (which occasionally happens), MMST will email and post those changes for members to review. Wear your club colours proudly, sit with and support the Team. Parents, if you'd like front row seats to the competition, some clubs require extra volunteers for time-keeping at "away" meets.

### **Why is the program broken up on age when clearly there are faster swimmers in lower levels than those above them?**

- o Age of Maturation versus Chronological Age
- o Allows for swimmers to mix with swimmers their own age
- o Individuals will always be treated as such and moved to the next group at the appropriate time as determined by coaches

### **Why do MMST swimmers predominantly compete in shorter events at meets and when will they start swimming longer events?**

- o Philosophy: Train Long, Race Short. A swimmers mind and body will decide what they like to do or what they are good at.
- o What is a good result for the swimmer versus good against other swimmers?
- o Winning needs to be understood as achieving the objectives of the process, not the outcome.

### **What do coaches look for at Practice versus Competition?**

- o Practice, or what we call Training in Australia is a combination of the two in my opinion. We Practice skills, we train the body. We have to train the body to accept certain situations by practicing those situations.
- o Often Swim Meets are referred to as "training meets" by MMST Coaches. This means our expectations are not on the outcome, but rather on the process of the race. Did the swimmer not only work to perform the race plan, but was it done with the skills and technique required? 99.9% of the time... NO! It isn't. That's why we practice...

### **How much swimming is too much?**

o A difficult question... By whose standards? Swim Canada can tell you what is required at each age as per the LTADS (<https://www.swimming.ca/ltad>).

MMST's program follows this very closely but with my (Jamie's) own experiences injected.

o It's very subjective and very individual. Coaches look for signs of fatigue constantly. Each swimmer responds differently to the stimulus provided in training.

o No stroke should be done to a point where the stroke deteriorates excessively.

o At no point should there be any training of bad technique.

o Having said this... There are absolutely some circumstances where this will take place. It has to as part of the learning experience for coaches and swimmers.

### **How do you balance stroke correction with the objective of fitness?**

o Feed back to the kids is mainly made in two ways; individual and group correction. Pluses and minuses to both. Individually; you neglect the rest of the group swimming if you work with an individual. As a group; some swimmers don't engage fully with this type of approach.

o So which is the best? Both! They both have a place in training. Identifying the type of feedback a swimmer needs is the job of the coach.

o Swimmers on average in Purple/Bronze take 3000+ strokes a practice.

### **How many times should a coach correct the stroke in the practice? Is once enough? Or should it be every time? This is where a specific message to a group or individual can be delivered in a matter of secs, but again, how many times should this message be sent in a practice before something else is neglected?**

o The job of the coaches is to provide swimmers with tools, much like a math teacher teaches the multiplication table to youngsters. At some point or another, a swimmer will decide to use those tools. Eg. Streamlines, turns, kicking, elbows etc...

o So again, balancing this with Stamina is a tough ask, but not an impossible one. Having beautiful technique doesn't matter a brass razoo if you don't have any base fitness. Being the fittest in a race doesn't count for anything if you're beaten by a more technically correct athlete.

### **Swimmers seem to do a lot of freestyle. Why? And at what point do coaches focus on other strokes i.e. butterfly**

- o Freestyle is the lightest load bearing stroke and is the best stroke for fitness.
- o Basically, there's no point doing a stroke unless it's done well.
- o Even John Swan very rarely trains anything over 50m's of fly at a time
- o While this seems to contradict the "Train Long, Race Short" Philosophy, it's the number of repetitions that are important in achieving over training.

### **Why don't the swimmers practice turns and streamlines every day in every practice?**

- o But... We do! Like stroke work, the kids turn approximately 60 times a practice which is more than enough chances to work on the skill.
- o The challenge is having them remember to work on it... Again, give the tools and wait for them to create the masterpiece!

### **Why is it swimmers circle the lanes during a race at competitions?**

- o Old habits die hard. As the swimmers mature they learn to control their swims a little more.
- o Knowing where they are in the lane is important. It's fair better than bouncing from lane rope to lane rope which only adds obstacles and distance to the swim.