

## **COACHING PHILOSOPHY**

Staff will coach their groups in addition to establishing a relationship with each athlete that will foster trust, respect and communication. The design and structure of group programs are based on a NYAC program outline for each level in the club. This outline is used to establish the framework for the group's plan of training objectives, meet selection and goals. Motivational tools are used to simply get the very best out of our swimmers in an environment that is both rewarding and challenging. Our goal is to develop healthy and happy people who gain both mentally and physically from their swimming experience.

## **TRAINING PHILOSOPHY**

Our Head Coach and his team of Assistant Coaches put the training program at NYAC together. Each level in the Club sticks to the club-wide basics of skill development and the training parameters for developing swimmers. Age Group swimmers do not stroke specialize early and receive a well-rounded program that includes technique, speed, power and the conditioning necessary to advance through the years. The degree of proficiency is based on the acquisition of skills and the willingness of the athlete to learn and improve at their own rate. Today's competitive environment puts enormous pressures to succeed on the athletes and coaches. The ability to cope with these pressures is tied directly to the coach-athlete relationship and how the athlete's level of self-esteem is groomed through the years. This being understood, it is critical to leave the coaching with the coach and away from the home. Remember, the Age Group swimming career is a roller-coaster ride of success and failure, both of which are necessary. Those who can reach a level of satisfaction with each will have the passion and motivation to excel and strive for maximum potential.