

GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

USA Swimming has come to realize that comparatively, USA Swimming’s weakest stroke in a number of measurements is Butterfly. So, how best to ameliorate that problem? Answer: Get the massive creative energy of the coaches at the grassroots level to tackle the problem head on and facilitate a larger collaborative discussion. Online webinars a Facebook Page called “The Butterfly Revolution” and more to encourage information sharing and best practices for improving butterfly.

POSSIBLE MAIN POINTS OR TAKEAWAYS FOR...

<p>LSC Board/Committee Members</p> <p>Many options available to mentoring and more information about butterfly technique and training.</p>	<p>Teams in Wisconsin</p> <p>Same</p>
<p>Coaches</p> <p>Same</p>	<p>Officials</p> <p>Same</p>
<p>Athletes</p> <p>Same</p>	<p>LSC Others</p> <p>Same</p>

Additional Notes:

CLUB DEVELOPMENT

9-13-17

• COACH MENTORING @ LSC LEVEL

↳ MANY OTHER COACH MENTORING
OPTIONS THRU USA SWIMMING.

MARYLAND

COMBINED TEAM DEVELOPMENT / COACH MENTORING
ONE ON ONE, ROUND TABLE + CONTINUING ED
POSITIVE COACHING ALLIANCE?
ROUND TABLES @ MEETS

ILLINOIS / INDIANA COMBO LSC MENTORING

BUTTERFLY REVOLUTION

9-13-17



1) REVIEW OF THE CAUSE

- COMPARATIVELY USA IS NOT THAT GREAT @ BUTTERFLY
ONLY 4 MEDALISTS IN FLY SINCE 2004

2) HOW DID WE GET HERE?

• BUTTERFLY "THINK TANK"

- TECHNIQUE: WE DON'T HAVE SAME VOCABULARY
- TRAINING
- CULTURE OF BUTTERFLY: FLY AS PUNISHMENT...

3) PROBLEM SOLVING MODE

- OPEN SOURCE APPROACH → GET EVERYONE INVOLVED

↳ BUILD → PROMOTE → ACHIEVE usaswimming.org/butterflyrevolution
WEBINAR SERIES ⇒ USA SWIMMING

- BUTTERFLY REVOLUTION PART 1: RUSSELL MARK + MITCH PULTON
- BUTTERFLY REVOLUTION PART 2: THE DEVELOPMENT OF PANA

TECHNIQUE PRIORITIES

- FORWARD PRESS
- TWO KICKS → 3) CATCH