

NTC AQUATICS

LONG COURSE 2019



TEAM COMMUNICATIONS



- **Team Updates-** bi-weekly most of the year. A MUST READ.
- **Team Emails-** Important info sent when necessary such as meet deadline reminders and practice schedule updates. ANOTHER MUST READ.
- **Team Website-** Be sure to login to see all necessary information. Some features not visible to public.
- **OnDeck App-** companion to team website. Can be used to view entries, news, attendance. Push notifications used by coaches for important information.
- **Text Message Alerts-** Sign up on team website under My Account/My Account/SMS
- **Parents of NTC Lightning Facebook Group-** Coaches will use as additional method of sending out team news. Parents use as Q&A forum and to share tidbits.
- **NTC Aquatics on Instagram/Facebook-** The public social media for the team. We'll share fun moments from practices and highlights from meets.
- **Other helpful tech-** direct contact with coaches donald.gibb@orlandohealth.com & alexander.baxter@orlandohealth.com, Instagram- @SwimCoachAlex, Meet Mobile app, USA Swimming Deck Pass app. TeamBuildr app (Gold/Sr 1/Sr 2). NTC app (search NTC Clermont).

SAFE SPORT & MAAPP



- **One-On-One Interactions With Swimmers**
 - Meetings and individual coaching “Observable and Interruptible”- On deck or in office with door open.
 - Electronic Contact- parent/guardian need to be copied on all interactions. Swimmers should not DM coaches on social media.
- **Team Travel-** parents will need to sign release forms for travel in team van to local meets and for overnight trips. Forms will be made available on team website before meets. Must be signed and handed to coach before loading into van.
- **Swimmers age 18 & Older-** Online Minor Athlete Protection Training must be completed by 18th birthday. Link on website.
- **Meet Locker rooms/Bathrooms-** facilities will be separated with one for adults and one for athletes. Parents/adults are not allowed in changing areas. (Please note this rule and potential effect for tech suits).

PRACTICE EXPECTATIONS



- **Bronze/Silver/Gold-** Attendance is not required to maintain team membership but is required to improve. Goal attendance level should be minimum 75%. Higher attendance is more than welcome! Notify Coach Alex of extended/regular absences.
- **Senior 1 & Senior 2-** Daily attendance is expected. Swimmers should speak directly to Coach Gibb about any upcoming absences. Swimmers at this age/level need to learn time management skills and need to plan ahead.
- **Be Prepared-** Bring practice equipment every day(suit, blue team cap, goggles, insulated water bottle, mesh bag, fins, buoy, board, paddles, snorkels...). Mark your gear! Swimmers who routinely forget practice gear or don't own the proper equipment are actively telling the coaches that they are not interested in improving.
- **Making Gains!** Gold/Sr 1/Sr 2- Attendance expectations include dryland! Bring sneakers every day. Be on deck/in HP/in Weight Room on time!

MEET EXPECTATIONS



- **Let's Race!**- Meets are also possibly the most enjoyable part of the sport.
- **Meet Tracks-** Our meet schedule allows for three basic tracks
 - Rookies- Home meets, local meets, Area 2 Champs. Primarily Bronze, some Silver and some Gold.
 - Advanced Age Group- Home meets, local meets, mid season meet, championships. Covers bulk
 - Senior Level- Home Meets, local meets, travel/qualifier meets, championship meets.
- **We're a team!**- Swimmers need to sit in the team area. Parents should let their swimmers be and allow them to take some responsibility and ownership.
- **"Ask me when they're 30."**- Focus on effort rather than times/looks. Times will vary season to season, meet to meet (picture stock charts). Strokes will evolve and not every step will be in the right direction (Allow for some exploration). Allow them to fail.
- **Arrive at check in time and notify coach of scratches due to illness or emergency.**
- **Coach handles the lineup-** Event selection is up to the coaches. We will take some swimmer requests into account. We'll try just about every event every season.
- **SUIT UP!**- Swimmers will wear team suits to all meets unless specifically instructed by Coach Gibb or Coach Alex to wear a technical suit for a session/meet. Remember, parents are not allowed in locker rooms to assist with changing.

A COACH'S ADVICE FOR SWIM PARENTS



- **Follow the Coach-Athlete-Parent Communication Triad-** Direct your swimmer to communicate with their coach. Reach out directly to coach in cases of safety, happiness, extended absences.
- **Good Work! Keep it up!-** Praise good effort and encourage a growth mindset. Some of the coaches all time favorite swims weren't for championships. Suggested reading- *Mindset* by Carol Dweck.
- **Don't Coach Your Kids.-** No No's; "KICK!!!" "FASTER!" "Shake the counter!" Train your swimmers to come see the coach first after a race. Senior kids should warm down first then come see coach. Let the swimmers swim, let the coaches coach, let the officials officiate. Take on the role of "swim grandparent."
- **We're going for more than the t-shirt-** Limit talks in the car and at home about cuts/best times. Leave those talks to the coach-athlete side of the triad. The goal is to develop fast, happy, and well rounded 18-21 year olds, not to qualify for the local champs as 9 year olds.
 - *Trivia question-How many Olympians hold 10&under NAGs? 12&Under?*
- **#NTCBolts-** Read team communications, follow us on social media, please observe deadlines.
- **Volunteer!-** Running a typical swim meet takes 35+ people.



NTCA DRYLAND TRAINING
SHOW UP TO SHOW OUT
WILLOW KALINEN, MS

OVERVIEW OF PRESENTATION

1. Introduction
 2. Anatomical Demands of Swimming
 3. Injury Prevention Strategies – Dryland Training Program
 4. The Next Step
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WILLOW KALINEN, M.S. SPORT AND EXERCISE SCIENCE

Former Division I softball player for UCF (Go Knights!)

- Member of the 2015 AAC Championship team, finishing the season ranked #16 in the nation
- “Claim to Fame”: Led the AAC conference in batting average in 2017

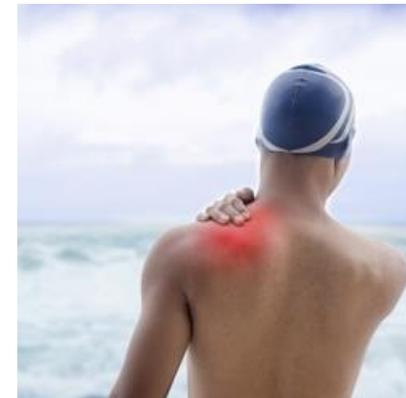


ANATOMICAL DEMANDS OF SWIMMING

*“Epidemiology of Injuries and Prevention Strategies in Competitive Swimmers”
Wanivenhaus et al., 2012*

- Many studies have reported a greater incidence of knee pain among breaststroke swimmers
- 33.3% of butterfly swimmers and 22.2% of breaststroke swimmers experienced low back pain
- Shoulder injuries are the most common, with a prevalence between 40%-91%

The highly repetitive motion that occurs in the normal swimming stroke can predispose elite swimmers to musculoskeletal injuries of the **upper limb, knee and spine**



A five year survey from the NCAA showed that elite male swimmer injury rates were 4.00 injuries per 1,000 hours training, and 3.78 injuries per 1,000 hours training for females

ANATOMICAL DEMANDS OF SWIMMING

The Swimmer's Shoulder

- Swimmers at the elite level may swim up to 9 miles/day (>2,500 shoulder revolutions)
 - The rotator cuff, upper back and pectoral muscles are susceptible to micro-trauma

**An analysis of shoulder pain in elite swimmers found that
“swimmer’s shoulder” could be the result of:**

Stroke biomechanics

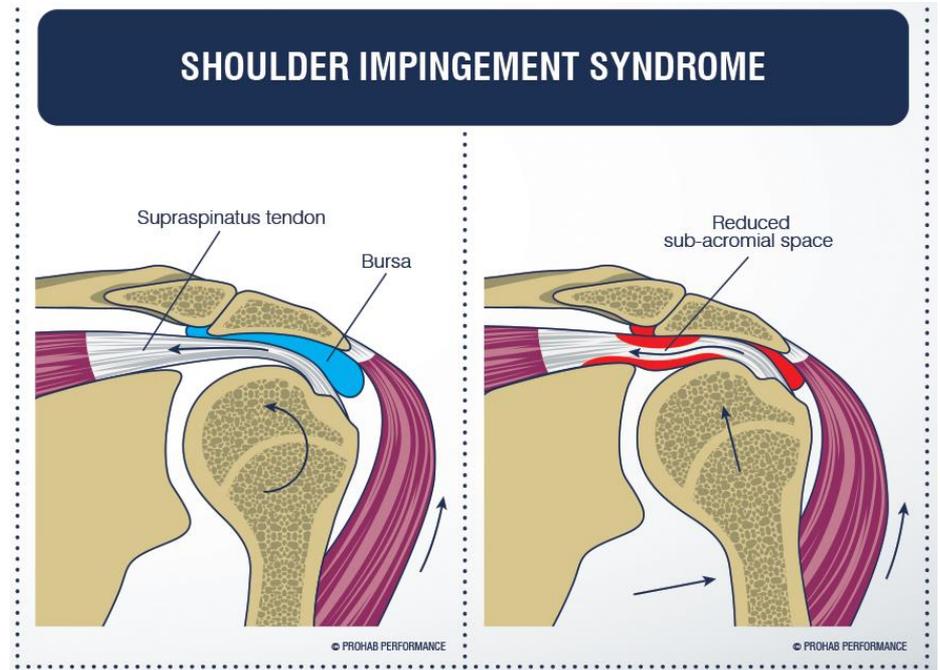
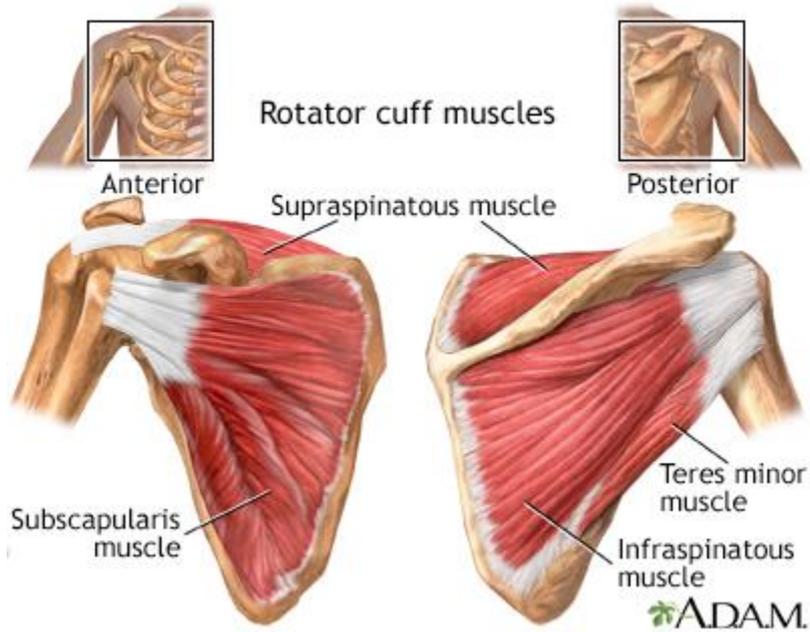
Overuse

Fatigue of the muscles of the shoulder, scapula and upper back

Glenohumeral laxity (Shoulder instability)

ANATOMICAL DEMANDS OF SWIMMING

The Swimmer's Shoulder



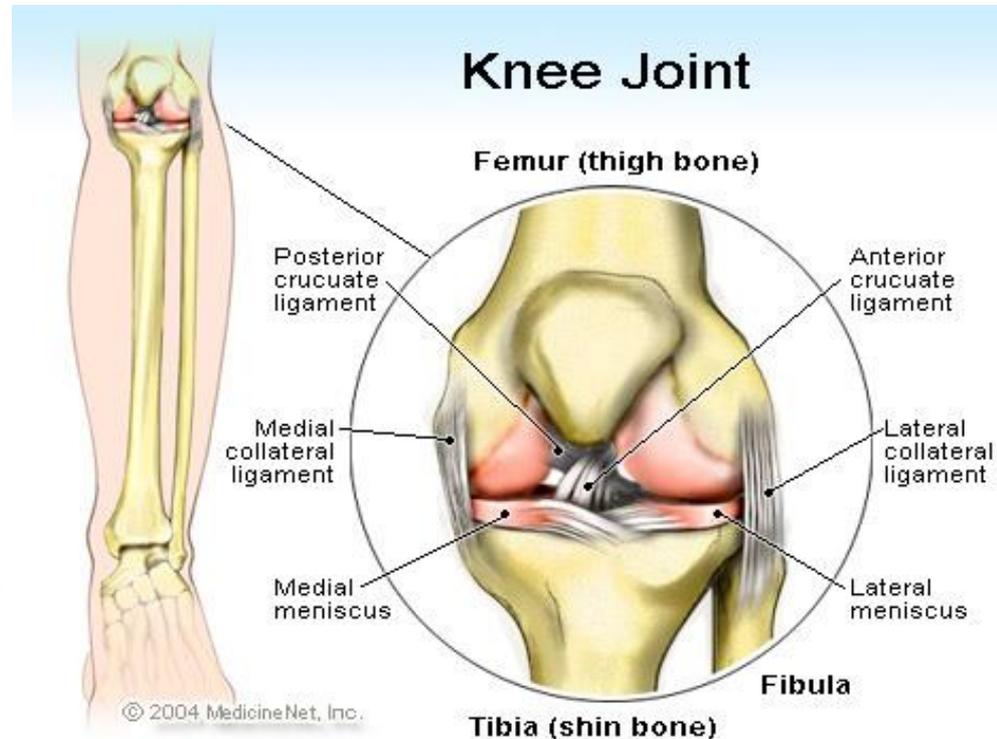
ANATOMICAL DEMANDS OF SWIMMING

The Knee

- A greater incidence of knee pain occurs in breaststroke swimmers than in other swimming techniques
 - A survey of 36 competitive swim athletes found that 86% reported at least 1 episode of breaststroke related knee pain
- Pain predominantly affects the medial compartment of the knee, but anterior knee pain is also common

Knee pain in breaststroke swimmers correlates with the number of years of training, the caliber of the athlete, and increasing age

- Division I freshmen swimmers suffered the most injuries compared with more experienced swimmers
 - Could be explained by the substantial increase in training volume and intensity at the collegiate level



ANATOMICAL DEMANDS OF SWIMMING

The Spine

All swimming strokes maintain hyperextension of the lower back to achieve a streamlined position in the water

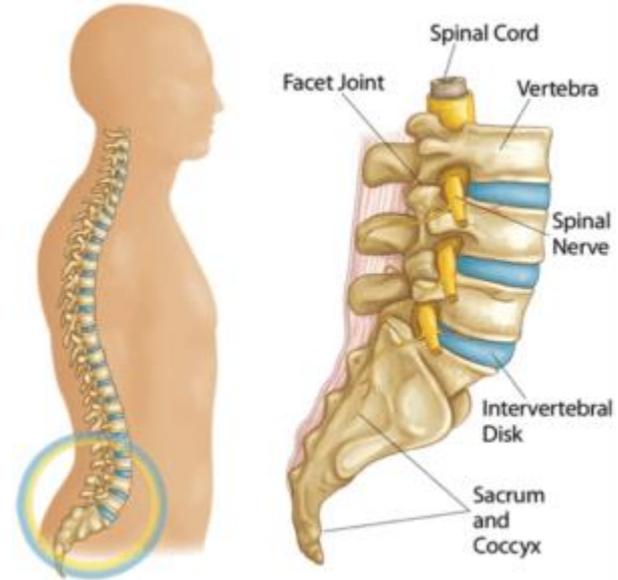
- Muscle strength, endurance, and flexibility protect against low back pain and/or injuries



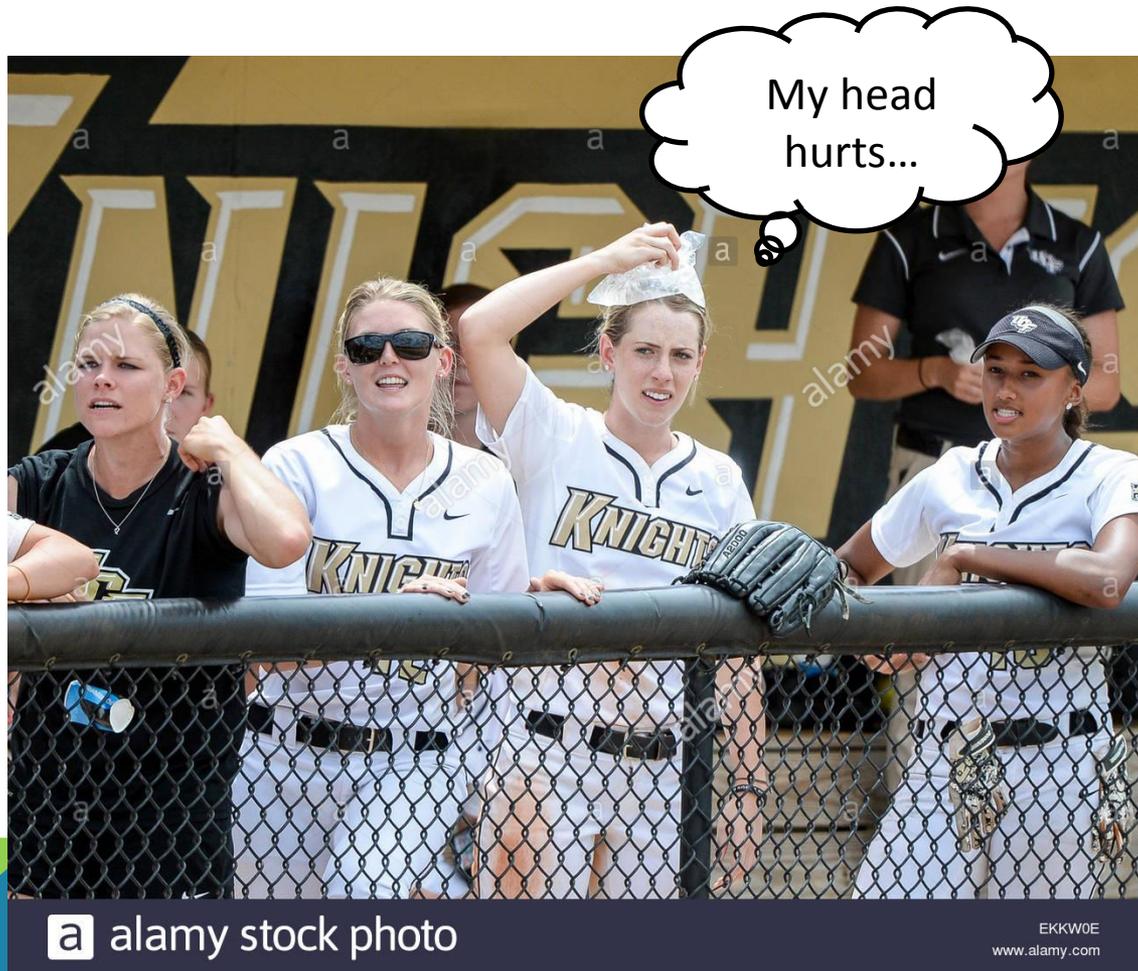
Small drag in streamlined position



Large drag in unstreamlined position



WHAT DOES ALL OF THIS MEAN?



INJURY PREVENTION STRATEGIES

How will dryland training help our athletes?

The 4 Components of Dryland Training:

1. **Pre-pool Stretch**
2. **Pre-lift Shoulder Care**
3. **Resistance Training**
4. **Assessment and Evaluation**
 - Functional Movement Screen, Body Composition, Vertical Jump, Broad Jump, Pull-Up

“An extensive program of stretching, strengthening, and endurance training, in addition to stroke-specific mechanics instruction, should be the foundation of an elite swimmer’s training regimen” *Wanivenhaus et al., 2012*

THE NEXT STEP

- Always warm up before hopping into the pool**
- Be intentional while performing shoulder care**
- Attend dryland as much as possible**



Looking forward to a great year!