



Open Water Swimming

Speaker: Dave Candler, STA President

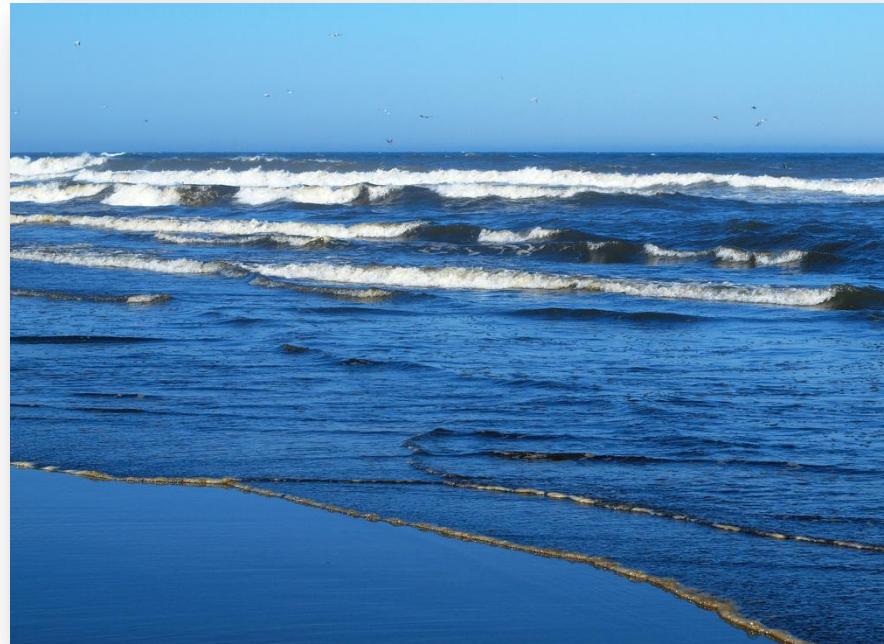


Qualifications

- STA Level 1 Award for Pool to Open Water Swimming Coaching
- STA Level 2 Award for Open Water Swimming Coaching.

Current Situation of Leisure Providers

- Weather
- Lack of support
- Poor structure
- Open Water venues seeking revenue



The Solution

- STA Level 1 Award for Pool to Open Water Swimming Coaching
- STA Level 2 Award for Open Water Swimming Coaching.



Benefits

- Swimmers
 - Improve technique, fitness, motivation, training variation
 - Measure progress
 - Sense of community/companionship
- Teachers/Coaches
 - Hold new OWS qualification
 - Developed professional skills
 - Personal revenue stream
- Leisure Centres/Open Water venues
 - New revenue stream and equipment sales
 - Customer retention
 - Standardised swimming across all clubs

STA Level 1 Award for Pool to Open Water Swimming Coaching

- Introducing: **Simple Swimming**
- Simple concept:
 1. Know what you are doing
 2. Know when you are doing it wrong
 3. Know when you have made a positive change.

STA Level 1 Award for Pool to Open Water Swimming Coaching

- Rules/method for training:
 - Measure performance, progressive plans
 - Focus on mobility and flexibility
 - Swim intervals – based on measurements
- Technology:
 - Measurement equipment
 - Underwater camera – swim clip coaching.



Simple Swimming Sample Workout 1 (Train for 400m)

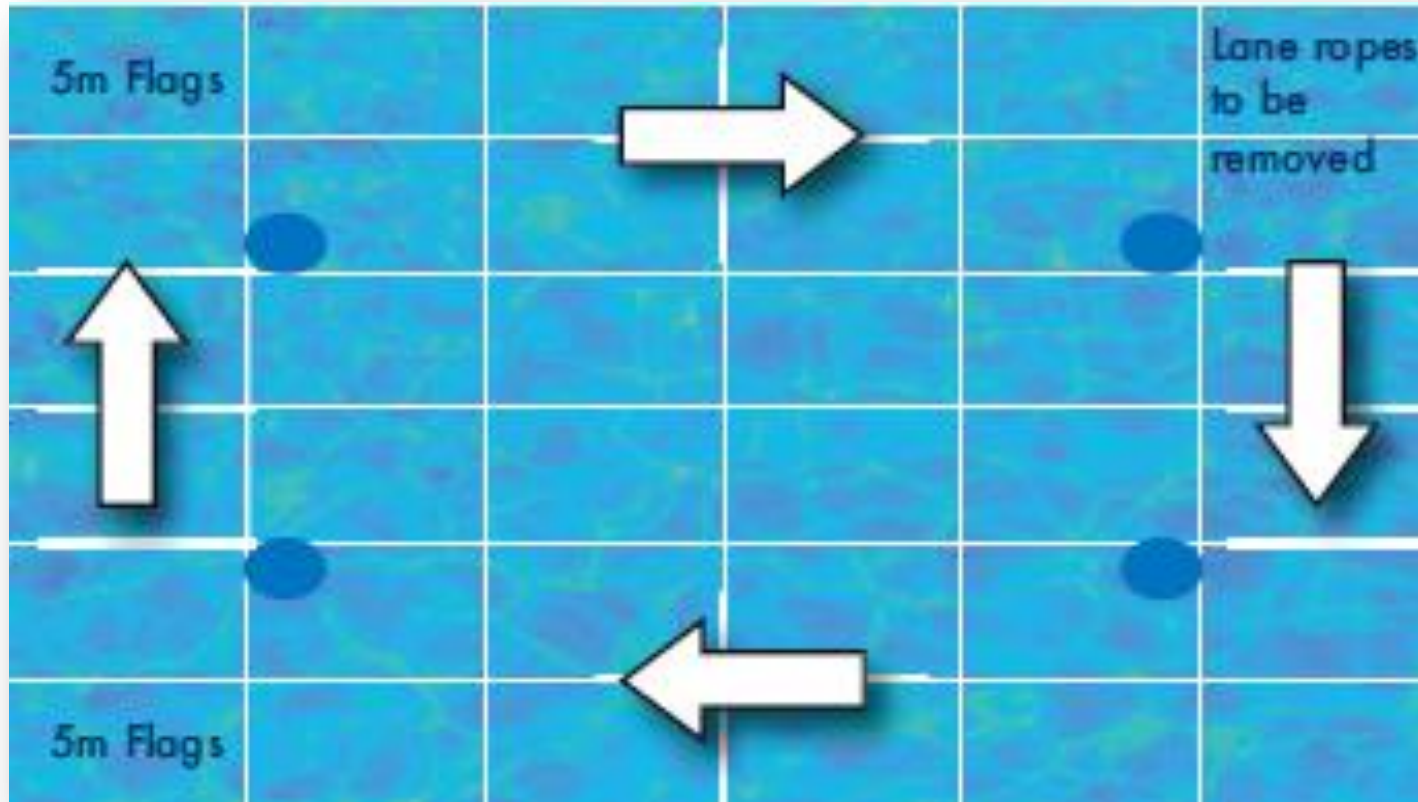
- Warm Up
 - 8 lengths stretch out – Count and Reduce Strokes each length
 - 50m build pace and 50m kick/Poolside kick
- Pre-Main Set – Partner up/PoolMate Watch
 - Benchmark Time Trial: 100m time, count strokes for each lap
- Main Set: Pacing your 400m
 - Part 1: 8x50m
 - Part 2: 4x100m
 - Count strokes and time – hold times and pace, record time
- Warm Down Drills
 - 4x50m catch up
 - 8x25m Zipper Drill

Classes – Pool Setup

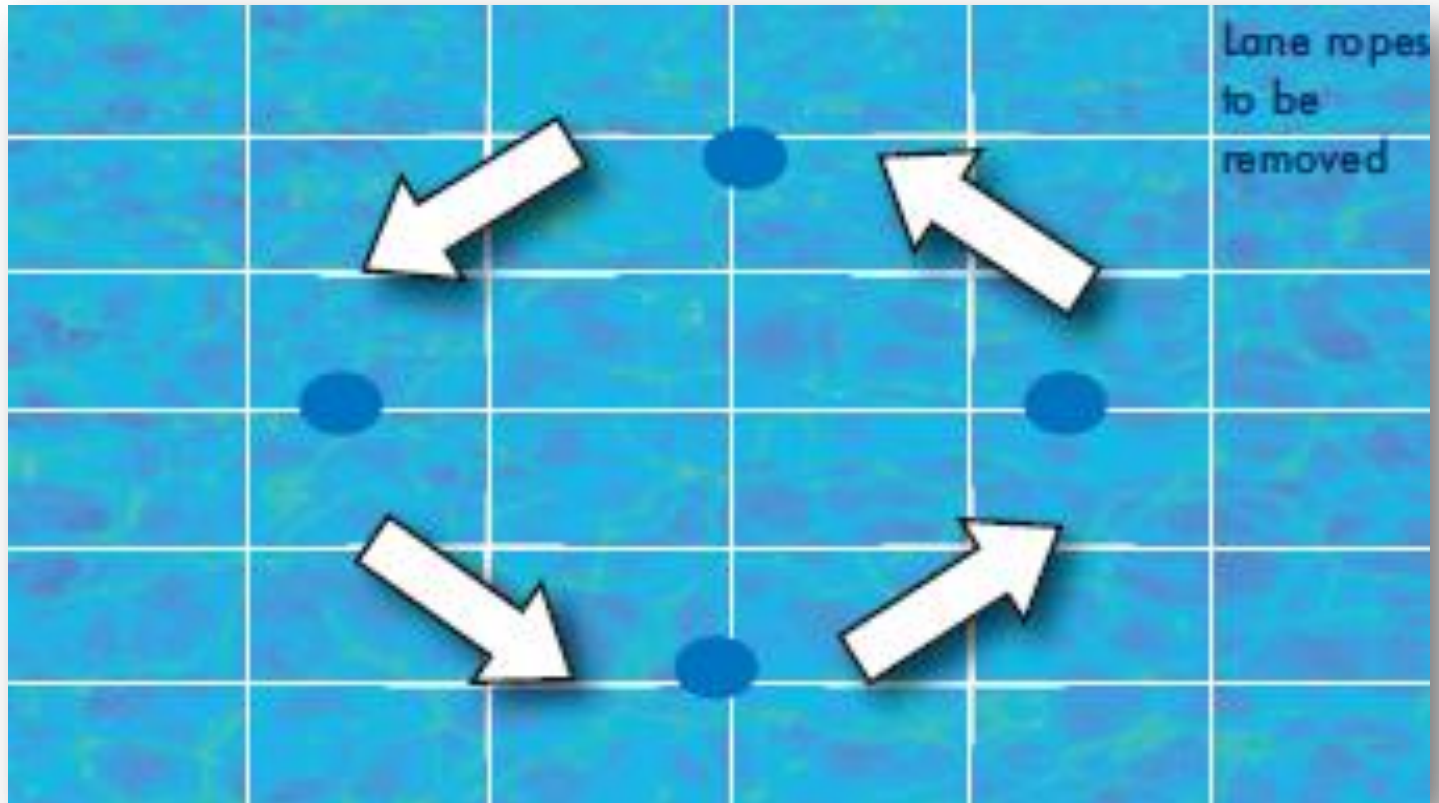
- With or without lane ropes
- New ways of pool training
 - Innovative concepts and workouts
 - Motivate swimmers.



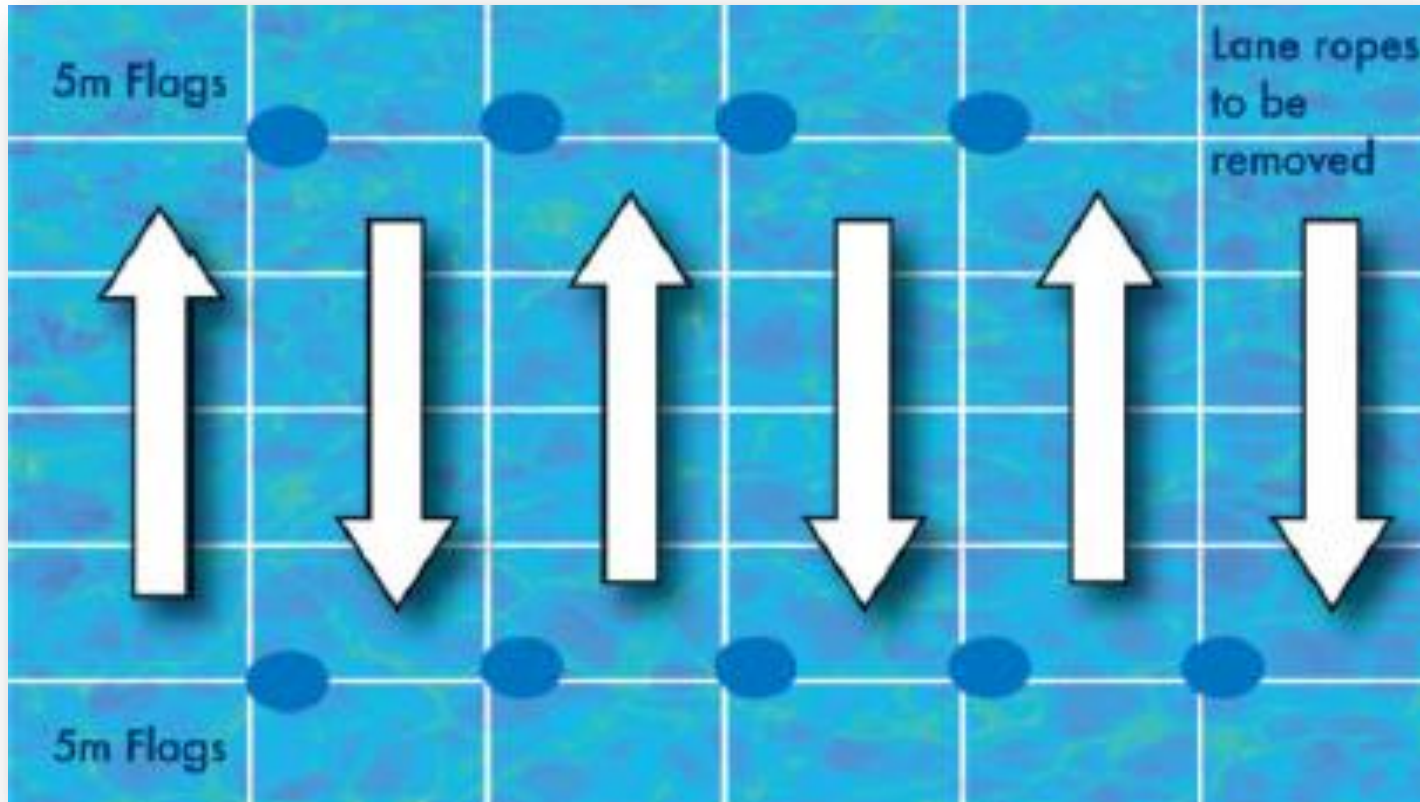
Pool Setup – Long Course



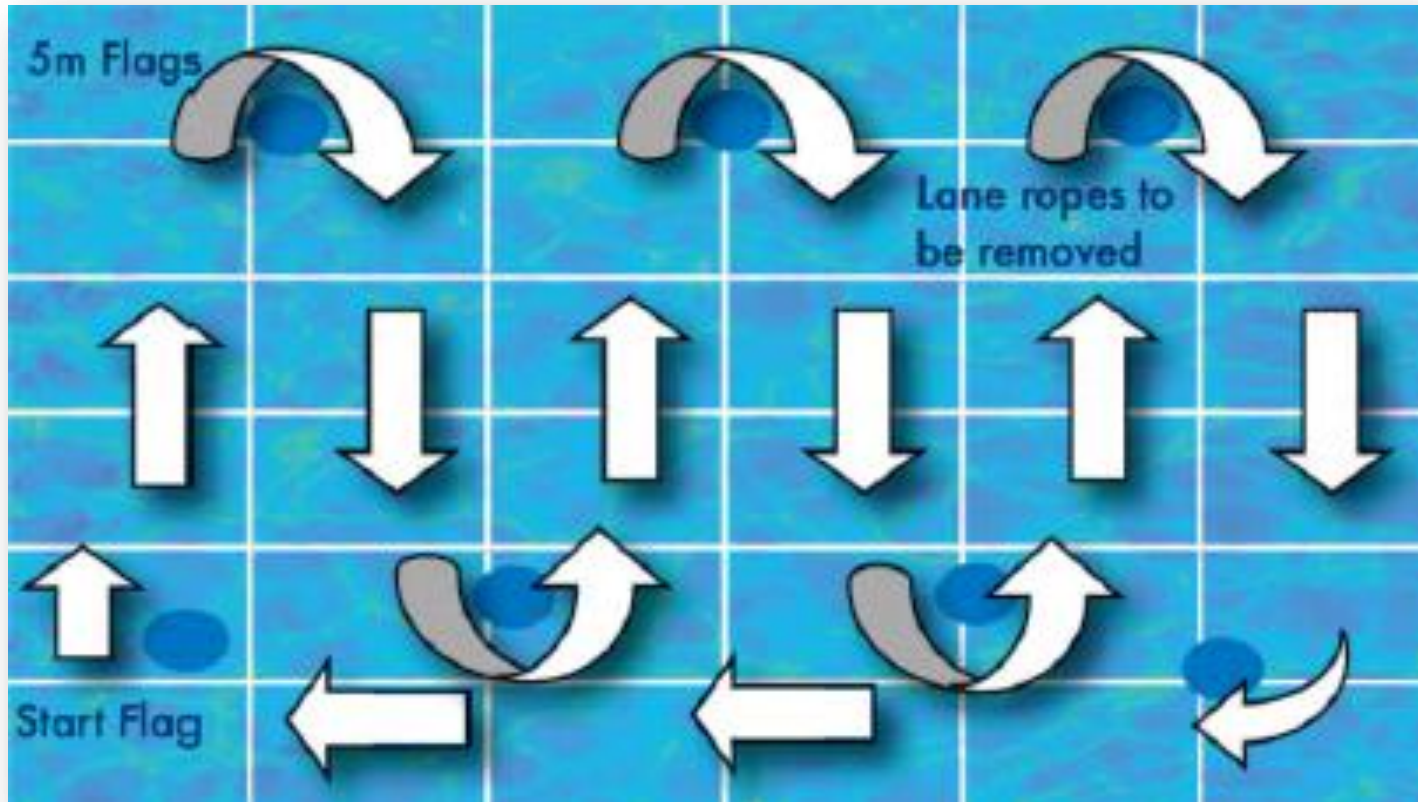
Pool Setup – Short Course



Pool Setup – Up and Down Long



Pool Setup – Pool Swim 400



Equipment

- Timing and tracking software
- Open water goggles
- Sighting flags
- Poolside cones
- Wetsuits
- Poolside info boards
- Underwater video camera
- Indoor buoys
- Waterproof stroke & lap watch
- Stroke analysis form
- Measure and monitor table
- Waterproof MP3 for communication
- Session plans

2014 The Future

- STA Level 2 Award for Open Water Swimming Coaching
- First national open water coaching course for Teachers and Coaches
- Ofqual approved.



Moving Skills to Open Water

- Safety
- Water confidence
- Techniques in pool and open water
- Drafting
- Kicking
- Mass start
- Group swimming
- Open water turns
- Sighting and navigating
- And more.



Any Questions?
Thank You



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