



# The Athens **Bulldog** Swim Club

—a non-profit USA-Swimming team based in Athens, Ga

## Athens Bulldog Swim Club: Stroke Clinic Series

**Fall Splash Session 2: April 13<sup>th</sup> – May 14<sup>th</sup>, 2021**

### **I. Goals of the Program**

ABSC's Stroke Clinic Series is meant to be an affordable and flexible way to connect kids to the sport of swimming. For those with prior competitive experience, it's a way to fine-tune their stroke technique and get some conditioning in along the way. For those newer to the sport, it's a way to learn the basics of not only the four competitive strokes, but of streamlines, proper breathing, kicking, and other basic swimming principles that will lead to a lifelong connection to the sport.

This session of the clinic is the "Summer League Tune-up Session 1." We call it a tune-up because we've reached the time of year where the weather is getting warmer and swimmers are beginning to think about their summer recreational swim season, so this clinic gives them an opportunity to get a jumpstart on the competition! For those who don't swim summer league, they're in luck because it's never a bad time to enjoy the sport of swimming.

### **II. Overview**

This clinic will last for five weeks, starting on Tuesday, March 2nd and finishing on Friday, April 2nd. Each week, we will have a different stroke focus and weekly plan. **The session will use the following general schedule:**

- **Week 1: Basic Swimming Skills and Freestyle Technique.** (NOTE\* THE TUESDAY / THURSDAY of this week will serve as an informal evaluation for the coaches. If your swimmer isn't ready for the clinic series, we will issue a full refund.
- **Week 2: Backstroke Focus & Freestyle Review**
- **Week 3: Butterfly Focus & Free/back Review**
- **Week 4: Breaststroke Focus & Reviewing other strokes**
- **Week 5: Reviewing all four strokes, holding a mini practice swim meet (Tuesday is review) (Thursday and Friday Only)**

**Each Day, our practices will follow a similar timeline:**

|                             |   |
|-----------------------------|---|
| <u>First 5 Minutes</u>      | Check-in time, socially distant group meeting and heading to pre-assigned lanes |
| <u>Next 15 Minutes</u>      | Reviewing procedures, intro to the day's main teaching points,                  |
| <u>Next 15 minutes</u>      | Skill focus   |
| <u>Next 15 minutes</u>      | Stroke technique focus  |
| <u>Final 5 - 10 minutes</u> | Races or socially distanced games/fun activities to end practice.               |

### **III. Skills to be Taught**

While we will follow the general outlines above, our stroke technique focus points will vary based on age and ability level, and will look very different depending on whether swimmers are in the elementary or middle/high school group. They'll even vary within those groups!

For instance, week one day three we will work on Freestyle Side Breathing across the board. That could look the following way across the groups:

- Elementary session, beginner group: Coaches in water with swimmers, teaching them to roll to their back and kick to get a breath as a basic skill
- Elementary session, advanced group: Swimmers practicing a "sneaky" freestyle side breath, i.e. so fast it's hard to see, and exhaling underwater.
- Middle/High Advanced group: Swimmers working on one goggle in the water while they breathe, while maintaining a consistent breath pattern over the course of a longer swim.

Swimmers will be evaluated informally by coaches at the beginning of the session, and at the end of the session formally with a leveled-evaluation form showing the skills they worked on.

**Scroll to the final page for a sample evaluation.**

### **IV. Arrival and Departure // COVID Procedures**

Due to COVID Protocols, we will not have any parents allowed inside of the facility, with the exception of the first and our time trials the final week, where we will use parent timers.

- Swimmers must arrive wearing masks! Once practice is over, swimmers must immediately put masks back on.

- Please park in the front parking lot, OR along the street on S. Bishop Farms Pkwy next to the facility.
- Swimmers will then walk along the sidewalk on the RIGHT side of the building and enter through the back gate. Swimmers WILL NOT go through the main lobby entrance.
- Swimmers should remain in their cars until 5 minutes before practice.
- Swimmers should arrive in their swim-suits - bathrooms/ locker rooms will only be used on an emergency basis. Water fountains are also not in use at the facility, so swimmers should arrive with a pre-filled water bottle.
- Swimmers must arrive wearing masks. They will keep their mask on through the pre-practice meeting, and can take it off and leave with the bag/clothes when they head to their lane.
- Swimmers should bring a bag to keep their masks, towels, etc.
- A coach will come and open the side gate 5 minutes before practice begins.
- Swimmers will be pre-assigned to lanes based on age and experience level. Coaches will keep record of lane assignments for contract-tracing purposes should a COVID situation arise.
- Swimmers will swim in the same lanes for all 5 weeks of the clinic (though they may be moved around on the first or second day due after the initial informal evaluation).
- Please see the attached testing document that we will abide by for isolation/return to practice. Please note that clinics are non-refundable for purposes related to COVID-19.
- Coaches will wear masks at all times while on the deck. Coaches in the water will wear face-shields when working with young swimmers in the water.

## **V. Final Thoughts.**

Thank you for choosing to join our stroke clinic series during this unprecedented year. We are excited to work with your swimmers. Our two main goals are swimmer safety and having fun, and we will do everything in our power to ensure those things take place.

We at ABSC believe that coaches and parents make up a team to benefit our athletes. Therefore if you ever have any questions or concerns, please don't hesitate to reach out.

Thank you, and Go Dawgs!

Coach Mike