

West District Presentation

Nxt Generation Coaches Conference

Coaches

- Steve Tigg – The Journey of Duncan Scott
- Adam Baker – The Development of Dan Jervis
- Andi Manley – Female Breaststroke Quartet
- Ryan Livingstone – Training Models in a Club environment



Key Learning

- There are different paths to the highest level.
- There will be setbacks. Learn from them!
- Do the best you can with what you have!
- Communication and getting to know your athletes is key!

There are different paths to the highest level

Molly Renshaw

- Qualified for 2011 World Championships at 15.
- Missed qualification for London Olympics.
- Finalist in 200m breaststroke at Olympics (2016) & WC (2017)
- 400 IM training background
- Has never “loved” swimming.
- Had to be pushed to leave Derventio to start at Loughborough.



Imogen Clark

- Medallist EC (2018) 50m breaststroke
- Later to swimming at the “top” level
- Incredible natural speed
- Gymnastics background
- Limiting factor is learning how to efficiently race 100m breaststroke



Sarah Vasey

- CG champion (2018) 50m breaststroke
- WC finalist (2017) 50m & 100m breaststroke
- Very hard working and willing to do anything in training
- Steady progress but always in the shadow of others around her
- Keeping her in the sport was an achievement in itself



Abbie Wood

- Commonwealth Games finalist (200 & 400 I.M)
- Incredible work ethic
- Versatile and very “coachable”
- Loved to be challenged at training
- Stayed an hour away from the pool



Emily Large

- Commonwealth Games finalist 200m butterfly (2018)
- Charismatic, likeable, funny
- Focused, driven, ambitious, coachable
- Great commitment
- Emotionally – likes variety, fun
- Physiologically – responds to high volume of repetitive work
- Great family and school support



Nick Pyle

- Typical 17 year old boy
- Self-aware in regard to his swimming
- Coachable
- Supportive family and school
- Much later in making full commitment to the sport (last 18 months)
- Confident, goal-oriented



Dan Jervis

- CG Medallist 1500m (2014 & 2018)
- Honest effort everyday
- Willingness to do anything asked
- Desire to be the best
- Highly competitive
- Passionate
- Weaknesses (belief, turns & underwaters)



Duncan Scott

- Enthusiastic
- Kick was faster than swim
- Stood out as an 8/9 year old
- No early mornings at 12/13
- Biggest challenge was communication and keeping him engaged
- High intensity/low volume at Strathallan School



There will be setbacks. Learn from them!

Adam Baker - Major Setback

- Dan Jervis missed Olympics 2016
- Changed too much in the programme
- Increased Dan's training volume too quickly
- Adam had been questioning his future in the sport – had he shown this to his athletes.
- Huge disappointment – ready to walk away
- Didn't execute race plan they knew worked for Dan

Adam Baker – What did he learn?

- Not all that is new is good, not all that is old is bad !!
- Remember what got you to this point
- Layer Opportunities – not all at once
- Use the TEAM you have to help rebuild

Do the best you can with what you have!

Newcastle Swim Team Facilities

- No local authority, private sector, county sports partnership, county, University, Private School or leisure trust link/support
- No learn to swim programme, feeder clubs
- No competition pool or S&C facility at their sites
- Main pool (3x25m, 1m deep, no blocks, narrow lanes, poorly ventilated)
- Used for over 50% of the clubs sessions.
- Local competitors have better facilities and lower training fees (16 clubs within 15 mile radius)

Newcastle Swim Team Achievements since 2015

- 2xEuropean Championship Gold medals
- 1xCommonwealth Games Final, 1xEuropean Short Course Final
- World Juniors: 1xGold / 5 Finals
- European Juniors: 5xGolds / 8xMedals
- EYOF: 2xMedals
- Commonwealth Youth: 1xGold / 4xMedals
- World Schools Games: 2xMedals
- British Age/Junior Records set on 20+ occasions by 3 different athletes
- 6xSenior National Medals
- Nearly 100 National medals (British Champs/British Summer/Winter Nats)
- Athletes at CW games, Euro SC, Euro LC, WJC, EJC, EYOF, CWYG, EJ OW, WSG.
- 4 British/English Senior Team selections for major Games/Events in 2017-2018 season

Communication and getting to know your athletes
is key!

Quotes on importance of communication

- ‘Communication is oxygen to relationships. The inability to express your thoughts, moods, concerns, boundaries and desires create a slow death in any relationship you are involved in.’ (Pfaff)
- ‘People won’t care how much you know until they know how much you care’ (Attributed to many)
- ‘You cannot continuously improve interdependent systems and processes until you progressively perfect interdependent, interpersonal relationships.’ (Stephen Covey)

Steve Tigg Communication

- Concise, accurate and appropriate
- Duncan has to drive the feedback with Steve
- Steve gives an honest and clear expectation of Duncan – then Duncan feeds back from this.

12 Key Messages – Andi Manley

1. Don't chase performances with young developing athletes.
2. Understand your programmes limitation within the environment in which you coach.
3. Major setback in 2012 – lessons learnt. Hadn't developed character and resilience.
4. Rarely ever raced them against each other in training.
5. Always be willing to evolve and adapt what you do and how you do things.
6. What are your limitation as a coach? What can be changed? Can you provide your best athletes with exactly what they need?

7. Success breeds success. Molly was an inspiration for the others. Made them see what was possible.

8. Its all about the journey. Leave them as better people and better athletes than when you first started working with them.

9. Understand it's about THEM and not YOU.

10. "Nobody cares what you know until they know that you care"

11. The growth of each athlete can have a devastating effect on their ability to swim fast breaststroke.

12. See the world through their eyes. Mistakes make you a better coach.

Thanks for listening!