

SASA North District

50th Geneva International Challenge

20-22nd January 2017

Background and Aims

- Coaches Forum
- District Reserves
- 3 Initiatives
 - Domestic Residential Camp – Mel Marshall
 - 2 Day Training Opportunity at ASV, combined with Coach Education
 - Competition Experience – Geneva International Challenge
 - Opportunity for youth swimmers to travel/compete together (small clubs)
 - Opportunity to gain experience at an international meet
 - Opportunity to represent the North District
 - Opportunity to develop process goals
 - Opportunity for broadening experiences of coaches/team manager, to then be shared

Selection of Swimmers & Events

- Selection Criteria
 - Swimmer of specific age range: 16+
 - Number of swimmers 10-12, top 5 male/5 female + 2
 - Based on FINA Points from a single performance at specific meets
- Home coaches approached before swimmer
- Swimmers were invited by ND Swimming Convenor and selected by a panel agreed and appointed by Swimming Committee
- Scottish Swimming consulted

Selection of Staff

- Invitation sent out by ND Swimming Convenor by email and Facebook
 - 1 experienced coach – qualified, currently coaching in ND, PVG, Safeguarding
 - 1 coach interested at gaining experience – qualified, currently coaching in ND, PVG, Safeguarding
 - Team Manager – Level 2 or 3, PVG, Safeguarding
- Team below was selected by a selection panel agreed and appointed by Swimming Committee
 - Alison Low
 - Petur Peterson
 - Sean Dawson

Travel/Accommodation Planning

- Organized by Keith Thomson
 - Aberdeen to Heathrow
 - Heathrow to Geneva
 - Coach transport to hotel
 - Hotel recommended by meet organizers
 - Insurance

Swimmers Pre-Travel

- Paperwork
 - Code of conduct
 - Mobile phone policy
 - Consent forms
- Events' process goals
- Training session for Thursday evening
- Routine for racing, pre-pool, warm-up, swim down

Team Manager Perspective

Assistant Coach Perspective

- Great experience working with more experienced staff
- New experience working with unknown swimmers
 - Feedback can be difficult when you do not know the history, hence asking swimmers for their goals
- Setting the standards
 - Kit
 - Mobile phones
- Challenges
 - Starting signal not in English
 - Different warm-up etiquette
 - Unexpected change in warm-up

Racing Perspective

- Swimmers selected their events in conjunction with home coach
- Swimmers had to prepare process goals, some swimmers did not understand this concept, so great learning experience
- Before each race, the coaches went through the goals and asked the swimmers what they wanted from the coach e.g. time to a certain distance, splits, breathing pattern
- Every race was filmed and swimmers reviewed this, in conjunction with coach feedback, to see if goals were achieved
- Race plans were discussed if changes were required for finals

Evaluation

- Level of meet appropriate for swimmers selected
 - All entries accepted
 - Swimmers with heats & finals, some with just heats
- Friendly atmosphere
- Laid –back organisation, which had to be coped with
- Scottish Swimming team at meet
- Team worked well together, integrated and no negative issues at all
- Swimmers learned to be independent and focus on process goals

Evaluation

- Swimmers have to learn to take responsibility for the areas around the race, especially pre and post pool work and preparing mentally to race
- Expensive
 - Under budget
 - Different travel options to be explored
- Late publication of meet information
- Risk of swimmers not being accepted, or accepted for few events
 - Out with our control and depends on entries for other swimmers
 - ND short on female Breaststroke swimmers and male Backstroke swimmers at this level

Future