

BIRKENHEAD SWIMMING CLUB



BSC Stroke sessions

We propose to have stroke sessions that will take place weekly with appropriate swimmers. Peter Barton and/or Nic Winter will lead these sessions, which will be long term stroke development and correction. What this means is that the strokes being developed in these sessions will be the ones that will benefit the swimmer when they mature into senior swimmers. The aim of a Long Term Athlete Development (LTAD) Pathway is to ensure that all strokes are as efficient as possible given the swimmers flexibility, strength etc. You'll notice that stamina isn't mentioned above and this is because part of the development of stroke is being capable of maintaining that same stroke when under pressure and when tired, that is race conditions. You can't develop stamina and stroke ability separately, the development aim of these sessions is the most efficient stroke, that is resistant to breakdown.

The sessions will be run on a Saturday at either Europa or Leasowe, dependent on pool availability. Who is eligible? Anybody. If you wish to join these sessions please discuss with Nic Winter, normally the swimmers involved will be attending a number of sessions each week at Birkenhead or other squads or they will never develop an ability to maintain a stroke when tired.

What will happen - Pete & Nic will work on improvement in all strokes with all accepted swimmers and should the demand outstrip available session places we will get swimmers to cycle in and out of the stroke sessions as they are supported and instructed in what they need to change. Swimmers will be expected to continue developing and then return ready for the next stage.....Video may be used during the sessions.

However, basically the only difference between these sessions and the normal stroke instruction and correction given in every session and by every coach is that they will be personalised and the information forwarded to all other BSC coaches. Pete and Nic will circulate to all other club coaches (and possibly squad coaches!) a stroke analysis of what they are working on with each individual swimmer. So, if you really want to change your stroke come and join us; but don't complain when every coach reminds you what needs changing and continues to remind you at every opportunity; until you do it!!!

Swimmers must be capable of:

- Completing club 1½hr session without problem, i.e. swim required lengths
- Be old/mature enough to take instruction and apply learning to themselves in other sessions
- Be prepared to have all strokes developed
- Be attending enough sessions to ensure stroke development
- The final decision on suitability for and continuance in these sessions rests with the chief coach