

Coaches
Meeting

LEUVEN
2022



Wendy
Erwin
Constant
Fred

PRESENTATION

2

- CLINIC ANTWERP
- COMPETITION AACHEN
- WORLD CUP BERLIN
- CAMP CANARIAS / PORTUGAL
- CALENDAR : ROTTERDAM / SIERRA NEVADA
- GENERAL OBSERVATION - WEEK 10
- UNDER WATER CHALLENGE
- QUESTIONS

CLINIC ANTWERP

3

- Introduce the 22-23 season.
- Train together as a team / Mixing seniors and juniors together.
- Fun relays.
- Present the coaching staff (swimming coaches and support staff).
- Swimming sessions and dryland sessions.
- First moment with the coaches to discuss the plan of the season.

COMPETITION AACHEN

4

- First competition as a National team.
- Race under difficult conditions (warm up, recovery, timing, etc).
- Excellent attitude from all swimmers.
- Implementation of dryland protocol.
- Implementation of activation protocol.
- Racing attitude: positive.
- Recovery (swim down, nutrition, flexibility): must be improved.

WORLD CUP BERLIN

5

- Positive to be back with the swimming Elite.
- Small team, but focused swimmers and 'easy' to work with.
- Swimming is 'going fast' in October. Different plans but swimming fast is also possible earlier in the season.
- Independence and professionalism. Our top swimmers know what they do, still a lot to improve with nutrition. Even when food is adapted to athletes.
- International swimming = race under any conditions.
- Team swam 'ok'. Should bring more swimmers.

CAMP CANARIAS + PORTUGAL

6

- Canarias: 1 working group.
- Positive dynamic. Speaking English during training and meals.
- Living as a team.
- Portugal: 2x training groups. Difficulties to speak in English and to communicate.
- Training attitude very positive in general. Working as a Team.
- Phone 'off' at meals, rule 'almost' respected by all.

CAMP CANARIAS + PORTUGAL

7

- Skills not very good (streamline, turns, dives etc).
- Breaststroke is very weak.
- Swimmers don't do under water.
- Level of kicking is poor.
- Dryland before swimming = too challenging for some swimmers.
- Attitude not very 'focused'. Camp = holidays. Different focus ?
- Nutrition: they don't know what is 'ok to eat'.
- Flexibility should be implemented.

10 keys of Success – Team BelSwim – ongoing process

Team's score : 64.6

8

- **1- Hard work**
- **2- Positive attitude**
- **3- Resilience**
- **4- Respect**
- **5- One team**
- **6- Determination**
- **7- No pain no gain**
- **8- Lifestyle**
- **9- Preparation**
- **10- Trust**

ROTTERDAM

9

- Race long course earlier in the season.
- We want to see where we are in the first macrocycle.
- Second competition with the national team, in the first cycle.
- Senior team and junior team.
- 4 days meet, closer to the reality of international racing.
- Reproduce dryland and activation protocols.
- Introduce recovery protocol: swim down and fisio work.

SIERRA NEVADA

10

- First altitude training camp as a national team (22-24).
- 2x training camps in 22-23, and 3x training camps in 23-24.
- Introduction to training in altitude for most of the swimmers.
- Work as a unit, divide training groups in specific training sessions.
- Competition right after coming down from altitude. Flanders.
- Important: the 2 weeks of training prior to going 'up'.

OBERVATIONS - week 10

- Swimmers don't eat properly. Coaches should guide them. Ask for support.
- Swimmers should be consistent on a daily basis, implement changes, which requires long term.
- Under water should be practice on daily basis. Distance first and speed second.
- When is the last time you repeated a set ??
- Find a way to swim a bit more. 500m more per session = 192.000m (48 weeks season, 8x sessions per week).
- Extra that you can't even notice ! Big gain !



Adaptation VS Preparation

12

- 1 week rest - Aachen
- 1 week rest - Leuven
- 1 week rest - Rotterdam
- 1 week rest - Christmas
- 3 weeks taper - Flanders
- 7 weeks rest in the first macrocycle

1 week = 1 month

“too much rest kill the rest”



UNDER WATER CHALLENGE

13

- TESTING
- 25m max under water - from a dive.
- 25m max under water with fins - from a push.
- Best ranked swimmers (all categories).
- 'winners' will be invited to train and be analysed.
- Video.
- Most important: what we (coaches) will implement to improve.

ANY QUESTIONS ?

14



Thank you

Wendy
Erwin
Constant
Fred