

Swimming LONG TERM TRAINING PLAN



**SPECIAL OLYMPICS  
NORTH CAROLINA**



# **2018 Special Olympics USA Games Long Term Training Plan**

Swimming

Chris Underwood

## Swimming LONG TERM TRAINING PLAN

**Objectives for training plan:** Provide athlete(s) and local coach with clear guide of trainings, reporting, and drill expectations.

Time	Specific Objectives/Training Activities	Training Focus/Goals/Reminders
January	<ul style="list-style-type: none"> <li>• Initial Fitness Testing</li> <li>• Training Camp</li> <li>• Team/Athlete Assessments (sport specific)</li> <li>• Once a week practices</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific training items/drills for local coaches to work on with athlete/s.</li> <li>• Introduce teammates and build rapport amongst team.</li> <li>• Gain a baseline on current health status and habits.</li> <li>• Provide athletes with health and training expectations.</li> </ul>
February	<ul style="list-style-type: none"> <li>• Fitness Test #2</li> <li>• Talked to athletes over the phone once and sent two group emails out regarding fitness/nutrition and upcoming TeamNC competition dates</li> <li>• Practice                             <ul style="list-style-type: none"> <li>○ Bryan – 3x per week (team, Tu, Th)</li> <li>○ Alyson – 2x per week (team Mo, Fr)</li> <li>○ Annie – ?? per week (team practice not started),</li> <li>○ Randy – 1x per week (Team, Tu)</li> </ul> </li> <li>• At least one scrimmage. – Nothing planned</li> <li>• One-on-One session:                             <ul style="list-style-type: none"> <li>○ 2/24 – Worked with Alyson at YMCA in Goldsboro</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>2/17/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> </ul>
March	<ul style="list-style-type: none"> <li>• Fitness Test #3</li> <li>• Practice                             <ul style="list-style-type: none"> <li>○ Bryan – 3x per week (team, Tu, Th)</li> <li>○ Alyson – 2x per week (team Mo, Fr)</li> <li>○ Annie – ?? per week on her own, (team starts in mid March)</li> <li>○ Randy – 1x per week (Team, Tu)</li> </ul> </li> <li>• At least one scrimmage – Nothing planned but registered team for two meets in April. Unfortunately, only 3 out of the 4 athletes can make it to each of the meets.</li> <li>• Communicated with local coaches twice</li> <li>• Communicated with athletes/parents via email twice and phone once</li> <li>• One-on-One session                             <ul style="list-style-type: none"> <li>○ 3/9 – Worked with Annie at the Winston-Salem YMCA</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>3/3/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>3/7/2018:</b> Contacted coaches to get current times for registration</li> <li>• <b>3/10/2018:</b> Submitted registration for Southeastern and Craven County Meet</li> <li>• <b>3/17/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> <li>• <b>3/28/2018:</b> Call athletes and see how they are doing.</li> <li>• <b>3/28/2018:</b> Email coaches and get an update on how athletes are doing.</li> </ul>

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<p>April</p>	<ul style="list-style-type: none"> <li>• Fitness Test #4</li> <li>• Practice             <ul style="list-style-type: none"> <li>○ Bryan – 3x per week (team, Tu, Th)</li> <li>○ Alyson – 2x per week (team Mo, Fr)</li> <li>○ Annie – ?? per week, (team, Sat)</li> <li>○ Randy – 1x per week (Team, Tu)</li> </ul> </li> <li>• Two meets planned: 4/14 and 4/22</li> <li>• Communicate with local coach at the beginning of the month to review training.</li> <li>• Communicate with family at the beginning of the month to coordinate pickups for the meets. Find out from Alyson and Randy when is a good time with me to meet with them in May (19-26) for a one-on-one session.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>4/7/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>4/14/2018:</b> Craven County Swimming Invitational: Randy, Annie, Alyson</li> <li>• <b>4/21/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (health metrics and lifestyle survey collected)</li> <li>• <b>4/22/2018:</b> Southeast Invitational: Bryan, Alyson, Annie</li> </ul>
<p>May</p>	<ul style="list-style-type: none"> <li>• Fitness Test #5</li> <li>• Practice             <ul style="list-style-type: none"> <li>○ Bryan – 3x per week (team, Tu, Th)</li> <li>○ Alyson – 2x per week (team Mo, Fr)</li> <li>○ Annie – ?? per week, (team, Sat)</li> <li>○ Randy – 1x per week (Team, Tu)</li> </ul> </li> <li>• There are no meets planned for this month. However, I would like to get the group together once more (maybe near Randy and Alyson or in Wake County).</li> <li>• Communicate with local coach at the beginning of the month to review training.</li> <li>• Call athletes at least once to check on progress</li> </ul>	<ul style="list-style-type: none"> <li>• <b>5/5/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>5/8/2018:</b> Registration due for Summer Games</li> <li>• <b>5/19/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> </ul>
<p>June</p>	<ul style="list-style-type: none"> <li>• Fitness Test #6 (Last One 😊)</li> <li>• Practice – Most of the team training would have ended so I will need to work with the parents to get the athletes to the pool.             <ul style="list-style-type: none"> <li>○ Bryan – 2x per week (Will work with Bryan one-on-one)</li> <li>○ Alyson – ?? per week (??)</li> <li>○ Annie – ?? per week, (no team practice)</li> <li>○ Randy – 1x per week (??)</li> </ul> </li> <li>• Need one-on-ones and one or two group sessions planned as most of the local programs are no longer coaching SO swimming.</li> <li>• One meet is planned – State Games</li> <li>• Call athletes at least once to check up on their progress</li> </ul>	<ul style="list-style-type: none"> <li>• <b>6/1/2018:</b> Summer Games</li> <li>• <b>6/2/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>6/16/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Final Health Metrics and lifestyle survey collected)</li> <li>• <b>6/30/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> </ul>

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### Individual Athlete Plans

The information below is what I have observed when working with the athletes one-on-one. This will be updated each time I have the opportunity to work with the athletes.

Alyson (2/24): Needs to work on backstroke as it is her weakest event. For her freestyle I would like her to work on her endurance by 100s so that 50s and 25s will be easy. For her stroke she needs to work on reaching on each stroke.

Annie(3/9): General work on her freestyle and backstroke. She needs to work on her endurance in the events. Do 100s so that 50s are easy.

Randy(1/6): Needs to work on his endurance. Work on 50s so 25s are easy. Work on his backstroke

Bryan(3/28): Work on decreasing his 100 freestyle time. 55.20 is the goal.

### Communication Plan

1. Contact athletes at least twice a month to check in on trainings and collect health tracking information. **Setup a 2018SOUSAGames google group to send emails out to the team members. Will call athletes regularly to ensure that they are on track.**
2. Have athletes be ready to report on health activity via provided trackers at each communication. **I have been telling athletes to send in the sheets but some do not send them in after multiple requests**
3. Communicate any questions concerns or awesome news to SONC.

### Working with local coach

1. The local coach will be working with your athlete(s) directly. Ensure plans are clear and athlete specific.
2. Team NC coaches should be communicating with local coaches a minimum of once a month (encouraged to do more) to discuss athlete progress, answer questions, and adjust plans as needed. **Have been communicating with the local coaches via email.**

### Athlete Progress

1. Collection of health tracker sheet data bi weekly. **There are some athletes/parents that are not getting me the trackers back after multiple attempts of asking for the sheets.**
2. Fitness testing to be completed every month.
3. Health data submitted via google form bi weekly. **Doing this as I get the data back.**

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4. Conduct athlete/team assessments for potential score updates as needed. **Will be doing this when we get results from invitational and when I work with them one-on-one.**

### Plans for Getting the Team Together

1. If possible, make a plan to get the team together for a practice or scrimmage. **I hope to add an additional meeting for the team in May and June either in Wake Country or the eastern part of NC.**
2. Plan travel plans to see individual athletes if you can't get the whole team together. **I have already met with 3 of the athletes for one-on-one. I hope to meet with all the athletes for one-on-one each month leading up to the games. I will need to**
3. Check out locally hosted scrimmages/invitations at competition opportunities. **Have three meets planned. Unfortunately, only 3 of the 4 athletes can attend 2 of the 3.**
4. Determine what assistance will you need from SONC? (Travel reimbursement, equipment, facility space) **Will need help with facility space and possible housing. I plan on working with the local coach to start that process.**