

A PROGRAM DESIGNED TO PRODUCE SWIMMING EXCELLENCE

What does it look like?

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Mr. Pursley says that he agreed to do this because the U.S. is not getting to the next level in swimming.

1. PROGRAM ESSENTIALS

- (a) Philosophy, goals, priorities that give direction to the program and justify all programming decisions.
- (b) Delineate the roles of the Head Coach who must have final authority.
- (c) Program policy, structure for commitment.
- (d) Dedicated and competent staff of good character, loyalty, compatibility and enthusiasm.

2. PROGRAM PHILOSOPHY, GOALS & PRIORITIES – THE DIRECTION

- (a) Philosophy is the foundation of the program.
- (b) Team Goals...
 1. Goals for all involved in the program
 2. Character development should be the # 1 priority of the team
 3. Mental toughness in and of itself will provide maximum potential in competitive swimming
 4. Focus on character to attain performance goals
- (c) Priorities...
 1. Character development
 2. Short term goals
 3. Long term goals
 4. FUN
 5. Do not compromise higher priorities for lower ones
- (d) Principles of Excellence...
 1. Total commitment a Compromise = mediocrity
 2. Commitment throughout all levels in specific ways
 3. Creates opportunities for excellence
- (e) Unconditional Support
 1. Support the coach and athletes even if you don't agree – as long as it's for the good of the team
 2. Support with enthusiasm!

3. DELINEATE ROLES FOR COACH, PARENTS & SWIMMERS

- (a) Parental contribution – relieve coach of hands-on responsibilities of the administrative JUNK.
- (b) Program Description...

1. Handbooks
2. Semi-annual information bulletin
3. Team pledge, goals, etc.
4. Stroke descriptions
5. Nutrition information
6. Records
7. Responsibilities of parent committees
8. Coach must educate and direct parents

4. TEAM POLICIES

- (a) Awards Presentations
- (b) Dress Code
- (c) Punctuality
- (d) Behaviour Expectations

5. TRAINING PROGRAM

- (a) Training Program Structure...
 1. Top-down planning progress
 2. Describe the highest level possible
 3. Age range
 4. Performance standards
 5. Must re-qualify each year
- (b) Training Standards...
 1. Swimmers should be compatible to create group synergy
 2. Training groups should not be based on convenient times and carpools
- (c) Details are important.
- (d) Training Guidelines...
 1. Legal strokes
 2. Streamline
 3. Technique standards
 4. "Indefinitely suspended" if don't follow guidelines
 5. Hold swimmers accountable
- (e) General Training Principles...
 1. 100-yard race is different than a 100-metre race
 2. Need lactate tolerance created by doing sets that require constant effort throughout
 3. Anaerobic threshold
 4. Led astray by the East Germans who were getting results from low intensity aerobic work – they were getting results from steroids
 5. The maximum duration for aerobic work is 50-120 minutes
 6. If you are a Butterflyer, do Butterfly – if you are a Breaststroker, do Breaststroke ... the human body is capable of doing anything! Mary T. Meagher did a 3,000 Butterfly!
 7. There is a time and a place for the "take it to the limit" training ... not on a regular basis
 8. If you have only done a 3,000-yard workout, you are not able to attack larger workouts

- 9. Well-placed, over-challenge training
- (f) Program Structure...
 - 1. Simplified training plan
 - 2. Divide the season
 - i. Prep phase of 6-8 weeks
 - ii. Endurance phase
 - iii. Specialty phase
 - iv. Microcycles within each phase so the swimmers stay fresh
 - v. The core of each week stays the same
 - vi. Build in variety around the core
 - 3. Mileage/yardage – have nothing in mind
 - i. Plug in the work for each point in the week
 - ii. Have a plan!
 - iii. Maintenance during breaks ... weight control; taper plus a break after that involved detraining; get swimmers back in the water a day or two after a big meet – let them train for 2-3 weeks and then take a break
 - 4. Values – hard work, pain, recovery period
- 6. GOALS**
- (a) Guidelines for individual goals...
 - 1. Not necessary for accomplishment if you set the goal to be the best all the time
 - 2. Road map early in the season
 - 3. Desire – how important is this to you?
 - 4. Determination level of commitment, sacrifice, and priority
 - 5. Confidence in accomplishments
- (b) Goal Attainment...
 - 1. Team “Hall of Fame”
 - 2. Mindset – don’t just think about making the cuts ... think about how well you will do at the big meet
 - 3. Keep control of start and turn efficiency, race strategy, and mental toughness
 - 4. NEVER QUIT – absolute cardinal rule!
 - 5. If you want to progress, you must understand that failure is a part of the progress that leads to success ... learn from failures and respond positively
- (c) Team Concept...
 - 1. If you don’t buy into the team concept, you are missing out on a valuable opportunity
 - 2. Make the swimming experience more rewarding
- 3. Tom Jager’s story of being disappointed with his own racing, yet still giving his best for the team by cheering and encouraging everyone – his attitude was that he was the lucky one because he became captain of the best swim team in the world! The experience was more valuable to him because of his team.
- 4. The team makes us better people and it enhances our performances
- 5. Team Pledge – be accountable to it!