

Coaching Challenges Running Workouts for Varying Ability Levels

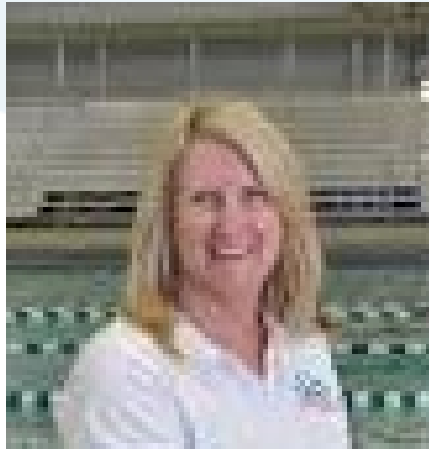
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Overview

- Unlike age group swimming, Masters is harder due to all the different levels
- It's important to keep swimmers feeling connected and swimming together as a group to feel the camaraderie
- This helps to set the tone of the program
- Swimmers want to feel that they belong and can keep up



Ways to Make All Feel Comfortable

- Warmup together for the same number of minutes. Everyone stops at the same time.
- Announcements can be made to include upcoming events, introductions of new swimmers, and celebrations.
- Start workout with a sort drill set to keep everyone together
- Have the lane leader help new swimmers with sets or intervals



Modifying Workouts

- Arranging swimmers in lanes by ability levels
- Keeping the interval the same, change the distance per lane.
 - Example: interval is 1:30 - swimmers can do 100's, 75's, or 50's
- Keeping the total time the same, change the reps & interval per lane.
 - Example: 8x100's on 1:30, or 6x100's on 2:00, or 4x100's on 3:00 (each 12 minutes)
- Wear equipment so all lanes can keep the same interval



Challenging Swimmers - Lane Etiquette

- Swimmers that don't follow lane etiquette such as passing swimmers, moving out of the way when needed
- Swimmers that don't stay on the right side of the lane, especially after a flip turn



Breakout Session 1 – 10 minutes

- Small Groups of 4-6 people each
- Introduce yourselves
- Designate a note taker who will share out to the room
- Topic 1: Challenging Swimmers
 - Lane Etiquette
 - What are your go-to solutions for these issues?



Lane Etiquette - Solutions

- Before a distance set begins remind swimmers of the etiquette such as how to pass or touch someone's feet
- Before a sprint set remind swimmers to move out of the way for all swimmers to be able to finish at the wall
- Teach / Coach proper technique for flip turns with multiple swimmers in a lane
- Explain in private after workout if needed



Challenging Swimmers - Lane Order

- Swimmers that want to lead the lane but aren't good at this skill
- Lanes that don't know who should go first
- Swimmers that don't wait 5 seconds or stay on someone's feet



Breakout Session 2 – 5 minutes

- Small Groups of 4-6 people each
- Introduce yourselves
- Designate a note taker who will share out to the room
- **Topic 2: Challenging Swimmers**
 - Lane Order
 - What are your go-to solutions for these issues?



Lane Order - Solutions

- The coach picks the swimmer to lead the lane
- The coach picks the order for the lane and helps with the sets
- Teach swimmers to wait 5 seconds between swimmers or wait until the swimmer in front of them gets to the flags



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Challenging Swimmers – Following Instructions

- Swimmers that swim something different than what the set called for
- Swimmers that talk during the set directions



Breakout Session 3 – 5 minutes

- Small Groups of 4-6 people each
- Introduce yourselves
- Designate a note taker who will share out to the room
- **Topic 3: Challenging Swimmers**
 - Following Instructions
 - What are your go-to solutions for these issues?



Following Instructions - Solutions

- Use your coaching voice to explain the sets
- Use a whiteboard or have the workout written on paper to help explain
- Have a lane leader to help explain sets



Bring the Fun!

- Fun sets are a great way to include all ability levels
- Birthday swims: sets around the birthday number, sing happy birthday while vertical kicking, birthday swim splash with kickboard, go down the slide, etc.
- Social kick set: give topics to discuss
- Relays or Games at the end of workout
- Swap lanes for one set to meet new swimmers



Themed Workouts

- Everyone loves a themed workout! These help to build community and inclusiveness
 - Examples: Shark Week, July 4, Mardis Gras, Reindeer Games, Naughty or Nice, Final Four, Swim for the Buns – Charity Swim, Birthday Milestones, Football Championship
- Include a fun music playlist



Breakout Session 4 – 10 minutes

- Small Groups of 4-6 people each
- Introduce yourselves
- Designate a note taker who will share out to the room
- **Topic 4: Bring the Fun! Themed Workouts**
 - **What are your go-to fun activities? What are your favorite themed workouts?**



Bring the Fun / Themed Workouts - Solutions

- What are your best fun activities?
- What are your best themed workouts?



Conclusion

- There is no wrong way
- Be creative
- Have fun when coaching
- Do what is comfortable for you





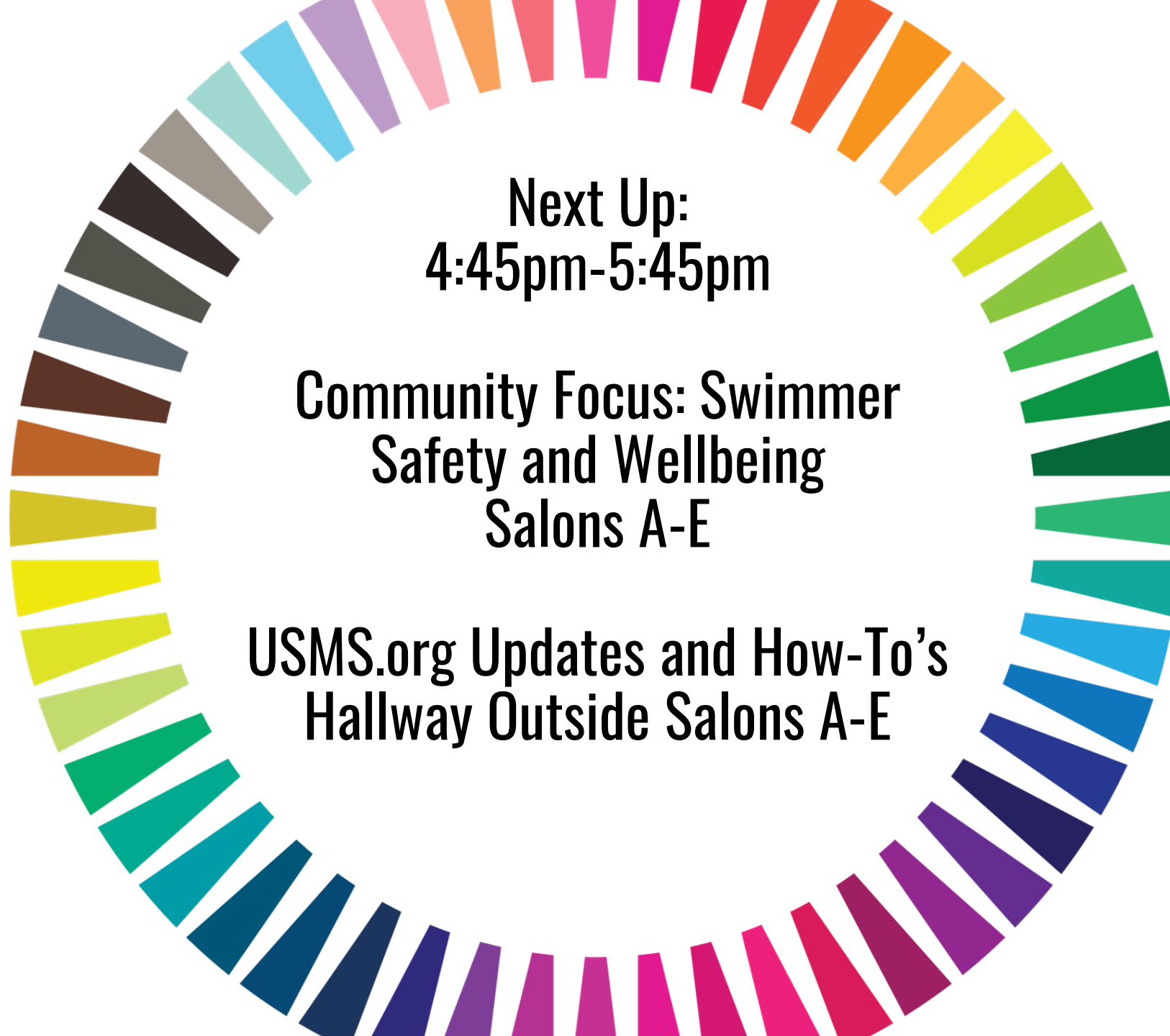
Wrap-Up / Questions & Answers

**Don't be afraid. Ask away.
(If you're thinking it, someone else
probably is too!)**

Next Steps / Call to Action

1. Designate a lane leader for every lane
2. Implement a themed workout
3. Create a modified workout so that every lane can stay on the same interval
4. Prepare a warmup and announcements so that team stays together





**Next Up:
4:45pm-5:45pm**

**Community Focus: Swimmer
Safety and Wellbeing
Salons A-E**

**USMS.org Updates and How-To's
Hallway Outside Salons A-E**

Resources

- [Click here for Modified Workouts](#)
- [Click here for themed workouts](#)



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Presenter Bios

Leslie Scott

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I have been coaching and swimming Masters for almost 40 years in several states including Texas and California. I am also a Special Education teacher. I started a club from scratch 18 years ago when I moved to Greenville, South Carolina called Greenville Splash. We have an awesome program with workouts at 2 pools, social activities, and open water practices. I am happy to help anyone that is getting started into this rewarding profession of coaching.

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