



# **CENTRAL SWIMMING NEW ZEALAND**

RDC REPORT JULY - SEPTEMBER

# PROGRAMME VISITS

## #1

- ✓ Strength and weakness observation
- ✓ View annual plan
- ✓ Weekly plan
- ✓ Attendance charts
- ✓ Standards and structures of promotion through levels.
- ✓ Current status of squads.

## # 2

- ✓ Meet assistant coach – planning
- ✓ Observe learn to swim or development groups
- ✓ Discuss personal development opportunities

## **ATTENDANCE AT ...**

- ✓ 3 Regional Winter Championships
- ✓ Regional Grand Prix Final
- ✓ East Coast Winter Championships
- ✓ 13 coaching programmes visited (6 still to complete)
- ✓ 3 Parent forums. (1 to complete)
- ✓ 3 Club coaches forums

## **Collection of all race data to analyze the strength and weakness through the regions of..**

- ✓ Stroke / distance by age / female and male
- ✓ Numbers in each point level 700+, 650, 600 etc.
- ✓ How the events are being swum.



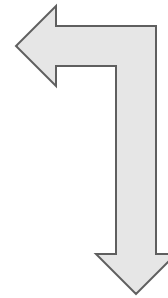
**REGIONAL COACHING PROGRAMME  
PARENTS FORUM**

**GRAND PRIX SERIES**

**2010**

3 September 2010

Regional Coaching Programme 2009 - Clive Power



## **10,000 Hour Conundrum**

- ✓ Summary of all previous material
- ✓ Windows of opportunity
- ✓ Embedding of skill learning.
- ✓ Patience

**REGIONAL COACHING PROGRAMME**

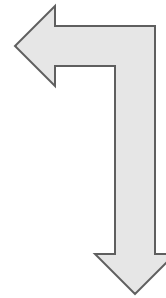
**CLUB COACH CLINICS**

**WINTER**

**2010**

3 September 2010

CNZS COACHING PROGRAMME - CLIVE POWER



## **Consistency of Coaching Delivery**

- ✓ Embedding of skill learning
- ✓ Deliberate Practice Model.
- ✓ Practical session – evaluation

## **JUNIOR DEVELOPMENT CAMPS**

### **Involvement**

- ✓ Two venues Waikato / BOP
- ✓ 56 Swimmers
  - Female born 1998 - 2000
  - Male born 1997 – 2000
- ✓ 8 Junior development coaches
- ✓ 3 Managers

### **Outcome**

- ✓ Testing of a base set of competencies –collection of data
  - Training competencies
  - Continuous Swim Test (skill based)
  - Speed test (skill / time)
  - Testing – kick / power
- ✓ Land based tests – agility / coordination / strength
- ✓ Coach critiquing.
- ✓ Testing of swimmers sports knowledge

## **NEXT STEP:**

### ➤ **Winter Grand Prix Events**

- *Analyse all 2010 data*
- *Reports to coaches and regions*
- *Winter Grand Prix Series used as reference point*
- *Monitor regions competitive health through to 2011.*

### ➤ **JDP**

- Analyse all data from JDP camps
- Identify weaknesses in technical skills for u/12
- Send report to coaches
- Establish 3 core drills for each of the 4 strokes
- Plan for JDP camps in 2011 run to the RAD model.





➤ **Coaching – Planning**

- Continue development of 8 regional JDP coaches.
- Design of CSNZ 2016 plan
  
- CSNZ coaches meeting at the Spring Meet setting dates - 2011

➤ **Aquaknights**

- re-establish qualifying criteria and objectives for squad in line with 2016 plan.
- Put in place different levels of Aquaknights.