

Pace Clock Quiz: ↓ Below is a Pace Clock

It is used by coaches and swimmers so that they know when to push off the wall to start the next swim. It allows the coach to design workouts and practices that will challenge each swimmer yet allow them enough rest between swims.

Without it, the coach would have to become a "traffic cop" and spend all practice saying "Ready GO. Ready GO. Ready GO." etc. Without it, the coach would not be very effective doing interval training, speed play work, or giving different levels of work to different lanes within his/her group.



As this fun quiz will demonstrate to swimmers and parents, it is a critical tool for efficient practices and faster swimming. ALL swimmers become faster when they know how to use the clock. (AG White only do questions 1 through 8 with parents.)

With a pace clock, the swimmers

A. learn their times,

B. become aware of what they are doing in the water,

C. can train in different strokes within their group,

D. can set practice goals and

E. if the swimmers all know how to use it, the coach can give a workout to a large portion of the group while he/she can focus on individuals within that group without worrying about whether the others are doing the right thing or not.

I have designed this fun little quiz for all 10-unders as part of their Achievement Skills Certificate for Winter/Summer 2011. You may print it out and complete it when you know all the answers. Turn it in to your coach for a check-over. If it is all correct, you will get a sticker for that skill. If you don't know the answer to something you may ask the coach BUT you may only ask about one question each practice. This will ensure that you truly know the material.

Parents: You may help your child but please do not do their work for them. You can help them understand that 50 seconds plus 50 seconds is NOT a minute. (They may think that 100 is a "full unit" because they are used to base 10.) But with a clock, you start fresh after 60 seconds.

1.) What is your best-ever time in the 50 Free, at a meet? (25 Free if you are 8-under) _____

2.) What is double that time? _____

3.) What is your best-ever time in the 100 Free? (50 Free if you are 8-under) _____

4.) How much slower is #3 than #2 and why is it not the same?

5.) If you were to swim a 200 Freestyle in practice, swimming strong but not racing, what would your approximate finish time be? (You can use the pace clock on the first page and count with your finger if that helps you.)

6.) Coaches have given you tips to help you with pace clock use. Cross out any of the ones below that are **NOT** good tips:

- Remembering what number you left on.
- Look at the clock right after touching the wall to get your finish time.
- If it helps, you can use your finger to point at the clock and count the seconds.
- Stay at the wall and raise your hand if you know you have missed an interval.
- Just follow your friend because "they know what they are doing."
- Ask the coach what your time is because they know what number you left on and when you touched.

7.) If your best time at a swim meet is 46 seconds in the 50 Backstroke Would you be able to make a set of 10 x 50 Backstroke on 1:00 in practice? **Yes or No** (circle one)

Bonus question: What do you think your swim times would be for each of the ten?

- | | | |
|----|-----|---|
| 1. | 6. | Remember that your times may get slower as you swim hard on each Backstroke..... and you get more tired. This is OK as long as you make each interval (push-off time).
<u>Racing</u> the first one or two may make your muscles feel like rocks later on and you might fall behind or stop. Finding the right balance is the goal of every swimmer and will make you VERY FAST !! |
| 2. | 7. | |
| 3. | 8. | |
| 4. | 9. | |
| 5. | 10. | |

8.) You are swimming a set of **4 x 100 IM on 3:00** (leave on the :60) Your times for each of the first three are below. How many seconds rest do you get before you have to push off to start the next one ?

2:15 _____

2:25 _____

2:32 _____

Again, use the picture of the clock on the first page.

With your finger starting on the :60, trace the path that the second hand would take as it moves around to get to the 2:15, 2:25, etc.

FOR QUESTIONS 9 -14

While looking at the pace clock on the first page, figure out when you would leave (push off the wall) on each interval if you were given the following sets. Write down your push-off times. For example:

Coach gives a set of 8 x 50 Free on 1:05 and tells you to leave on the :60

If you are the first swimmer in the lane, your pushoff times will be ...

:60 ... :05 ... :10 ... :15 ... :20 ... :25 ... :30 and :35

If your average time for each is 45 seconds, you would be getting 20 seconds rest between each swim. For this quiz you do not need to guess what you think your swim times would be BUT, at the end of each question you should circle how difficult that set would be for you.

There will be 5 choices and you should circle one of them. The choices are:

EASY (I could do it with my eyes closed)

SLIGHTLY CHALLENGING (I can't just loaf it)

HARD (it will be tough but I can do it if I set my mind to it)

EXTREMELY HARD (I might not make all of them)

IMPOSSIBLE (but maybe *someday* after I work hard enough)

In the above example, a swimmer in Age Group BLUE would probably answer between "Slightly Challenging" and "Extremely Hard" for the set. Doing 4 "50's" instead of 8 would make it easier. Doing 10 or 12 of them would cause swimmers grade it tougher.

Parents can ask their swimmers what their thoughts are on each set and how they "grade" the difficulty. This reflection will help them learn and focus on what they need to be aware of in practice. Coaches cannot stress enough how much this enhances a child's ability to learn! Some of the following examples are typical AG, JR1 and JR2 practice sets. Unless otherwise stated, each swimmer leaves 5 seconds apart.

9.) You are the second swimmer in the lane (you go on the :05) and are given a set of 10 x 50 Breaststroke on 1:15. What are your leave times for each?

- | | |
|----------|-----------|
| 1. :05 | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

For you, would this set be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE

10.) You are the third swimmer in the lane and are given a set of 10 x 25 Backstroke on :40. Because the lead swimmer was not paying attention, they miss pushing off on the :60 Coach tells the group to now start the set on the :30 What are your leave (push-off) times for each?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

For you, would this set be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE

11.) You are the seventh (7th) swimmer in the lane and are given a set of 8 x 50 Backstroke on 2:00. Coach says to leave every 10 seconds so swimmers are spaced out to get a good "no-look" turn and finish using the flags. What are your leave times for each?

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

For you, would this set of 8 x 50 Backstroke on 2:00 would be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE

12.) You are the lead swimmer in the lane and are given a set of 10 x 200 Freestyle KICK on 3:10. What are your leave times for each?

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

For you, would this set be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE

13.) You are the fourth swimmer in the lane and are given a set of 6 x 75 "no Fly" IM on 1:35. (each 75 is made up of 25 Back, 25 Breast, 25 Free) What are your leave times for each?

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

For you, would this set be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE

14.) You are the third swimmer in the lane and are given a set of 10 x 100 Freestyle on 1:50. After you finish the first 5, the coach changes the interval to 1:55 What are your leave times for each?

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

For you, would this set be:

EASY SLIGHTLY CHALLENGING HARD EXTREMELY HARD IMPOSSIBLE