

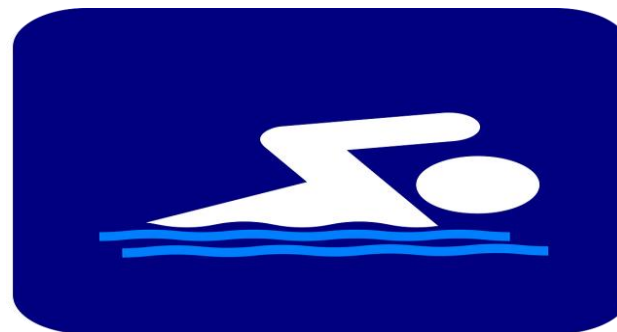


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TALKING LONG AXIS

ONLINE Y SWIM COACHES FORUM

October 20, 2020



UPDATES: YMCA AND USA SWIMMING



YMCA of the USA

Lindsay Mondick



USA Swimming

Jay Chambers

Y COACHES FORUM SCHEDULE

November 3– No GPS For This Journey

November 17 – Talking Short Axis

December 1 – No GPS For This Journey

December 15 – 12 & Under Development (?)

Others? Send your suggestions to
mgriffin@myy.org or mike@wsyswim.org

RESOURCES & TOOLS

YMCA Swim Lesson Curriculum & Aquatic Conditioning Pathway
(<https://link.ymca.net/intranet/pages/714?lang=ENG>)

USA Swimming Online Clinic Series – Training and Technique
(<https://www.usaswimming.org/articles-landing-page/2017/04/03/online-clinic-series---training-technique>)

ASCA Level 2 – Stroke School & others
(www.swimmingcoach.org)

GoSwim (www.goswim.tv)



“To steal ideas from one person is plagiarism; to steal from many is research.”

-Anonymous



Let's do some research!

BREAKOUT ROOMS: LONG AXIS STROKE INSTRUCTION & DEVELOPMENT



How do you teach / develop Free and Back stroke technique?

What do emphasize?

What drills or progression do you use?

What saying(s), mnemonic devices, phrases, cues do you like to use?

Differences when working with 12&U? 13&O? Masters?



What resources / tools do you use?

For yourself?

With swimmers?



THANK YOU

Next Online Y Coaches Forum: *No GPS For This Journey*
Tuesday, November 3, 2020
11:30 am EDT