

MMSWIMINSPIRATION

WORKING WITH MEL MARSHALL AND HER TEAM



Meet the swimmers



Andrew
Ethan
Fraser
Hannah
Morgan
Morven
Nicole
Rebecca
Ryan
Yasmin



THE JOURNEY

- Some tired 'bunnies' after SNAGS!
- Went okay as group was organised but a lot of changes to negotiate with both luggage and kit!
- They did fab though.

Our official 'ticket man' – kept us all on the right track with the journey:



On Arrival

- Picked up by Suzanne.
- Lunch, then straight to it.
- Becoming teams: developing a team chant. Used throughout the week.



- Four teams, two groups.
- Groups split by ability and age.



Melanie's opening gambit

- Participate
 - Persevere
 - Perform
- And
- Thereby, achieve!



HOW THE TEAMS WORKED

Points awarded for:

- Doing their best, work ethic.
- Behaviour; being in bed on time, up at right time, no larking about!
- Team Supporter.
- Turn up early well prepared.
- General character and participation in evening meetings.
- Being a good sport.
- Pre-race/pool routine done well.
- Leadership and courage.
- Technical development and change.
- Giving 110%.

BUT!

- Points deducted for undesirable behaviour!!!!

At the end of the week an overall winning team.

MEETING JAMES

- Effective land does not always need fancy equipment!
- Work specifically.
- We covered it all very creatively!



CREATIVE LAND

Land doesn't always have to be the obvious.

Various activities used for specificity:

- Circuits
- Wheelchair basketball – the favourite!!
- Kick and punch boxing
- Tug of war (land and pool!!!)
- The usual stretches.



DYNAMIC FLEX WITH A DIFFERENCE!

- A dance routine was practiced and then the swimmers were split into their 4 teams.
- A final dance off was used to maintain the competitive ethos.



More conventional land.



POOL WORK -variety of fun activities.

- Reaction time drill – bottle grab.
- Michael Phelps challenge: 10 fly kicks in 3 secs. Worked this as vertical and conventional kick – set built around efficiency of kick and breakout.
- Pairs race and chase – fins on and off and one with one without.
- Tech/Tac sets – train smart, have a technical aim and a tactical aim.



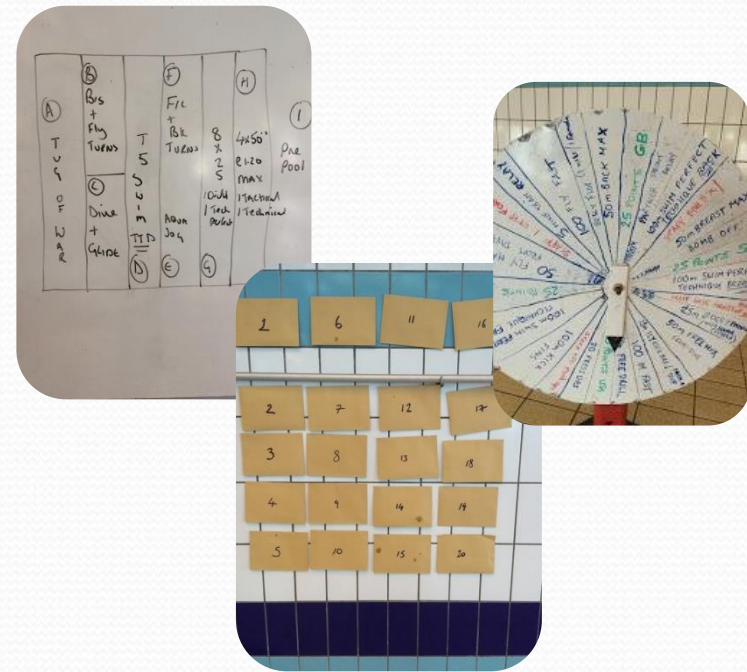
Handwritten notes on a whiteboard:

100 Fly or Fly Kick of 20m
 75 Kick
 50 Kick off
 25 Fly Kick move

10x25 mirror mid.
 SA 115
 Ausre 95
 USA 165
 GB 170

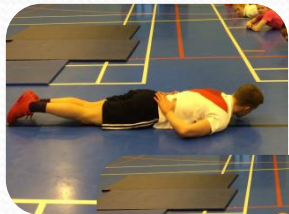
CREATIVE POOL – making it fun!

- Mel's game show – Deal or No deal.
- Olympic circuits.
- Paired kick work – responders and leaders.
- Tumbles are an athletic movement – dive start, sprint to flag then high tumble mid air.



Motivational talk and working with Adam Peaty.

- Adam Peaty's journey to world record holder – twice.
- A land work treat.



Grant Turner

- The Olympic Journey – “It’s just a race!”
- Told the story of his Olympic trials – coping with disappointment and recovering a mindset to perform.
- Then off to the pool for technical set on Frontcrawl.



Drills and skills with Grant

- Fins and snorkels used throughout.
- Practice on body line first.
- Freddo drill – arms by side kick on front.
- Gilot drill (high elbow drill) – tickle up to armpit, pause, slide to hip and recover.
- Finger drag – trickle fingers across water surface into catch.
- Tap drill – finger tip touch to outstretched arm, slow movement back to tap shoulder and complete recovery.
- Mixing it up e.g. Tap + Gilot.
- Finished with push and glides establishing the slow down point.



NUTRITION TALK AND QUIZ

Quieter time filled with other initiatives:

- Nutritional talk with James.
- Team quiz.



Coaches Treat.

- Visits to Loughborough ITC to watch Adam train.
- Went twice – discussed pre-trials training regime.



CITY OF DERBY
SWIMMING CLUB



LOUGHBOROUGH
SPORT



Made some good new friends along the way!



THE LAST NIGHT

- Bringing all newly learned mindset skills together for a 'performance'.
- 4 teams 4 performances.
- One winner.

FINAL DAY

- Fun gala – parents viewing allowed.
- Teams continued.
- Saying our goodbyes.

