

## Season Planning For Boys Swimming

**Coach:** Aaron Blain  
Winter

**Team:** Creston High School / Central

**Season:**

Physical Skills(1 <sup>st</sup> year)	Pre	Early	Middle	Late
Stroke Specific Drills			X	
Teach backstroke pull & kick		X	X	
. . . Breaststroke		X	X	
. . . Freestyle		X	X	
Starts, turns, and kicks		X	X	X
Relays Exchanges		X	X	X
Teach Butterfly			X	X

### Returning Swimmers

Stroke Specific Drills	X	X	X	
Undulation Kicks Bk (front, side, and bk) Fly (1/2 U.W. kick)	X	X		
Br Pull Outs Double Pull Outs 3:1 stroke 2 kick ratio	X	X	X	
Pull Paddles No outsweeps (bad on shoulders)	X	X	X	
Starts and Turns Track vs. Conventional	X	X	X	X
Relays Exchanges Momentum & track		X	X	X
Abdominal program Resistance bands & medicine balls	X	X	X	
Cross Train Circuit (plyo) Stairs and rice bags Tire pushes and streamline squats	X	X	X	

Weightroom (free weight & resistance bands) Bench Pull ups (assisted) Upright rows Seated rows Medicine Ball thrown downs “Arnold” press two person squats	X (4 x 15)	X (3x 12)	X (3x 8)	
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### Rules and Strategies

Conference scoring				X
Dual meet scoring		X	X	
Lane line drafting			X	X
State qualifying times	X	X		
Disqualification Procedure		X		X
Tempo & Pace Strategy		X		X
Dual Conformation DQ's				X

### Fitness

Aerobic	X	X	X	
Anaerobic		X	X	
Vo2 (4 x 50 @ 4:00) 3x		X	X	
Lactic Threshold			X	
Broken Swims				X
Pace sessions		X	X	
Taper				X

### Personal and Social Skills

Academic Success		X		X
Sportsmanship		X		X
Team	X	X	X	X
Community Involvement Home for Veterans Bingo Kiwanis Club			X	

Self directed behaviors	X			X
Cleaning up and locker room behavior	X	X		X
Sportsmanship		X	X	X
Long term vs. Short Term Goals	X		X	X