

## **Coaches, Swimmers – Welcome back to the new swim season!**

Coaches, your Season Plan should be unfolding now to delivery stages that include a systematic pattern of progression that covers all aspects of the athletes' physical and technical preparation and leads to peak performance at the desired time of the season. Your swimmers are eager to enter your creative, colorful, fun program bringing you the pre-planned results.

As a brief reminder, the pattern of a MAKROCYCLE construction during our approximately 26-week season includes four parts:

- a General Preparation Period,
- a Specific Preparation Period,
- a Race Preparation Period, and
- a Taper Period.

As explained earlier in written communication – emails, hand outs, Coaches Corner letters and presentations in Coaches Clinics, guide yourself by the recommended plans and programs.

Respect two main goals of the General Preparation Period (approximately 4-6 weeks):

- 1) Improve Endurance :  
Cardio Respiratory Endurance and Muscular Endurance  
(as explained repeatedly in the above mentioned write ups, but especially, in Coaches Clinics).
  
- 2) Improve/develop proper technical skills by implementing the highly efficacious Attention Trainer methods to automatize these techniques so that your swimmers can use them effectively in racing later in the season and especially in major competitions, such as Champs.  
Every practice should include the stroke developer drills and progressively in the drill/swim combination repeats, activating the Motor Learning process in its most efficient way by triggering the function of Neuro-Transmittology, resulting in Concentration Induced performance.  
Following the system as presented in Coaches Clinics will have multi-purpose benefits which assist the young athletes on their way into adult life.

### **League Head Coach Challenge Events**

Approximately, from the 3<sup>rd</sup> week of September, start systematically to prepare the selected swimmers for the first LHC Challenge events – 50 m Butterfly and 200 m Backstroke – to be held October 9 or 15, 2011 (see detailed information May 9, 2011).

In case you missed the Coaches Clinic and need additional assistance, please turn to your divisional Head Coaches for advice, or phone me directly on my landline: 00-36-22/598.020.

All the best with your diligent and devoted coaching to improve overall performance and to increase the number of qualifiers for Championships.

Peter Trummer