

OPEN WATER SWIMMING

SOEE OWS 9

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Equipment

During training you can use different equipment to improve your technique. In this newsletter we will give you some examples of using equipment. They will help you build your stroke technique, improve your body position, build up your endurance and stamina.



You can use paddles to make you're hands bigger. You can feel how you grab the water. You can also use it to make your muscles stronger.

Paddles



You can use a snorkel to improve a better position in the water. You can breath without rotating you're body.

Snorkel

“If you have a goal, go out there and achieve it”

Michael
Phelps



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Wetsuits

During some open water events wearing a wetsuit is mandatory. Make sure that you have trained in a wetsuit. A wetsuit has the advantage that you float better. However, the disadvantage of swimming with a wetsuit is that it may be limited in your movement, mainly with arms or contra-movement. Should you possibly participate in a triathlon or event combining various sports, it is important to practice a few times to quickly pull out a wetsuit. It's a good idea to go to a specialist triathlon or wetsuit shop, as they will help you fit the suit properly. There are lots of video tips on the internet or YouTube to show the best way to put on a suit. When you get into the water in your suit, it's a good idea to let a small amount of water into the suit, so pull the collar a little and allow some water in. The more water is in the wetsuit, the easier to take it off. So just pull the collar again just before you drain the water, so that you can run some extra water. Be careful with fingernails and jewellery, so you don't damage your suit.



There are many different resistance tools. All those tools are equipment to make you stronger.

Resistance tools

Goals

Once you've set some goals, you should identify tasks that you need to achieve your goals. This might include areas like agreeing a training programme for swimmers to ensure they are ready for the OWS season, what support you need or organizing an OWS event. It's a good idea to then prioritise these tasks and assign an owner (it could be you!) and a time line to achieve this goal. Developing a plan for OWS training is particularly important – if you've set a goal to prepare athletes for a specific event (for example), you might need to plan your training schedule to build up stamina or skills to ensure the athletes are ready. It will also help the athletes if you can share the plan with them, so they can be willing participants in achieving the plan and goal.

You can work with athletes to set goals that are specific to them. If possible, athletes should make a personal commitment and be accountable for their own goals, with support if they need it. You can remind athletes that goals should be SMART:

S – Specific

M – Measurable

A – Achievable

R – Realistic

T – Time-bound

Athletes can also track their progress against these goals. This will help them to take ownership for their progress and will help their motivation. (It will also help you to track progress).

Contact

Open water swimming

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"Let me win. But if I cannot win, let me be brave in the attempt."