

SWIM ENGLAND – SOUTH WEST

OPEN WATER DEVELOPMENT & COACHING 2022

INTRODUCTION

The following overview development programme is proposed to move the South West Region towards a structured development pathway for Open Water Swimming that is in line with Swim England’s National Strategy and Talent Pathway programme. Swim England’s Regional Development Programme and Integrated Talent Pathway plans are due to start implementation in August 2022 with athlete and workforce selection. Programme delivery is due to September / October 2022. As the South West Regional OW Committee work towards this development programme, the follow programme of development is proposed for 2022.

1 Developing a County to Regional Coaching (& Officials) Resource

- Identify current OW coaches in each County through SE L2 coach education programme, Swim England South West network & British Triathlon.
- Each County in the South West Region to identify key coach(es) who are willing to support County/Regional development
- March 22 hold an invited Coaches network & development mtg on Zoom to review & discuss suggested development programme
- April 22 facilitate an online CPD workshop for regional coaches including input on coaching / training programme content, officials input on rules, nutrition & feeding strategies training & competition
- Opportunity for regional coaches to attend and support the Regional Swimmer Training & Development training days
- April/May support promotion and delivery of RLSS Open Water Rescue 3 Day Course and assessment for coaches
- May/June – Sept support promotion and delivery of Swim England Level 2 Coaching award
- South West Regional OW Committee to develop Open Water Officials alongside the Coach and Swimmer development programme

2 Solutions to Potential Barriers

| Barriers | Solutions |
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| Clubs don't have endurance squads / focus | Bring OW swimmers together into County training groups that link in to Clubs |
| Most Clubs are pool and gala focused | Raise awareness of Club in the region to the opportunities for Open Water swimming, running Pool to open water sessions in Clubs in Counties |
| Club perception is that OW will take swimmers away from pool swimming & clubs into Multisport | Change the language. OW is a fantastic & exciting extension to a swimmers experience as is multisport, also a potential exit route for |

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| | those who won't make highest level of pool competition swimming |
| Lack of Club coaches | SE L2 Coaching module, supporting Club coaching development as per proposals |
| Pool time & cost, taking swimmers out of pool lane programmes | A lot of swim training needs to still be done in pool training sessions with OW experience/skills developed alongside conditioning |
| Lack of County / Regional Events | Look at whole range of racing opportunities not just South West and SE |
| Lack of safe venues | Increase in number of well managed / accredited OW swim sites & programmes South West has some excellent venues and a wide variety of OW swim opportunities |
| Lack of officials & volunteers | Develop alongside proposed programme |
| Cost of equipment wetsuits etc | Potential for Sponsorship |

3 Recruiting Open Water Swimmers & Providing a Development Pathway

- May 2022 Pool 2 Open Water Regional Workshop
- June 2022 Regional Swimmer Development Day Vobster Quay: OW confidence & safety, equipment, technique adaptations, racing skills, starts, turns, sighting etc OW competition preparation, race rules, race strategy & tactics, course orientations/prep, swimming in different conditions, feeding

4 Creating Opportunities to Train & Race (County to Regional, Regional to National)

- June/July/August local time trial events to build on Regional Champs
- Potential for invited athletes to attend an additional training event in prep for nationals

Dates and detail of proposed Regional Development Programme

Initial online Regional Coach Mtg – March 29th Zoom

Initial online regional coaches networking meeting to discuss development programme, shared best practice and shape online CPD meeting

Regional Coaching Online Mtg and CPD – April 19th Zoom

Workshop content to be shaped by the initial online coaching meeting but to include Pool to OW training strategies, OW training next generation, fueling & feeding

RLSS Open Water Rescue 3 Day Course & Assessment – April 30th /May 1st & 14th Vobster Quay

RLSS Open Water Rescue course for open water coached and lifeguards including assessment

Participants cost £180:00 including resources and assessment

Regional Pool to Open Water Development Day – May 22nd Monkton Combe School

Counties to invite/nominate swimmers to attend a full days coaching including a skills session, land conditioning, swimmer nutrition, training and race planning, & a conditioning swim session OW format

Regional coaches would be able to observe and support development day providing additional CPD opportunity

Regional OW Development Day – June 5th 2022 Vobster Quay

Counties to invite/nominate swimmers to attend a full days programme of coaching and race simulation, supporting their preparation towards regional and national OW race competition. A mixture of workshop sessions, land training and in water skills, plus race simulations.

Regional coaches would be able to observe and support development day providing additional CPD opportunity

Regional officials CPD and training opportunity run parallel with the coaching day with some input to swimmer programme

SW Regional Open Water Championships

Coaching presence at the South West Regional Swimming Championships to support swimmers who have been through Development programme at Competition

Regional Swimmers Training

Potential opportunity to bring regional swimmers together for a further training day in preparation for the National Finals

To register interest for any of the above please email swimsouthwest@swimming.org with your name, club and event you're interested in.