



Introduction

On behalf of Special Olympics International, THANK YOU for contributing your time and expertise. The knowledge you share with the course participants will make a significant impact on the lives of athletes with intellectual disabilities.

The Advanced Coach Course offers an opportunity for coaches who have gained at least one year's experience coaching Special Olympics aquatics athletes to expand their knowledge. The participating coaches should have already attended Special Olympics Aquatics Volunteer Coach Course.

Coaches should leave the training with a clear understanding of the following:

- Basic biomechanics of swimming
- Basic physiology of swimming
- Principles of stroke construction and correction for the four competitive strokes
- Drills to enhance the learning and maintenance of proper stroke technique
- Dryland training techniques for swimming
- Common terminology used in the sport of swimming
- Technical rules pertaining to swimming events

Review the Quick Quiz at the end of this guide to identify major points and ensure that they are covered within the course.

Suggestions for Instructors

- **Review the Special Olympics Aquatics Coaching Guide.** It provides the necessary background to our coaching program.
- **Recognize the expertise of the participating coaches** and, whenever possible, draw upon their experiences of coaching Special Olympics athletes.
- **Stay on schedule.** There is a lot of material to be covered, and it is easy to fall behind. Remember, this course is an overview. Encourage coaches to take additional coaching courses outside of Special Olympics to continue their coaching education.
- **Use team teaching.** Two instructors can bring different expertise to the course and also make the course more enjoyable for the participants. It is suggested that one instructor be a specialist in Aquatics and the other in Special Olympics.

Your ideas on the course are welcomed. Please send any ideas for future improvement to the SOI Aquatics Director, 1133 19th Street, NW, Washington, D.C. 20036.





Aquatics Volunteer Advanced Coach Training School Agenda

PART 1 Classroom Session (90 minutes)

- 1.1 Welcome, Introductions, Course Goals and Overview
- 1.2 Training and Technical Development
- 1.3 Preparing for Competition

PART 2 Activity Session (150 minutes)

- 2.1 Proper Warm-up and Stretching
- 2.2 Calisthenics for Swimmers
- 2.3 Resistance Training
- 2.4 Dryland Aerobic Activities for Swimmers

BREAK

- 2.5 Stroke Construction and Progression
- 2.6 Basic Competition Strategies for Each Event

PART 3 Special Olympics Athletes Training Session (90 minutes)

- 3.1 Model Training Session

PART 4 Classroom Wrap-Up (30 minutes)

- 4.1 Review (Questions)
- 4.2 Quick Quiz
- 4.3 Certification Process and Application

Materials

- Course Agendas (one per participant)
- Special Olympics Aquatics Coaching Guide
- Samples of recommended resource books/videos

Equipment

- Classroom with chalk or dry-erase board
- Weight room with free weights and medicine balls
- Swimming pool with lane lines, starting blocks, backstroke flags, wall clock
- Kickboards (one per coach)
- Safety equipment
- First-aid kit and drinking water





PART 1
Classroom Session
(90 minutes)

1.1 Welcome Introductions, Course Goals and Overview [10 minutes]

- Identify course goals.
- Include an overview of the **Special Olympics Aquatics Coaching Guide**. Highlight the sections that cover advanced athlete training.
- Also, provide examples of other books and videos appropriate for this level of coaching.

1.2 Training and Technical Development [80 minutes]

- **Understanding the basic biomechanics of swimming [10 minutes]**
 - Forces of lift and drag
 - Overcoming resistance
 - Looking at strokes in three dimensions (length, width, and depth)
- **Understanding basic training physiology [10 minutes]**
 - Basic fitness
 - Principles of training
 - Energy systems used in swimming
- **Principles of stroke construction and correction, starts and turns [10 minutes]**
 - Verbal description
 - Three-dimensional analysis
 - Frequent faults and corrections
- **Use of stroke drills to create and maintain technique [10 minutes]**
- **Dryland training techniques for swimming [10 minutes]**
 - Stretching
 - Muscular training (calisthenics and resistance training)
 - Aerobic conditioning
- **Swimming terminology and technical rules [10 minutes]**
 - Provide **updates of Special Olympics and NGB events/rules**.
- **Open discussion** – issues relating to training Special Olympics athletes [10 minutes]

1.3 Preparing for Competition [10 minutes]

Identify challenges and discuss ways in which coaches can help their athletes become more successful competitive swimmers.





PART 2
Activity Session I
(60 minutes)

The first activity session focuses on the proper warm-up and stretching techniques. In addition, the gym or weight room is used. Activities include safe and appropriate spotting techniques. Emphasize that athlete performance is enhanced through resistance training.

2.1 Demonstrate proper stretching technique after warming up. [15 minutes]

- Arms and shoulders
- Legs and Hips
- Neck and back

2.2 Demonstrate calisthenics for swimmers. [10 minutes]

- Push-ups
- Abdominal crushes
- Pull-ups
- Plyometric jumps

2.3 Demonstrate various types of resistance training. [30 minutes]

- Surgical tubing
- Medicine balls
- Weights
 - Upright rowing
 - Triceps extension
 - Lunges
 - Bench press
 - Bent-over rowing
 - Flys
 - Hamstring curl
 - Leg press
 - Biceps curl
 - Military press
 - Incline press
 - Wrist curl
 - Stroke finish
 - Lat pulldown
 - Quadriceps extension
 - Bar dips

2.4 Demonstrate dryland aerobic activities for swimmers. [5 minutes]

BREAK





PART 2
Activity Session II
(90 minutes)

The session will take place in the pool. Stroke construction and event strategies are covered.

2.5 Stroke Construction

- **Demonstrate the freestyle.** [15 minutes]
 - Body position and roll
 - Head position and breathing
 - Hand entry
 - Pull pattern and sculling motion
 - Hand acceleration and finish
 - Arm recovery
 - Kick
 - Starts and turns
- **Demonstrate the backstroke.** [15 minutes]
 - Body position and roll
 - Head position and breathing
 - Hand entry
 - Pull pattern and sculling motion
 - Hand acceleration and finish
 - Arm recovery
 - Kick
 - Starts and turns
- **Demonstrate the butterfly.** [15 minutes]
 - Body position and roll
 - Head position and breathing
 - Hand entry
 - Pull pattern and sculling motion
 - Hand acceleration and finish
 - Arm recovery
 - Kick
 - Starts and turns
- **Demonstrate the breaststroke.** [15 minutes]
 - Body position and roll
 - Head position and breathing
 - Hand entry
 - Pull pattern and sculling motion
 - Hand acceleration and finish
 - Arm recovery
 - Kick
 - Starts and turns





PART 3
Special Olympics Athletes Training Session
(90 minutes)

Guidelines

This section of the course provides an opportunity for coaches to implement some of the ideas introduced earlier by the instructors. **At least six Special Olympics aquatics athletes with average to higher ability** are needed.

Take 5 minutes before the session to review the activities and assign coaches to work with specific groups. Instructors should lead this session and involve as many coaches as possible as training partners.

Allow coaches to lead whenever possible. Provide occasional prompts and demonstrations.

3.1 Warm-up and Stretching on Pool Deck [5 minutes]

3.2 Ready Position and Streamline from the Wall [5 minutes]

3.3 Stroke Work [60 minutes total; 15 minutes with each stroke]

- Freestyle demonstration and drills, including starts and turns
- Backstroke demonstration and drills, including starts and turns
- Butterfly demonstration and drills, including starts and turns
- Breaststroke demonstration and drills, including starts and turns

3.4 Competition – 50m Freestyle [15 minutes]

- Set up a small competition.
- Check each athlete's form under pressure.

3.5 Cool-Down

- Recognize their efforts.
- Thank the athletes for their participation, efforts, and improvement.





PART 4
Classroom Wrap-up Session
(30 minutes)

4.1 Review (Questions) [5 minutes]

4.2 Quick Quiz (see following page) [15 minutes]

- Ask coaches to complete the Quick Quiz.
- Provide the answers to each question.
- Coaches grade their own quiz.

4.3 Certification Process and Application [5 minutes]

- Ask coaches to fill out the first part of the certification form.
- In addition to taking this course on teaching and coaching a specific sport, a Special Olympics coach must do the following in order to achieve certification:
 - Attend a General Orientation as a basic introduction to Special Olympics
 - Complete a course on the basics of teaching and coaching Special Olympics athletes.
 - Complete 10 hours of working with Special Olympics athletes under an experienced coach
 - Complete the training programs for Protective Behaviors and Concussion Training and submit confirmation of completion to the Local Special Olympics Program (U.S. only).
 - Receive endorsement from his/her Program as having fulfilled the above criteria, as well as general screening approval as a suitable individual to work with Special Olympics athletes.

4.4 Training School Evaluation [5 minutes]

- Coaches complete the course evaluation and return it before leaving the training school. (See attached form.)





Quick Quiz

1. The two propulsive forces used in swimming are _____ and _____.
2. Two of the three types of resistance are _____ and _____.
3. Aerobic swimming is done with _____.
4. In order to repeat maximal anaerobic efforts in practice, a swimmer must have plenty of time to _____.
5. The three dimensions of a swimming stroke are _____, _____, and _____.
6. When performing the freestyle and backstroke, a swimmer's body _____ from side to side.
7. Swimmers should _____ before dryland or water practice.
8. A swimmer must touch with _____ hands on the breaststroke and butterfly turns.
9. As a swimmer's hand moves through its pull pattern, it should _____.
10. When performing the butterfly, a swimmer must keep his feet _____.





Quick Quiz Answers

1. The two propulsive forces used in swimming are **lift** and **drag**.
2. Two of the three types of resistance are **form** and **friction**.
3. Aerobic swimming is done with **oxygen**.
4. In order to repeat maximal anaerobic efforts in practice, a swimmer must have plenty of time to **recover**.
5. The three dimensions of a swimming stroke are **length**, **width**, and **depth**.
6. When performing the freestyle and backstroke, a swimmer's body **rolls** from side to side.
7. Swimmers should **warm-up and stretch** before dryland or water practice.
8. A swimmer must touch with **two** hands on the breaststroke and butterfly turns.
9. As a swimmer's hand moves through its pull pattern, it should **accelerate**.
10. When performing the butterfly, a swimmer must keep his feet **together**.

