Bauerle is Chase Kalisz's coach

- **Chase Kalisz** is the new king of the IM's as he adds the 200 IM gold (1:55.56) + 400 IM in Budapest. He swam a 4:05.90 to be only the third swimmer under 4:06 in the event joining **Michael Phelps** and **Ryan Lochte**.
- Broke
- Phelps
- record
- set in
- 2007 of
- 4:06.22.

Additional Points of Emphasis For IM'ers and IM Workouts

1) Great Athletes.

2) High Pain Tolerance, has to be worked for

3) Speed into Walls (Chase)

4) Approach each stroke differently
Fly – Air Back - Tempo Breast – Build

Free- 6
Beat Kick and Finish

5) Even Splitting -1st 25 can't be slow but keep hands in the water

6) IM can always help regarding another event and IM
can sometimes develop another event. (Gunnar, Jay, Chase)

7) Willingness to work on weak stroke

8) Transition Sets, RIMO (Reverse IM order)

9) Fly – Strength & Improvement

IM with Double and Triple Pullouts on Breast

10) Yardage
IM + Transition kick sets, Fly in taper.

Examples of LCM training sets that can be converted to SCY.

20 x 50 Pull Fly or [4 Fly, 2 Back, 2 Brst, 2 Free]

---

8 -10 x 300 Odd Steady Free @ 1:15 Base
Even no Fly IM Descend 1-5
@ 4:10

---

6 x 150 [50 Fly/100 Back] @ 2:00
Extra 20" rest
6 x 150 [50 Back/100 Brst] @ 2:15
Extra 20' rest
6 x 150 50 Brst/100 Free @ 2:200

Strong 1st 50 then Descend to Max

Quality Set

24 x 50 1) Kick 2) drill 3) Swim @ 1:30
6 each Stroke

Taper Set

8 x 50 @ :45 (Brst :50) Race Pace

Most Quality Sets are sets of eight (8), always getting in 2 each stroke or
one (1) extra of the weak stroke.

Always IM in Warm up

Do extra work needed, called "Bonus", different for different people, extra 600.

End of document

CHRIS MORGAN

KAATSU TRAINING

- BLOW YOUR MIND

- OPEN YOUR MIND

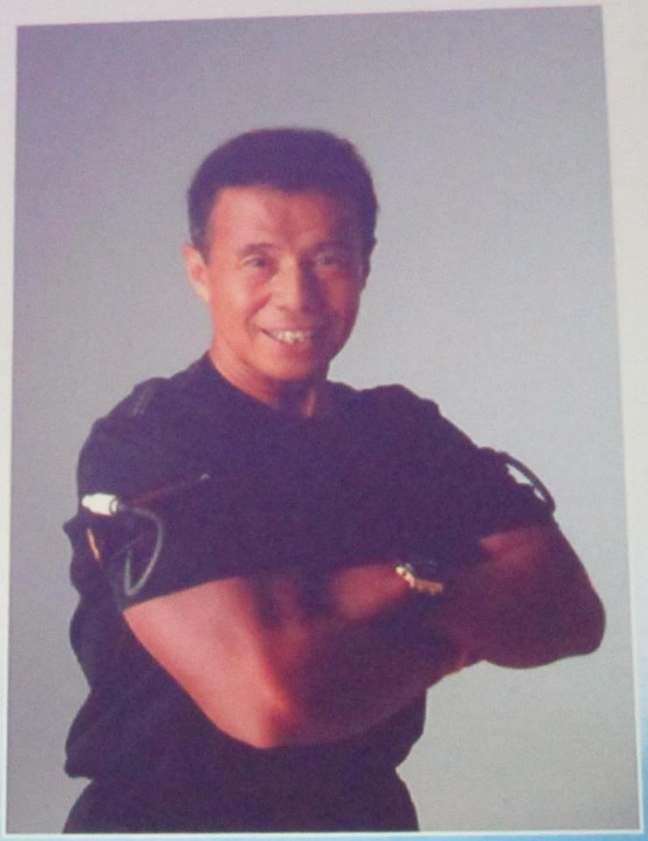
Chris Morgan – Crimson Aquatics

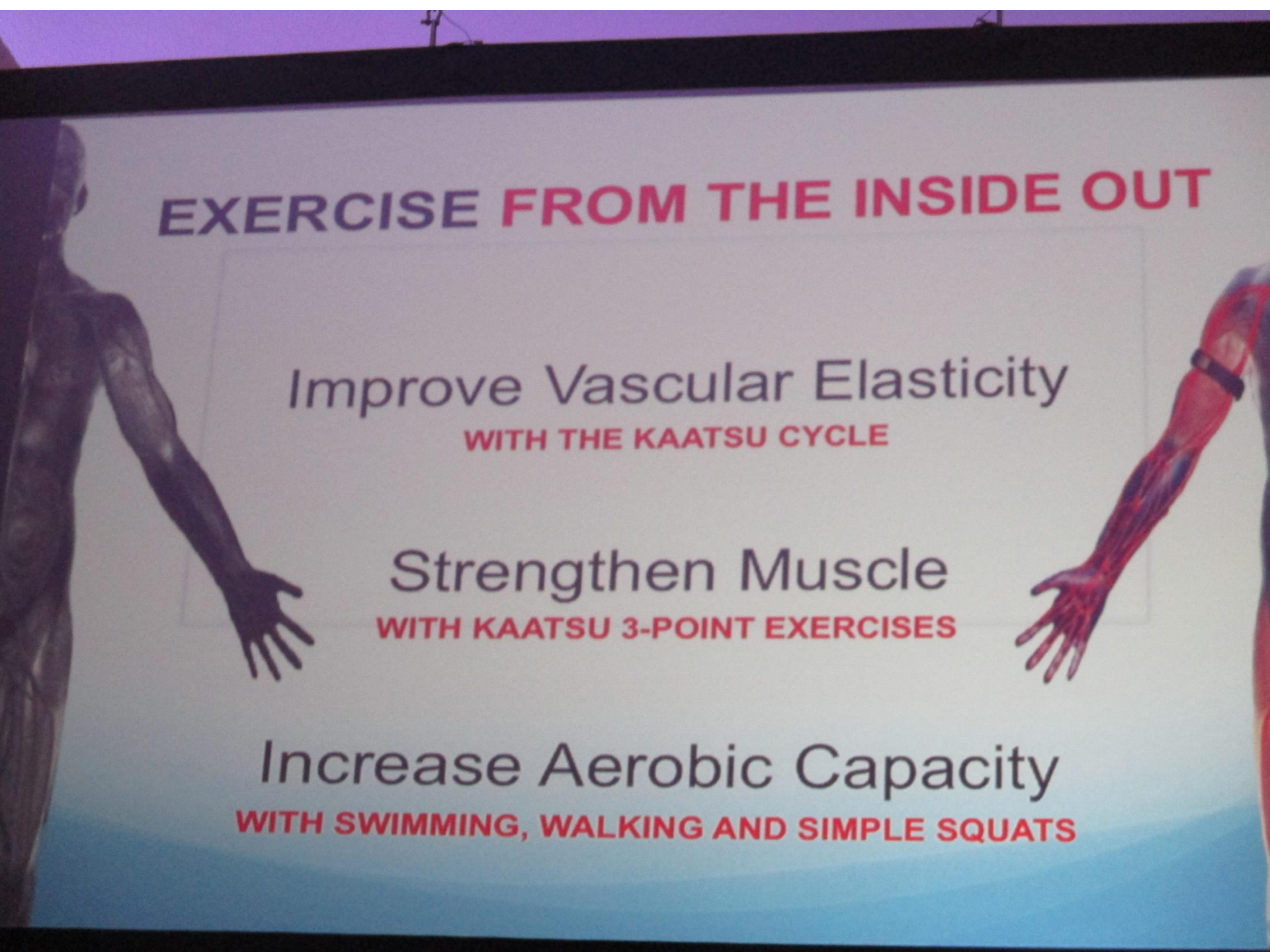
- **Coaching Résumé – 26 years**
  - **STANFORD University**
  - **SWITZERLAND National Swim Team**
  - **2008 Olympic Team - Switzerland**
  - **HARVARD University**
  - **GATOR Swim Club**
  - **CRIMSON Aquatics**
- **KAATSU Résumé – 4 years**
  - **World Class Swimmers**
  - **National Level Swimmers**
  - **Age Group Swimmers**
  - **15-85 year old individuals with injuries**
  - **NASA / Navy Seals / Pro Athletes (Dallas Mavericks, Boston Bruins, etc...)**

KAATSU AQUA

KAATSU HISTORY

- Invented by Dr. Yosiaki SATO in mid 1960's
- KA = Additional; ATSU = Pressure
- SEIZA is traditional Japanese way of formal sitting
- Over 100+ scientific publications in English Scientific Journals
- Over 1000+ case studies in Japan




EXERCISE FROM THE INSIDE OUT
Improve Vascular Elasticity
WITH THE KAATSU CYCLE
Strengthen Muscle
WITH KAATSU 3-POINT EXERCISES
Increase Aerobic Capacity
WITH SWIMMING, WALKING AND SIMPLE SQUATS

KAATSU EFFECTS

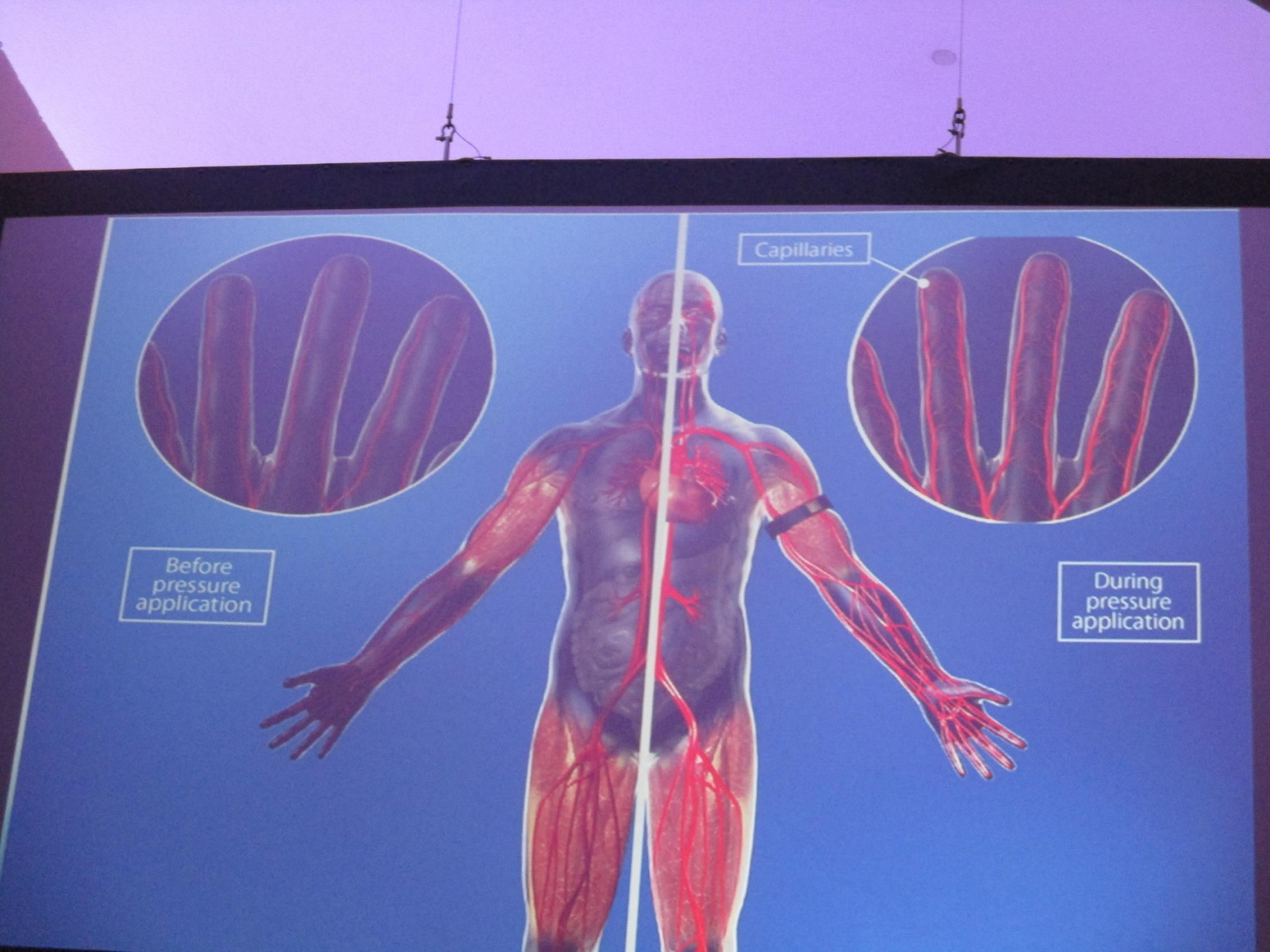
- KAATSU simply accelerates the brain into understanding that a "stressful" workout has occurred and it must repair the damage.
- But in reality, little damage has been done and rebuilding just makes structure and function better rapidly.
- KAATSU allows significant maximal intensity training while injured joints, bones, and muscles heal quickly.

KAATSU PRESSURE IS *NOT* ARTERIAL BLOOD PRESSURE

- KAATSU pressure is applied to the veins and moderates venous outflow.
- Moderating venous outflow eventually modifies arterial inflow.
- Blood flow into an extremity must soon match blood flow out of the extremity.
- However, there is some capacitance for holding extra blood in the extremity, but once that capacitance is reached, blood flow in must match blood flow out.

DISTURBANCE OF HOMEOSTASIS IN THE MUSCLE

- When light, easy exercises are added to impeded circulation, exercise quickly becomes unsustainable.
- pO_2, pH, drop to critical levels with even mild exercise (e.g. unweighted arm curls)
- High levels of lactate are generated
- ATP levels drop, as ADP and P_i levels rise
- ATP dependant Electrolyte pumps (e.g. Ca^{++}) can not maintain proper electrolyte gradients

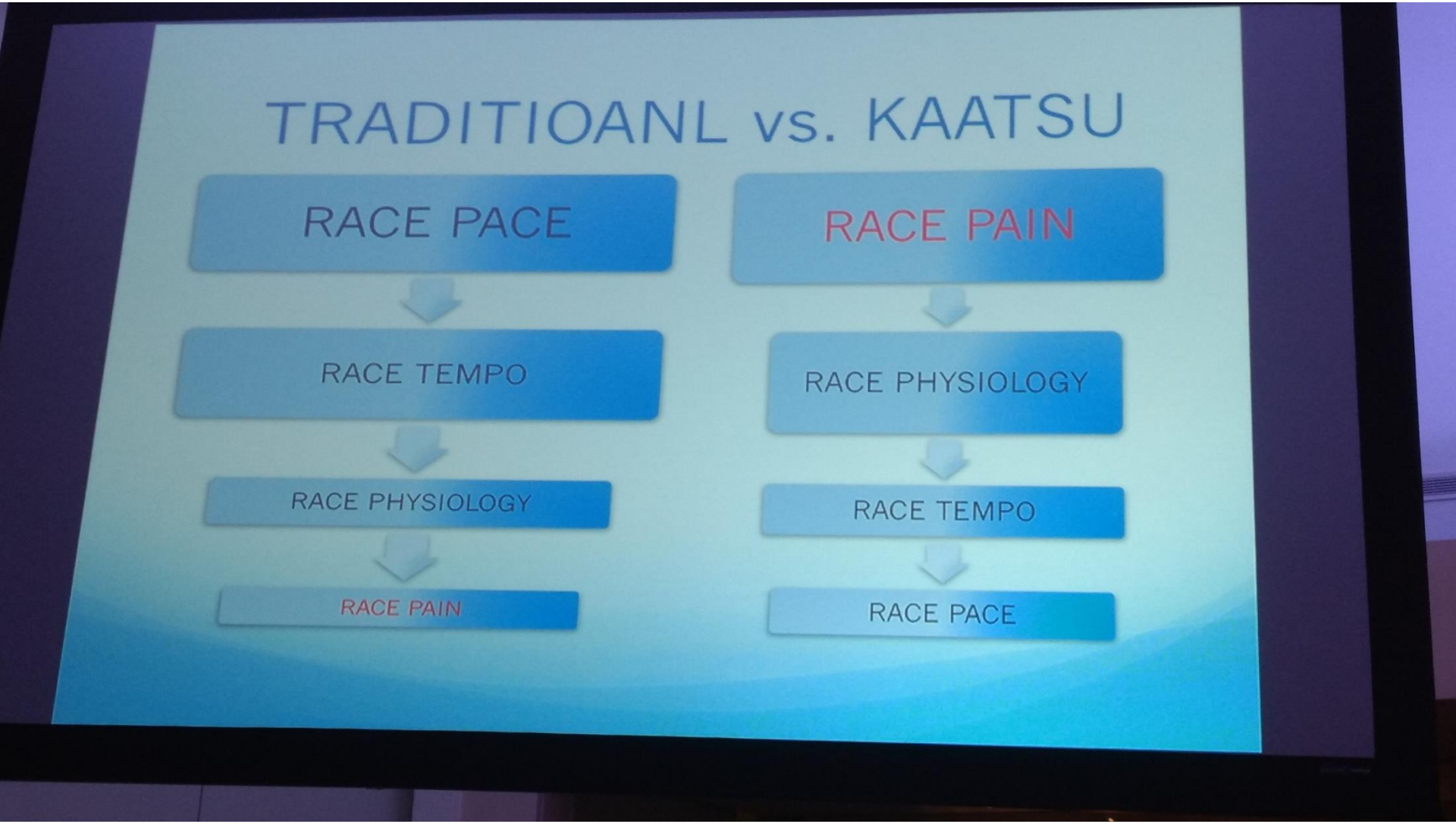

Capillaries
Before pressure application
During pressure application

KAATSU AQUA

PERFORMANCE • REHABILITAION • FITNESS

KAATSU TRAINING Possibilities...

- **AQUATIC PERFORMANCE**
  - Improve Speed
  - Improve Strength
  - Improve Mental "Race Brain"
- **AQUATIC RECOVERY**
  - Quick and Effective / Massage? and Ice Bath?
- **AQUATIC REHABILITATON**
  - Joints of Swimming (wrists,elbows, shoulders, knees, ankles, etc...)


TRADITIOANL vs. KAATSU
RACE PACE
RACE TEMPO
RACE PHYSIOLOGY
RACE PAIN
RACE PAIN
RACE PHYSIOLOGY
RACE TEMPO
RACE PACE

Who is using KAATSU?

- Teams
  - Jonty Skinner – Alabama
  - Mark Hill – Michigan**
  - Swiss National Team
  - Itoman Swim School - Japan
  - North Shore Oahu Guard Patrol
  - Harvard W Swim
  - UCSD Men's Water Polo
  - MIT Men's Water Polo
- Individuals
  - Michael Andrew
  - Shotaro Shimazaki
  - Oussama Mellouli
  - Roy Burch
  - Ana Marcela Cunha
  - Diana Nyad
  - Rowdy Gaines
  - Roland Schoeman

Michael Andrew

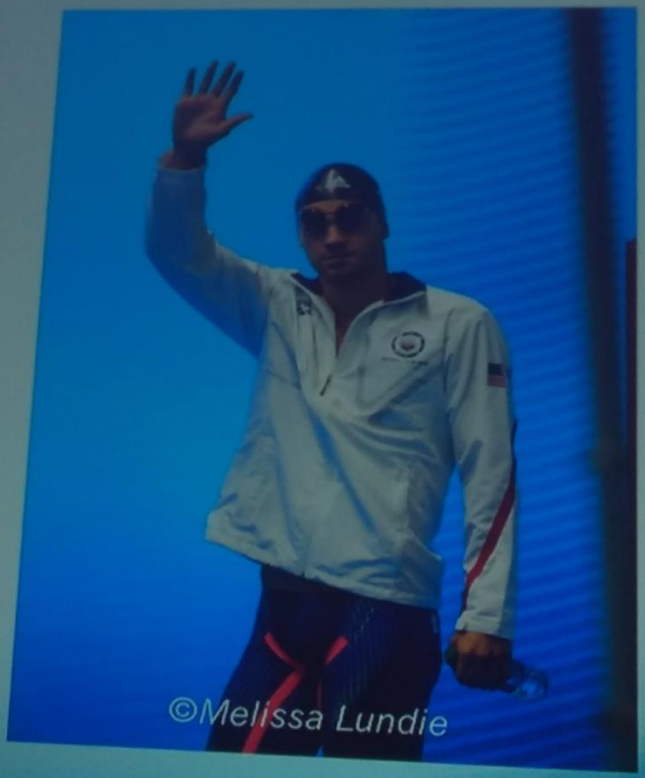
World Juniors 2017

"Leading up to this meet I trained with Kaatsu aqua-bands daily and recovered with Kaatsu after each training session.

During the meet I used Kaatsu after each session to flush out and recover especially since Jr. team did not have access to massage therapist. I typically do three full cycles (500 sku) on my legs and (250 sku) on my arms.

With my event schedule and length of meet, I would not have been able to perform my best without Kaatsu to help me recover quicker.

Looking back I feel that the <race> pain I experienced when training with Kaatsu Aqua bands equipped me to better handle consecutive no breath 50 sprints and the rigor of an insane schedule the night I set three junior world records."



ENSINANDO E TREINANDO CRIANÇAS

- **STEVE HAUFER**
- ORINDA COUNTRY CLUB
- FALOU SOBRE:
- **TOOLS & TOYS & TEACHING SHORT AXIS STROKES**
- COMO SE TRADUZ ISSO?
- FERRAMENTAS E BRINQUEDOS E ENSINAR ESTILOS DE EIXO CURTO ????

SWIM SPEED STROKES
Developing Swimmers
Developing Swimmers
Brooks

GUY EDSON

Turns for new swimmers

Principles of Teaching

* How kids learn:
  * Visual – 65%
  * Kinesthetic – 30%
  * Verbal – 5%

What People Remember

* A study done at the University of Texas* found that people remember
* 10 percent of what they read;
* 20 percent of what they hear;
* 30 percent of what they see;
* 50 percent of what they see and hear;
* 70 percent of what they say; and
* **90 percent of what they do and say**

Principles of Teaching

One of the most important teaching techniques is the Verbal-Physical concept.

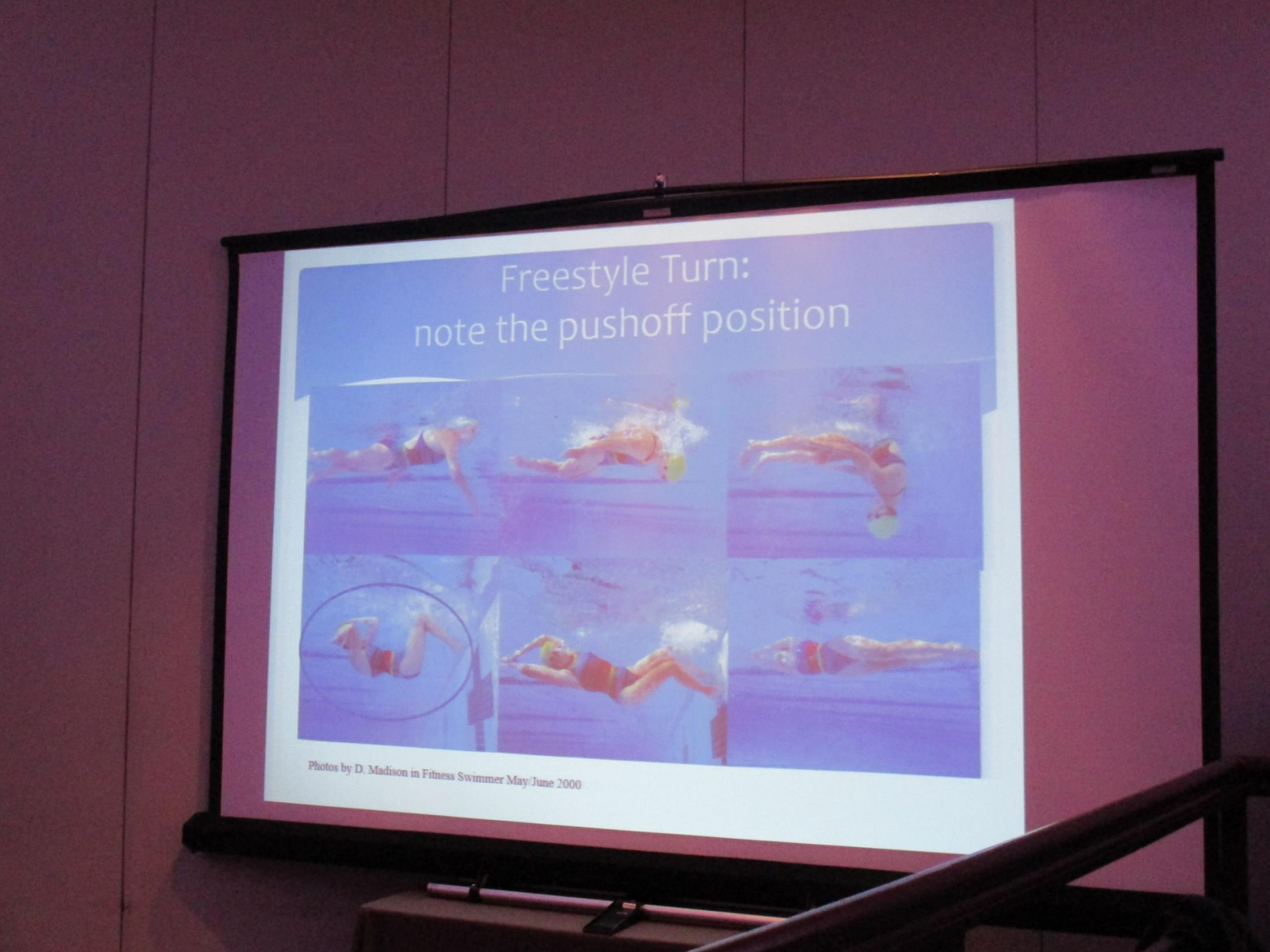
1. Teach them the answers:
   * Use Key words (one or two words are best, maybe 3)
2. Then, ask them the question
3. Then they repeat the key words
4. For example: "You bring your eyebulbs to your _____

OVERCORRECTION

* It is wicked powerful.
* Use with deliberate intent.
* Use properly
  * Tell them (or show them, or let them feel the right way first.)

"Back to the flags"

* I do not believe in punishing swimmers for incorrect technique,
* ~~**BUT**~~ **AND**
* I will give them the opportunity to do it again correctly.


Freestyle Turn:
note the pushoff position
Photos by D. Madison in Fitness Swimmer May/June 2000

OK, forget all that....

* What ever happened to the ability to JUMP?
* My kids have vertical jumps of 12...
* ... millimeters
* Practice routines:
  * Vertical jumps on the deck
  * Vertical jumps from the side
  * Blast off pushoffs (next slide)
* Learning to blastoff-pushoff on the back is easier than on the side or belly.
* This is a TEMPORARY solution

Shadow Streamlining

The WHOLE Turn

* The Approach
* The turn
  * Getting your feet to the wall
* The pushoff
  * Leg strength, leg quickness
* Managing the water
  * Streamlining, alignment, kicking
* The "non-transition" breakout

The Approach - No Surprises

* Hey! The wall was there before you were born… and it was there when you were sleeping last night!
* Practice approaches at speed.
* Finish one hand down, then second hand down. Palms down.

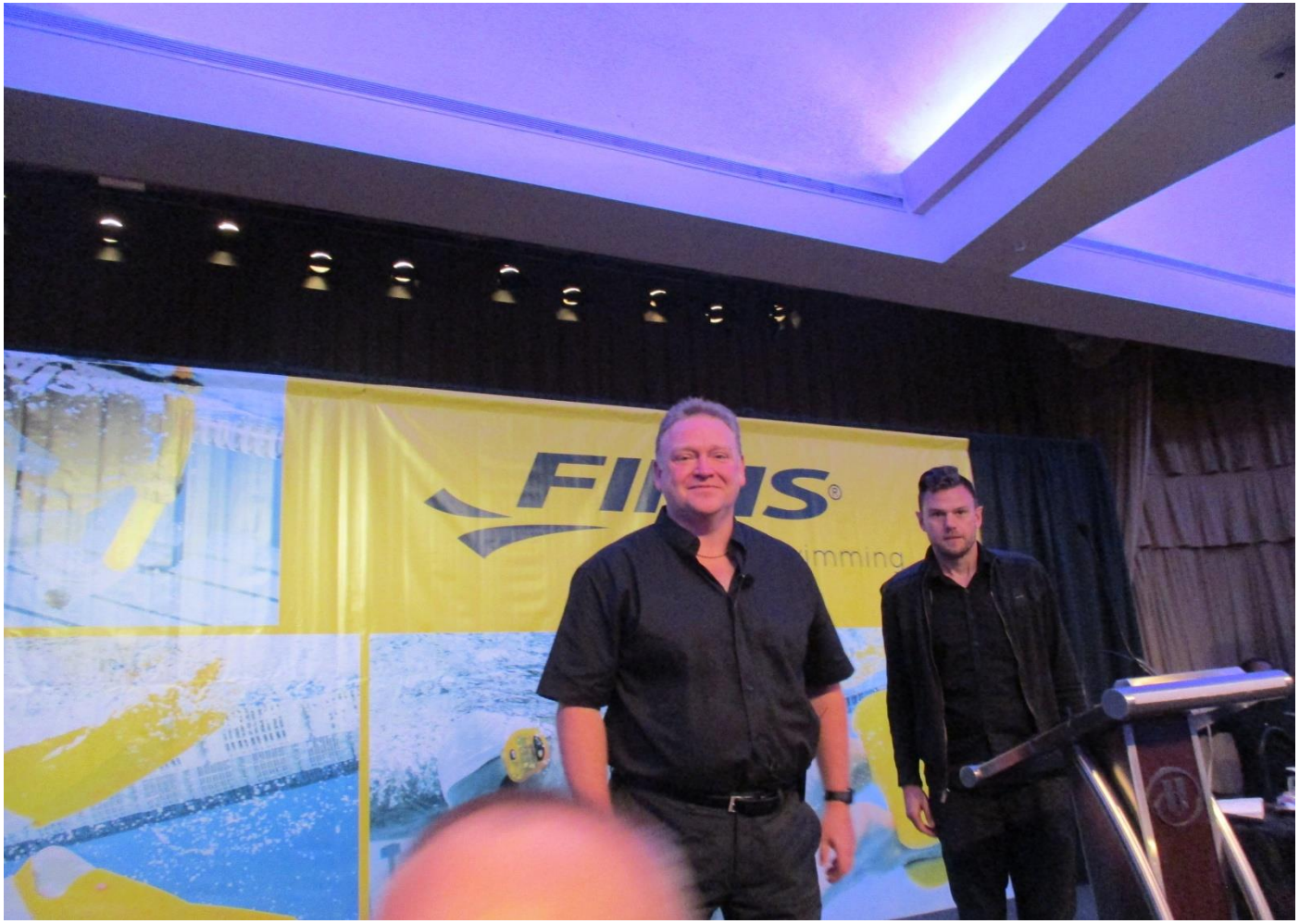
3 Minutes on IM Turns

* "You can be the separator, or the separatee."
  * The most critical transition is…
* Practice them! Don't always break 200 IM's at the 50's
* IM sets build IM transitions (not strokes) – Gregg Troy
* You already know how to do them
  * Fly to back
  * Breast to free
* Back to Breast
  * Choices
    * Classic Ear to ear (King Tut) (400 IM's)
    * Crossover dive (200 IM's)

JOHN ATKINSON

DIRETOR DE ALTA PERFORMANCE

SWIM CANADA

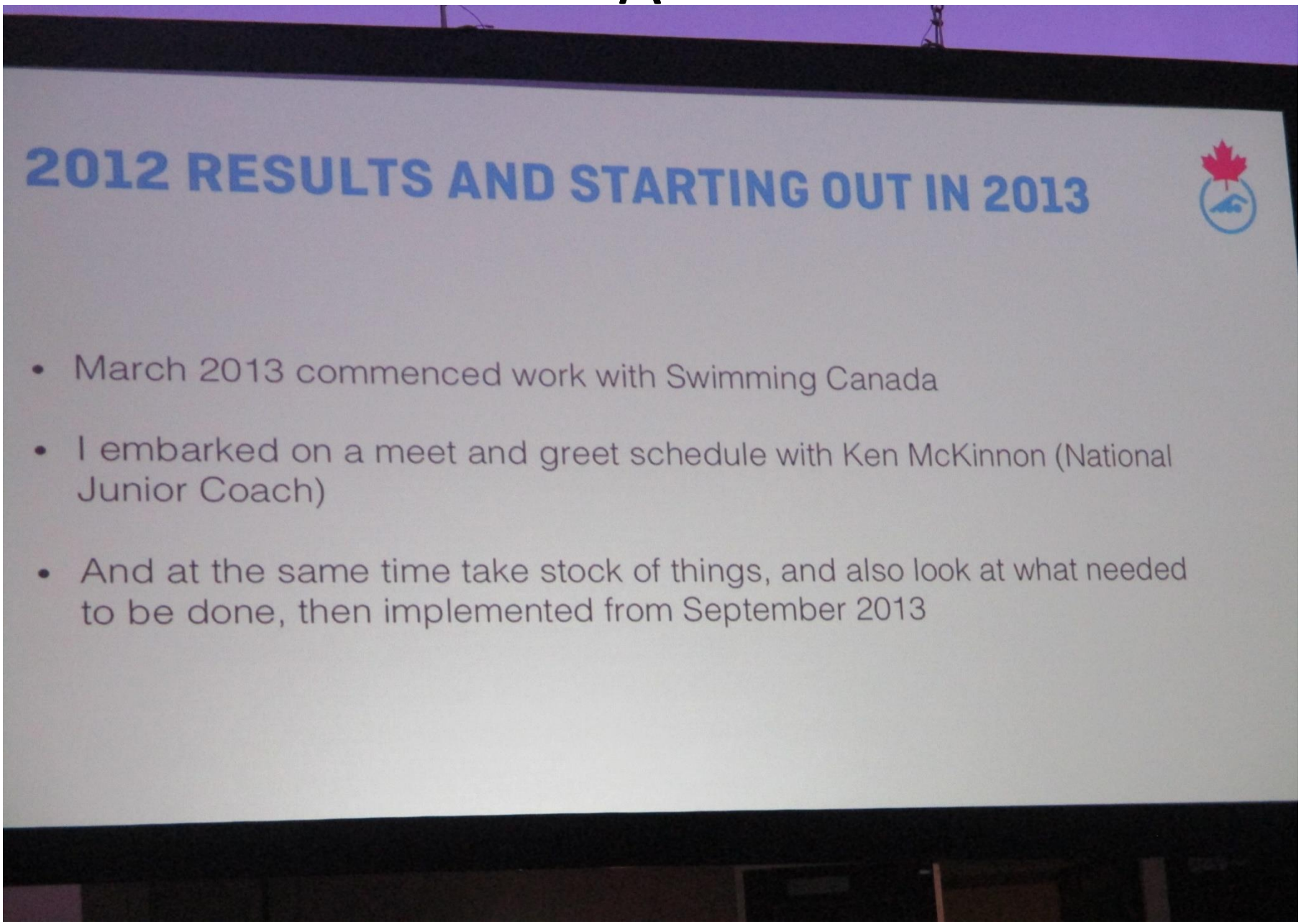


RESPONSÁVEL PELA SURPREENDENTE EVOLUÇÃO DO CANADÁ DE 2012 A 2016

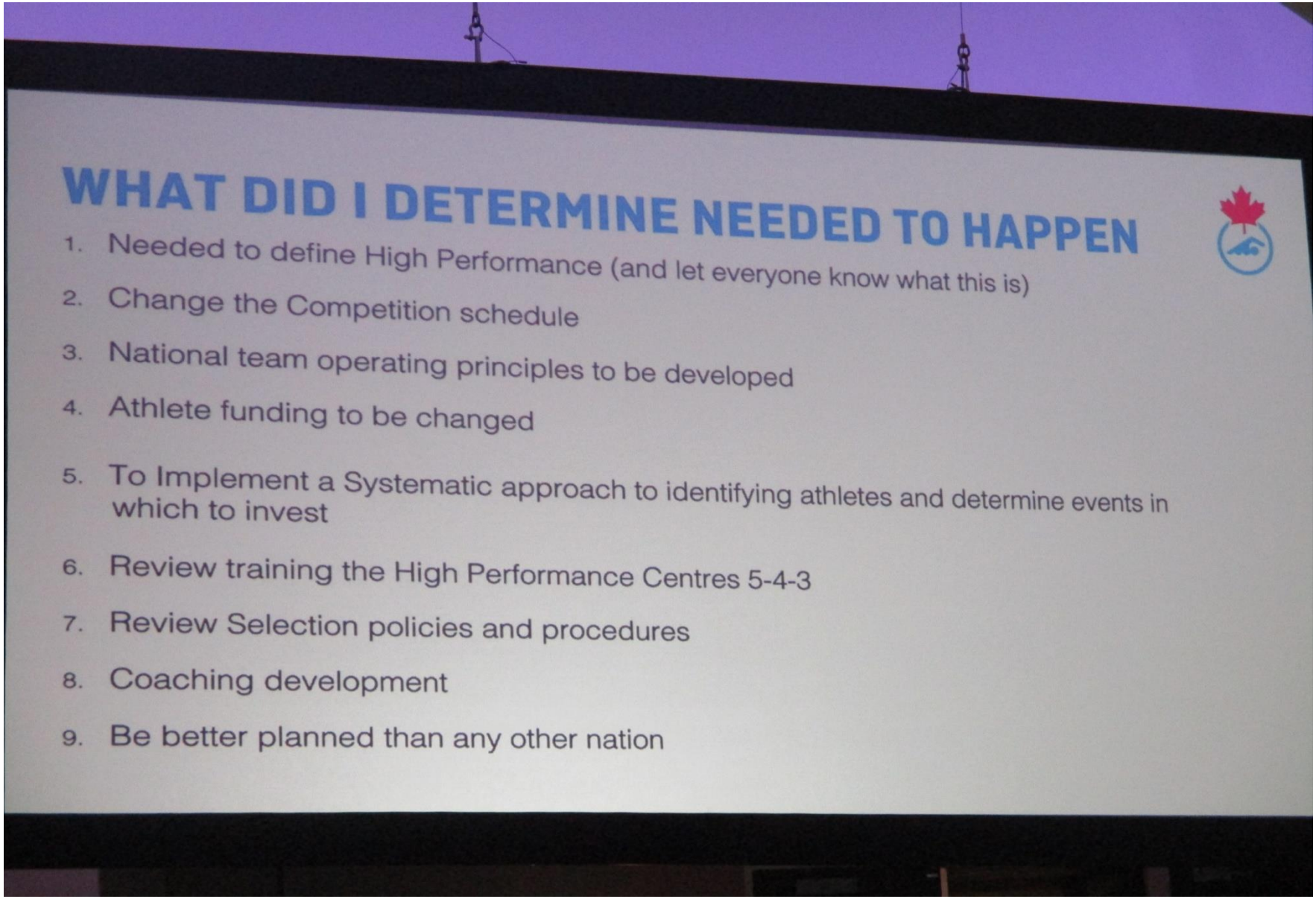
- LONDRES 2012 2 MEDALHAS :
  1 PRATA
  1 BRONZE E
- 7 FINAIS

- RIO 2016 6 MEDALHAS :
- 1 OURO
- 1 PRATA
- 4 BRONZE E
- 15 FINAIS

A

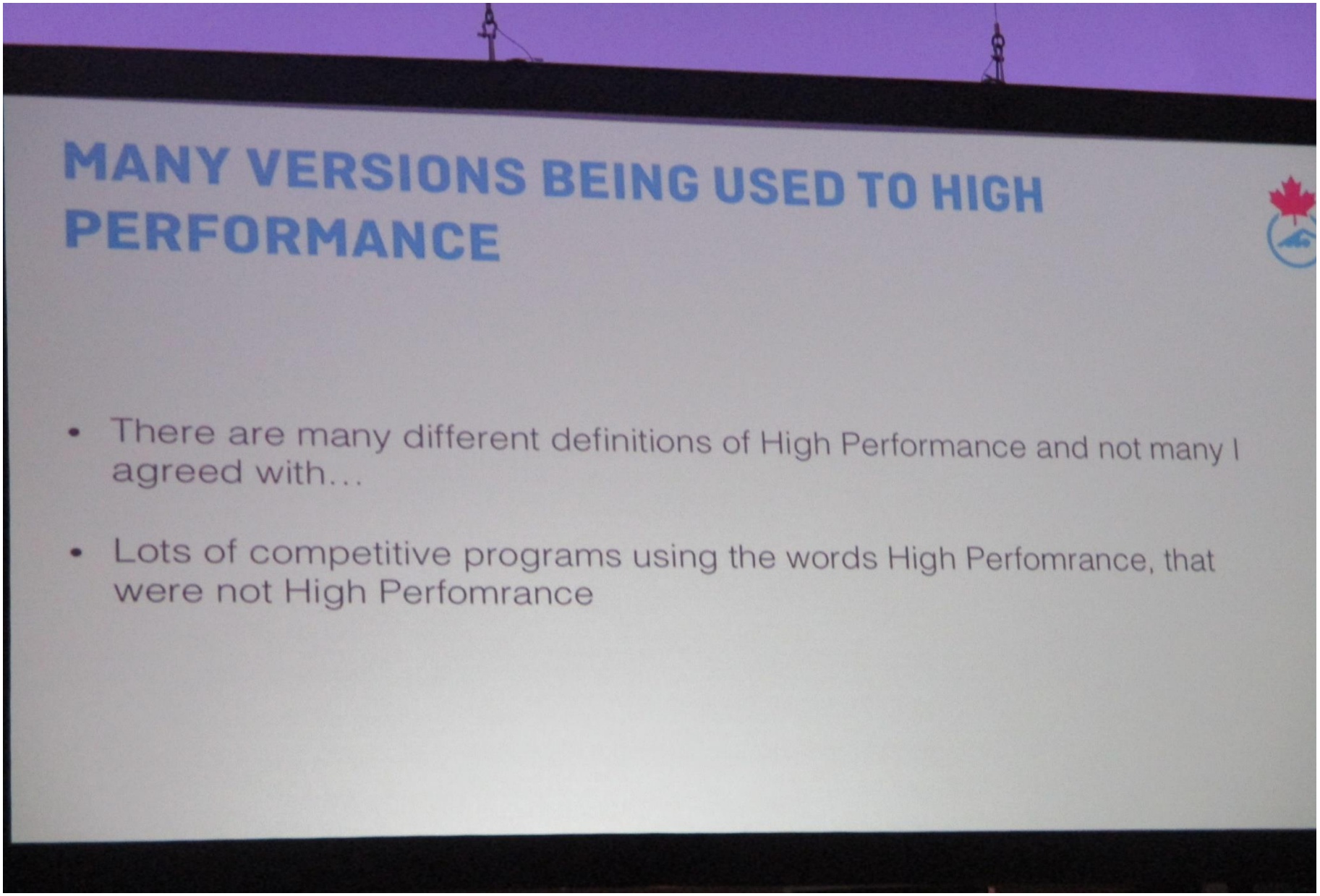

2012 RESULTS AND STARTING OUT IN 2013
• March 2013 commenced work with Swimming Canada
• I embarked on a meet and greet schedule with Ken McKinnon (National Junior Coach)
• And at the same time take stock of things, and also look at what needed to be done, then implemented from September 2013

B


WHAT DID I DETERMINE NEEDED TO HAPPEN
1. Needed to define High Performance (and let everyone know what this is)
2. Change the Competition schedule
3. National team operating principles to be developed
4. Athlete funding to be changed
5. To Implement a Systematic approach to identifying athletes and determine events in which to invest
6. Review training the High Performance Centres 5-4-3
7. Review Selection policies and procedures
8. Coaching development
9. Be better planned than any other nation

1

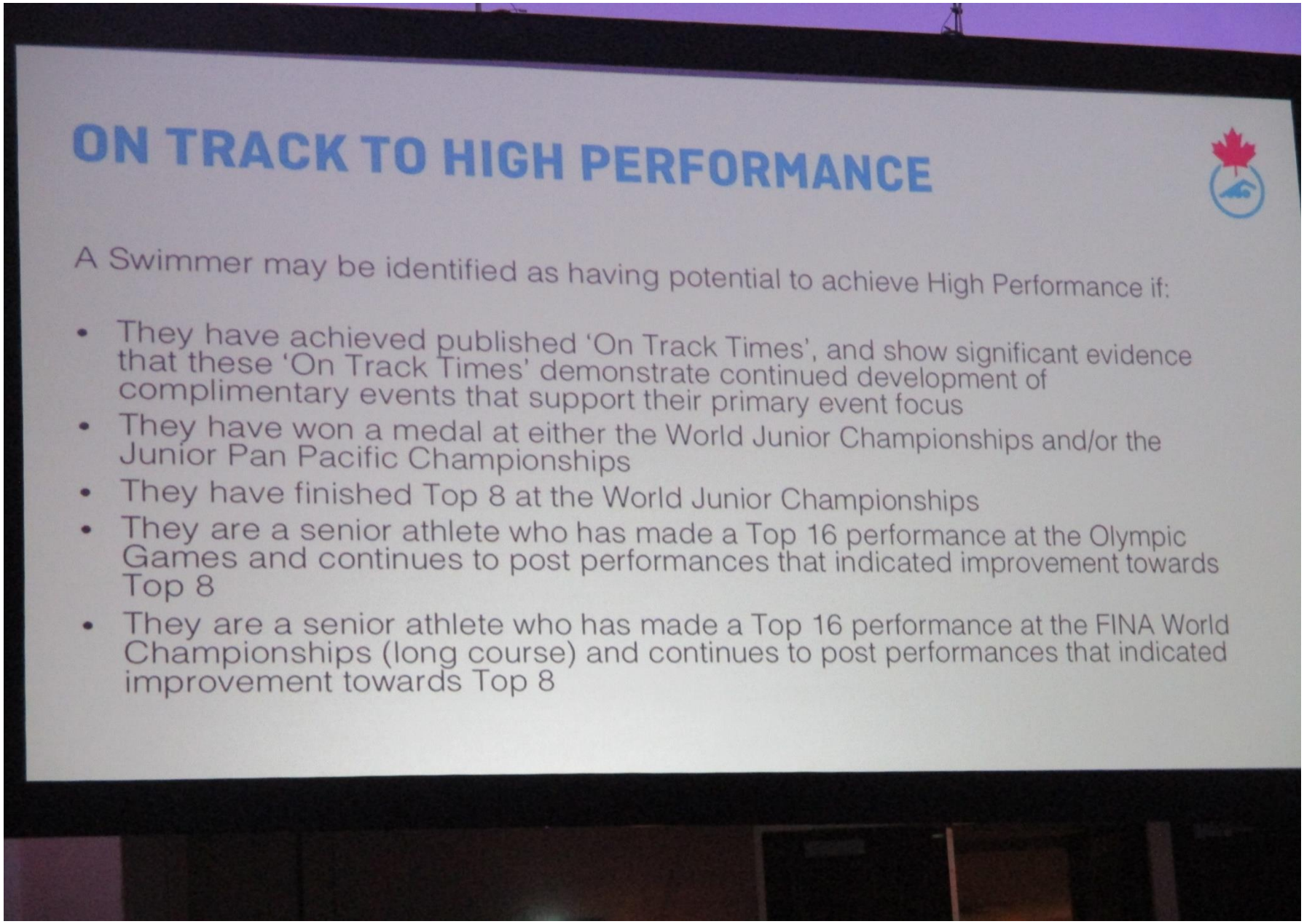
- DEFINIU O QUE ERA ALTA PERFORMANCE


MANY VERSIONS BEING USED TO HIGH PERFORMANCE
• There are many different definitions of High Performance and not many I agreed with...
• Lots of competitive programs using the words High Perfomrance, that were not High Perfomrance

DEFINING HIGH PERFORMANCE

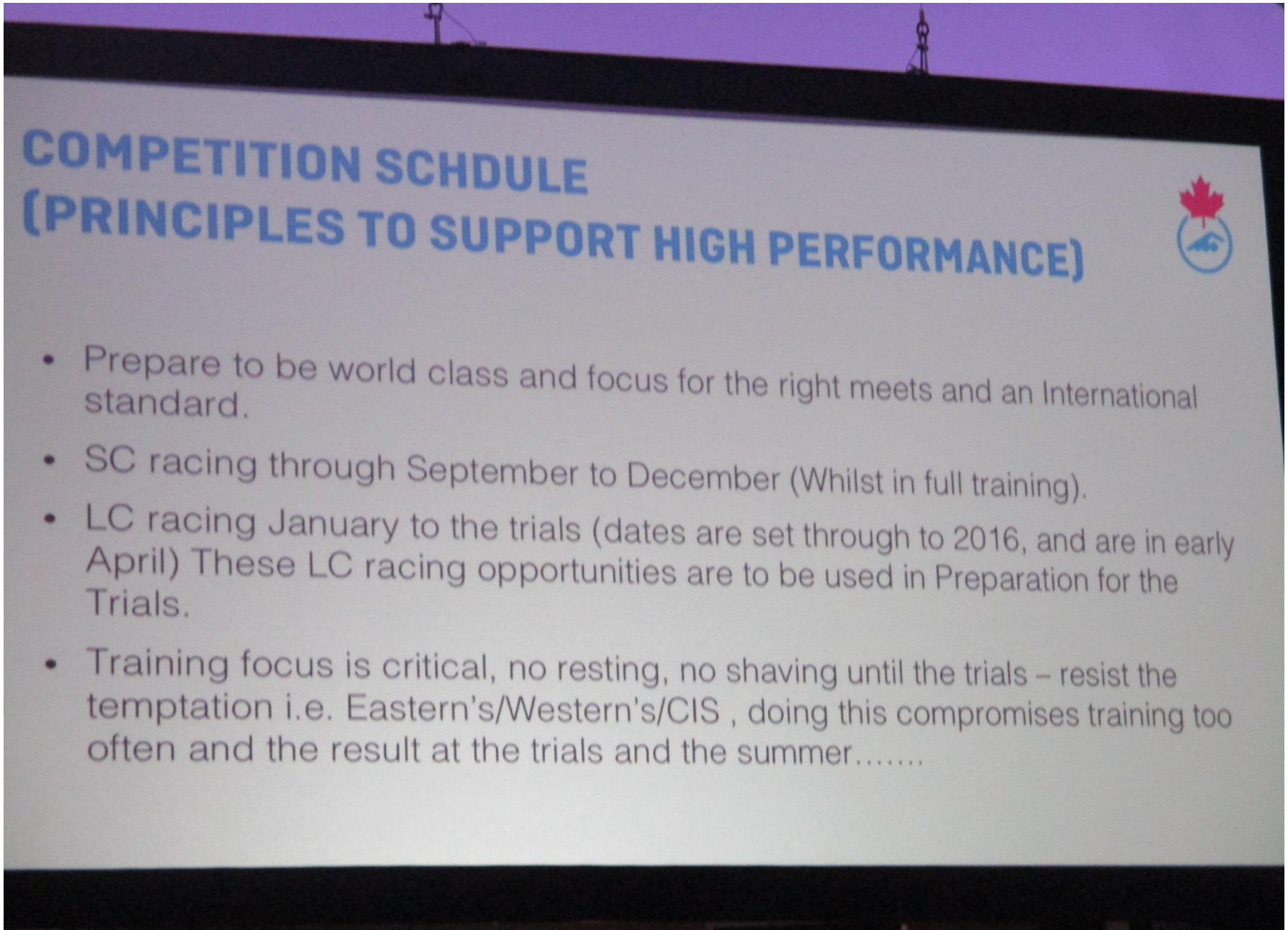
Swimming Canada has defined High Performance as "A Top 8 World ranking with continual progression towards and the achievement of Olympic podium performances". We recognize that the pursuit of High Performance is a continuum, and that this definition is broader than simply Olympic medal performances. Therefore, High Performance is viewed based off of three tiers of criteria in priority order (applies to both pool based and open water performances):

1. Podium Performances at the Olympic Games
2. Podium performance at the FINA World Championships (long course)
3. Swimming in the final (top 8) at either the Olympic Games for the FINA World Championships (50m).

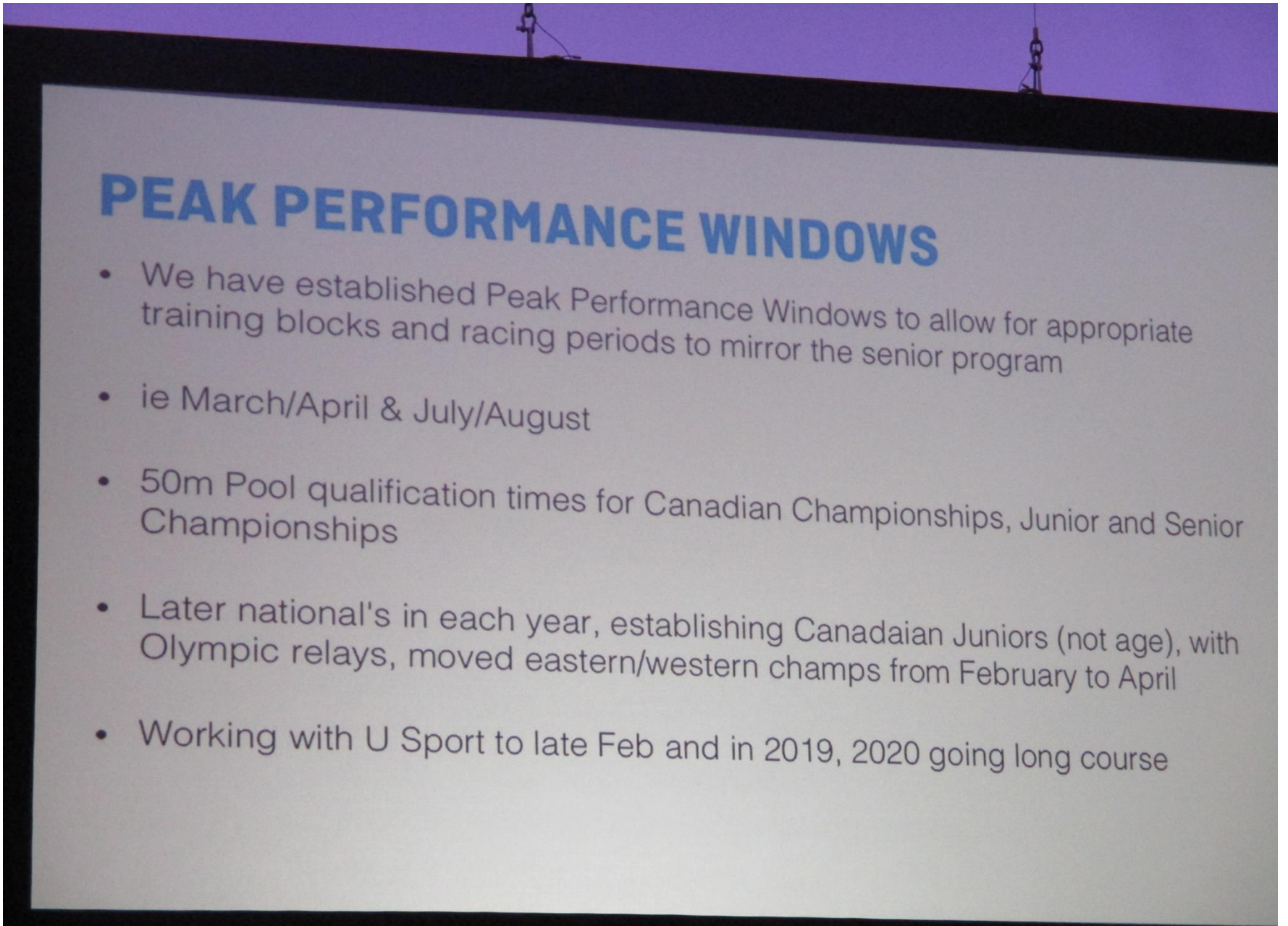

ON TRACK TO HIGH PERFORMANCE
A Swimmer may be identified as having potential to achieve High Performance if:
• They have achieved published 'On Track Times', and show significant evidence that these 'On Track Times' demonstrate continued development of complimentary events that support their primary event focus
• They have won a medal at either the World Junior Championships and/or the Junior Pan Pacific Championships
• They have finished Top 8 at the World Junior Championships
• They are a senior athlete who has made a Top 16 performance at the Olympic Games and continues to post performances that indicated improvement towards Top 8
• They are a senior athlete who has made a Top 16 performance at the FINA World Championships (long course) and continues to post performances that indicated improvement towards Top 8

2

- MUDOU O CALENDÁRIO DE COMPETIÇÕES

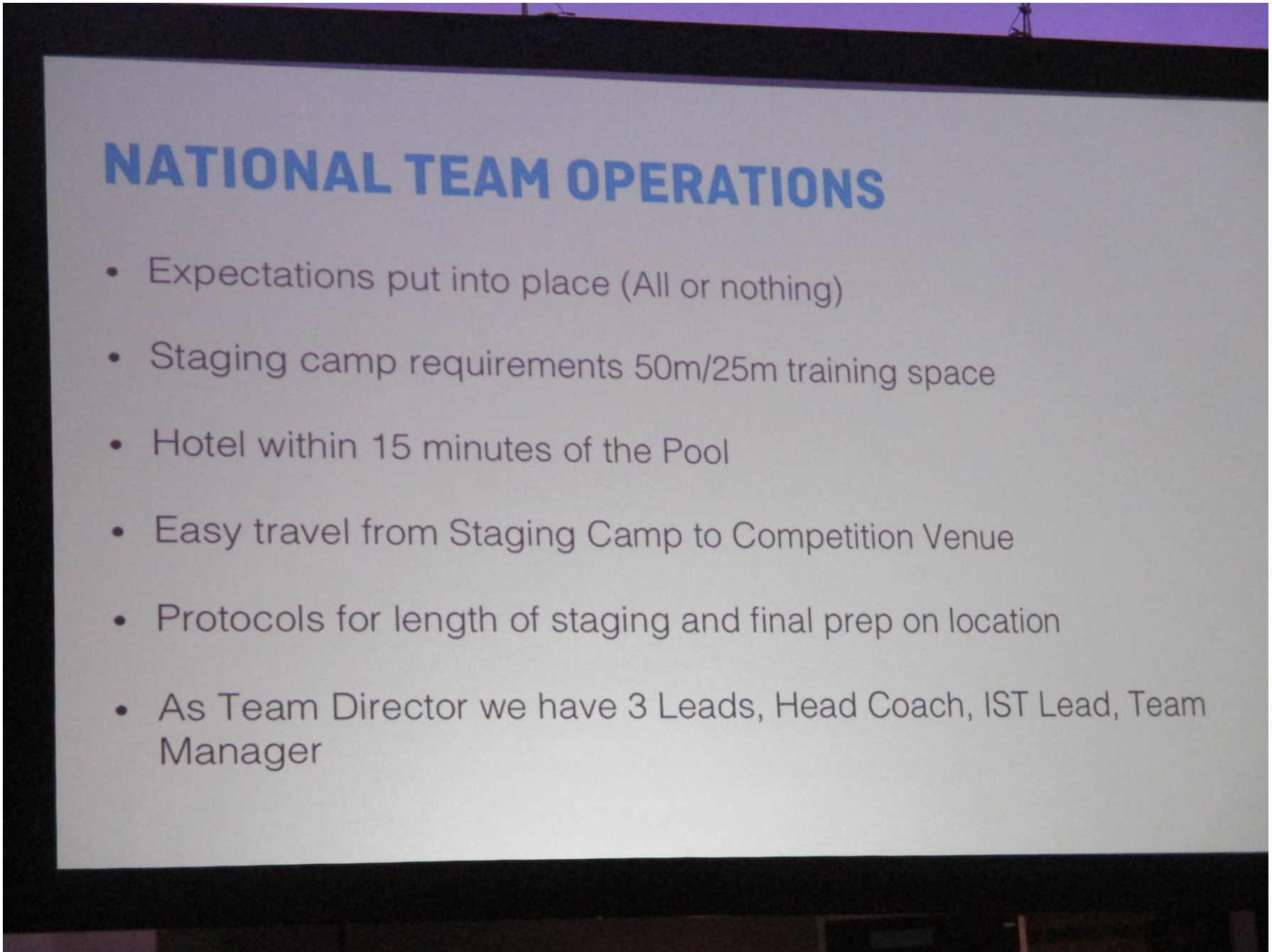

COMPETITION SCHDULE
(PRINCIPLES TO SUPPORT HIGH PERFORMANCE)
• Prepare to be world class and focus for the right meets and an International standard.
• SC racing through September to December (Whilst in full training).
• LC racing January to the trials (dates are set through to 2016, and are in early April) These LC racing opportunities are to be used in Preparation for the Trials.
• Training focus is critical, no resting, no shaving until the trials – resist the temptation i.e. Eastern's/Western's/CIS , doing this compromises training too often and the result at the trials and the summer.....

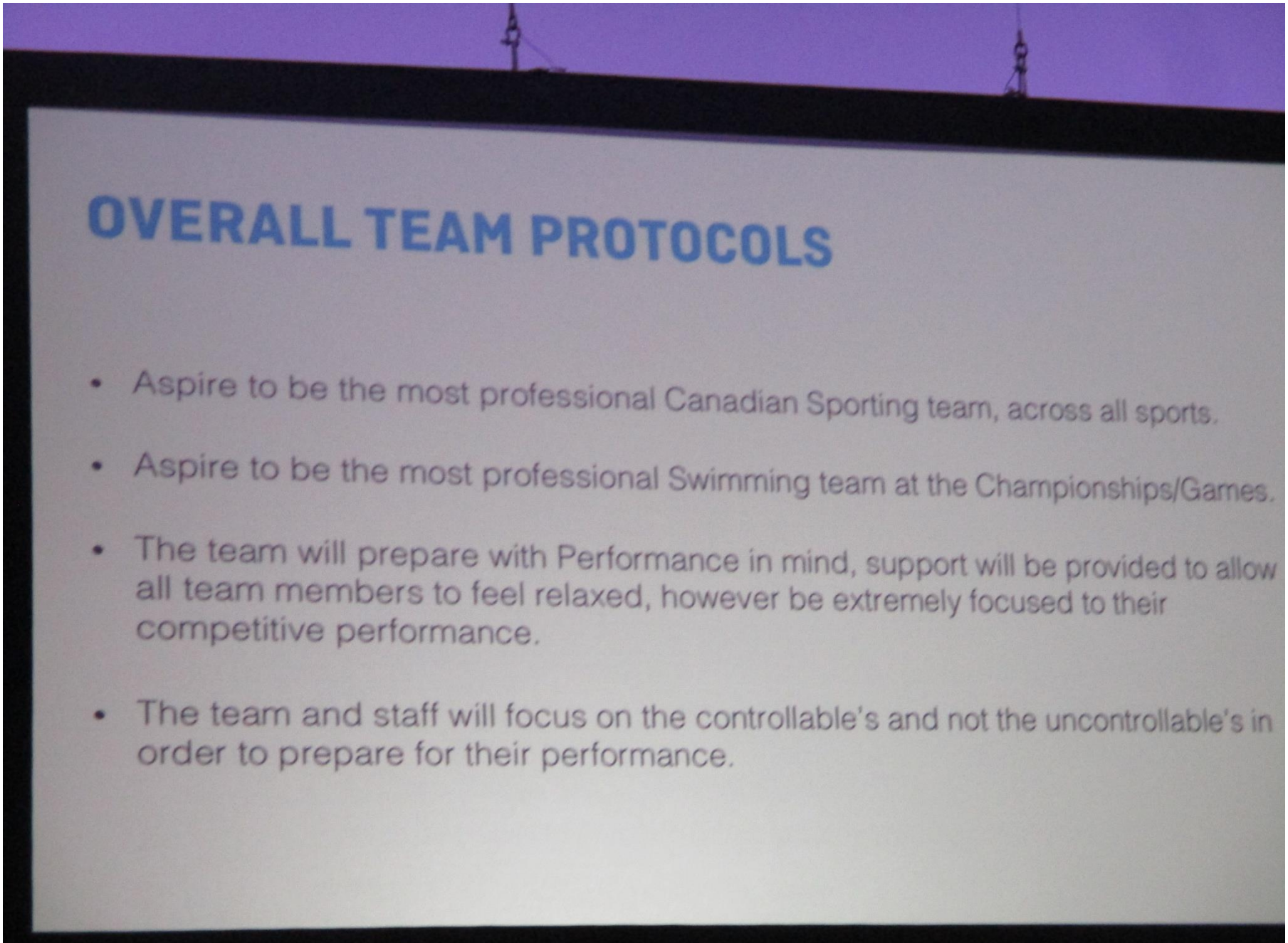
COMPETITION SCHEDULE (PRINCIPLES TO SUPPORT HIGH PERFORMANCE)
• 2 tapers per year i.e. trials and summer– but you can multiple race on one taper, i.e. 3 championships in the summer for example (previous tapering and shaving too often).
• 48 weeks of training a year……2 weeks at Nationals competition's = 50 weeks
• Doing the same things over and over and expecting a different result is insanity.
• Swimming is what it, is…… its weekends, holidays, public holidays and summer, we cant pick and mix (cottage time)

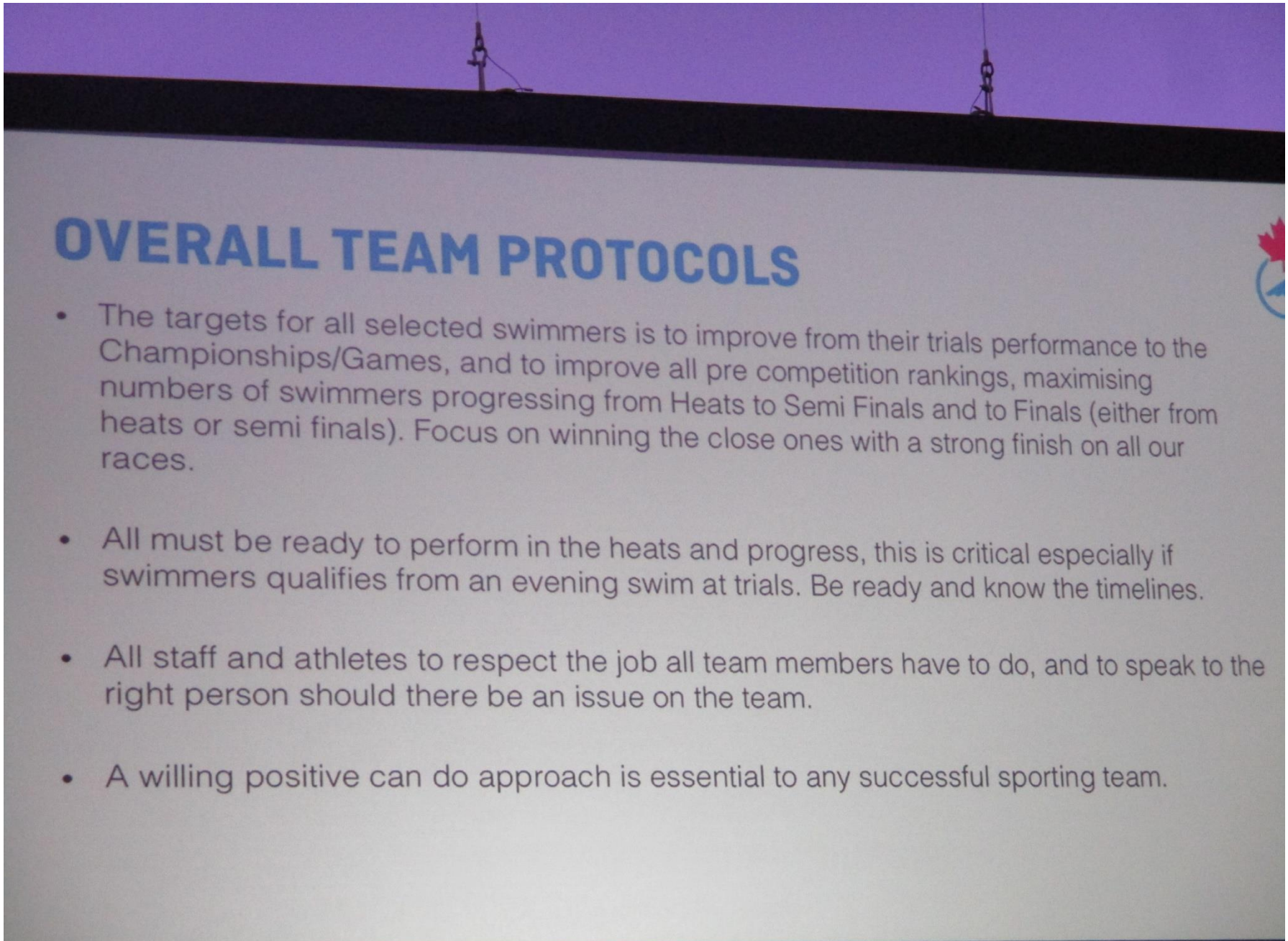

PEAK PERFORMANCE WINDOWS
• We have established Peak Performance Windows to allow for appropriate training blocks and racing periods to mirror the senior program
• ie March/April & July/August
• 50m Pool qualification times for Canadian Championships, Junior and Senior Championships
• Later national's in each year, establishing Canadaian Juniors (not age), with Olympic relays, moved eastern/western champs from February to April
• Working with U Sport to late Feb and in 2019, 2020 going long course

3

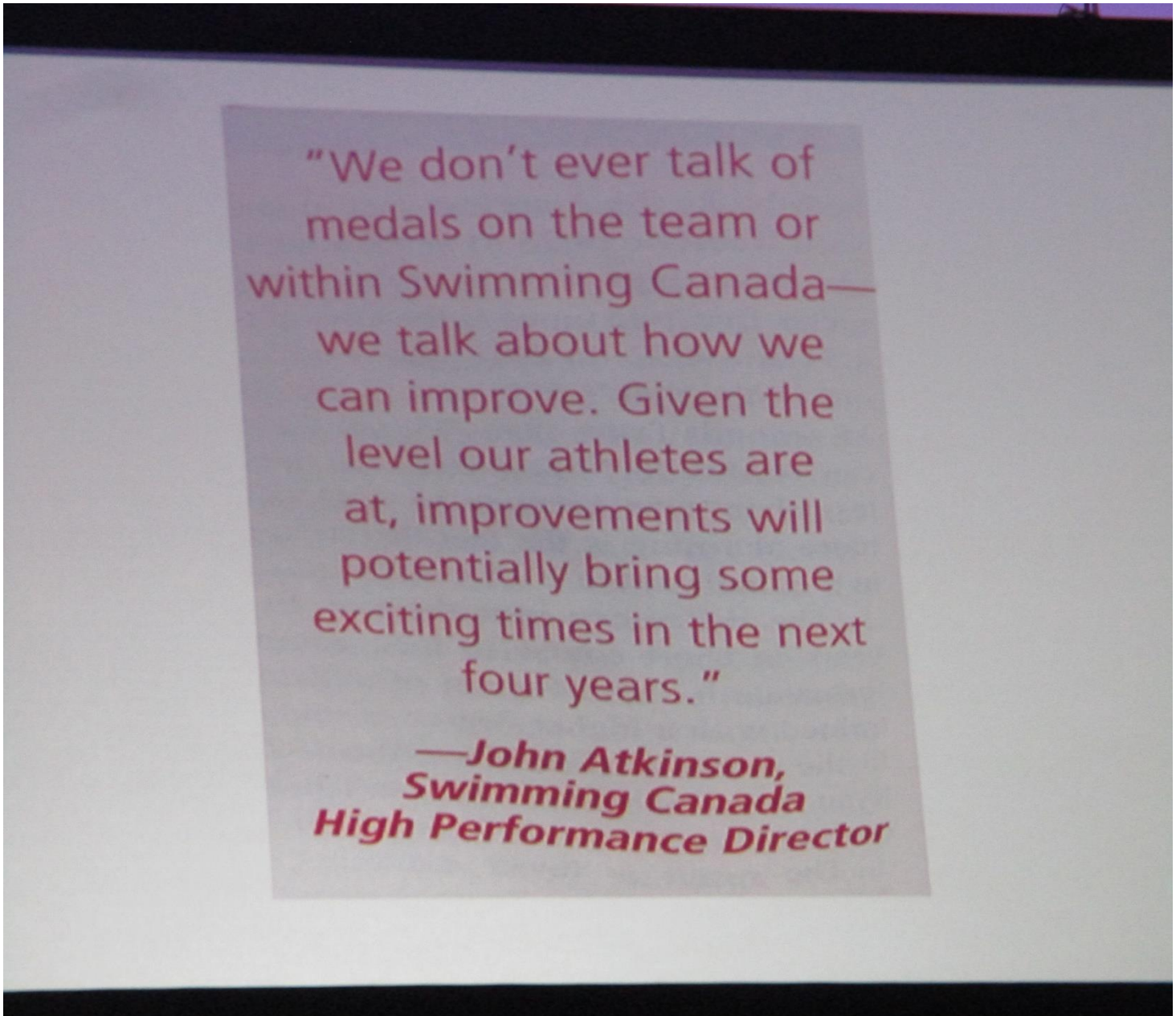
- MEXEU NA OPERAÇÃO DA EQUIPE NACIONAL


NATIONAL TEAM OPERATIONS
• Expectations put into place (All or nothing)
• Staging camp requirements 50m/25m training space
• Hotel within 15 minutes of the Pool
• Easy travel from Staging Camp to Competition Venue
• Protocols for length of staging and final prep on location
• As Team Director we have 3 Leads, Head Coach, IST Lead, Team Manager


OVERALL TEAM PROTOCOLS
• Aspire to be the most professional Canadian Sporting team, across all sports.
• Aspire to be the most professional Swimming team at the Championships/Games.
• The team will prepare with Performance in mind, support will be provided to allow all team members to feel relaxed, however be extremely focused to their competitive performance.
• The team and staff will focus on the controllable's and not the uncontrollable's in order to prepare for their performance.

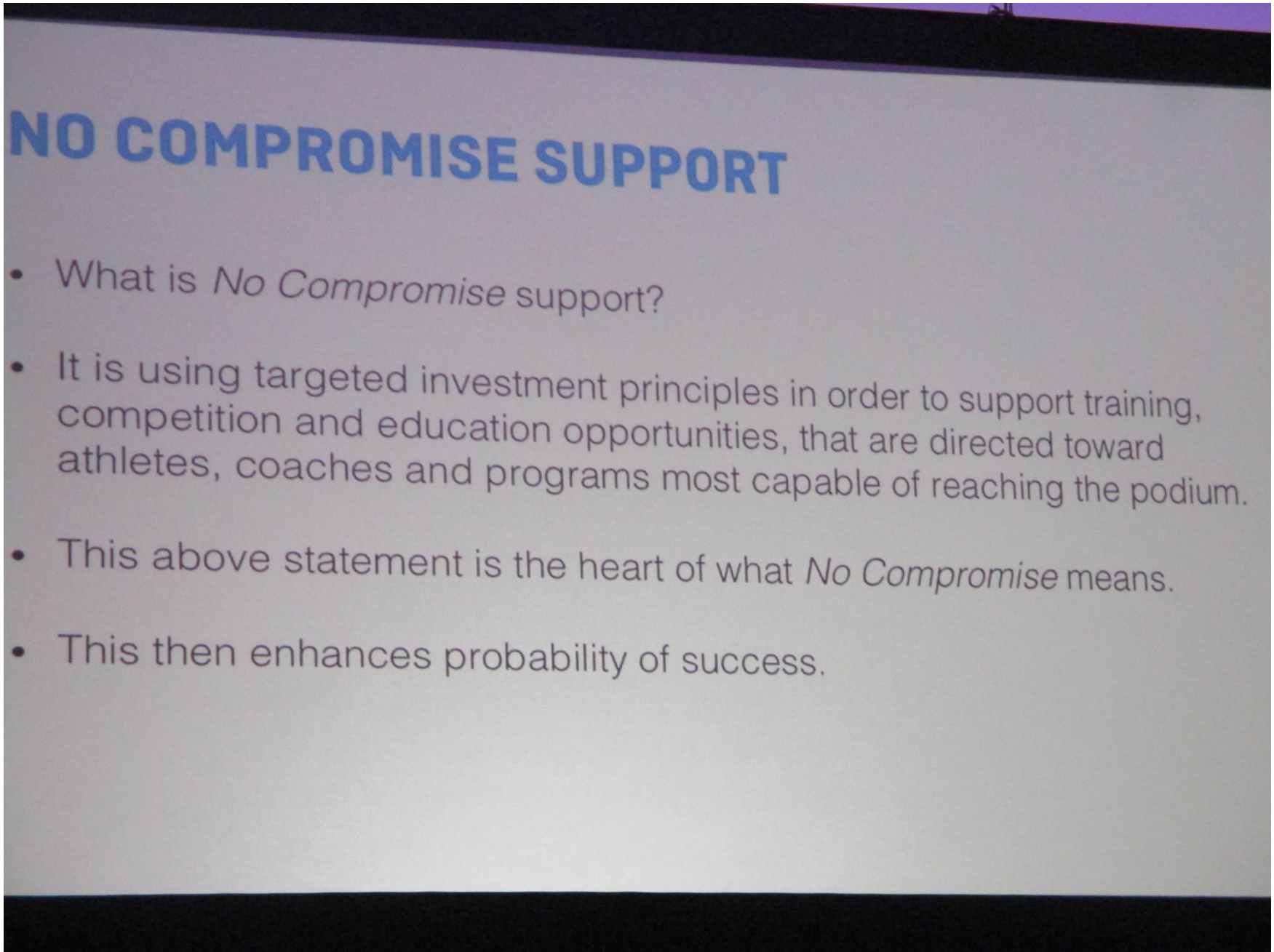

OVERALL TEAM PROTOCOLS
• The targets for all selected swimmers is to improve from their trials performance to the Championships/Games, and to improve all pre competition rankings, maximising numbers of swimmers progressing from Heats to Semi Finals and to Finals (either from heats or semi finals). Focus on winning the close ones with a strong finish on all our races.
• All must be ready to perform in the heats and progress, this is critical especially if swimmers qualifies from an evening swim at trials. Be ready and know the timelines.
• All staff and athletes to respect the job all team members have to do, and to speak to the right person should there be an issue on the team.
• A willing positive can do approach is essential to any successful sporting team.

3


"We don't ever talk of medals on the team or within Swimming Canada—we talk about how we can improve. Given the level our athletes are at, improvements will potentially bring some exciting times in the next four years."
—John Atkinson, Swimming Canada High Performance Director

4

- MUDOU O SISTEMA DE FINANCIAMENTO DE ATLETAS


NO COMPROMISE SUPPORT
• What is *No Compromise* support?
• It is using targeted investment principles in order to support training, competition and education opportunities, that are directed toward athletes, coaches and programs most capable of reaching the podium.
• This above statement is the heart of what *No Compromise* means.
• This then enhances probability of success.

5

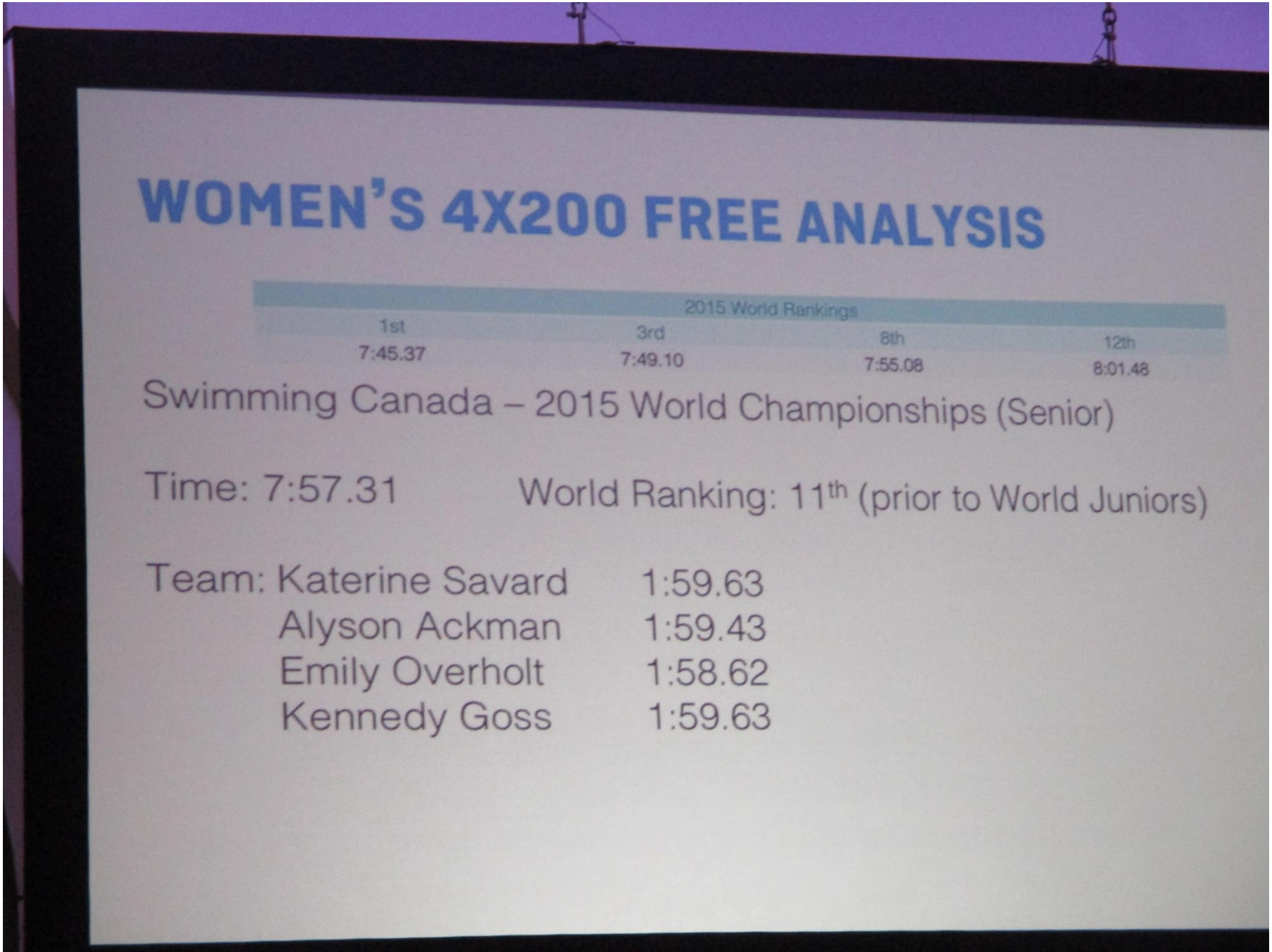
- CRIOU UM SISTEMA DE IDENTIFICAÇÃO DE ATLETAS DETERMINANDO QUAIS AS PROVAS PARA INVESTIR

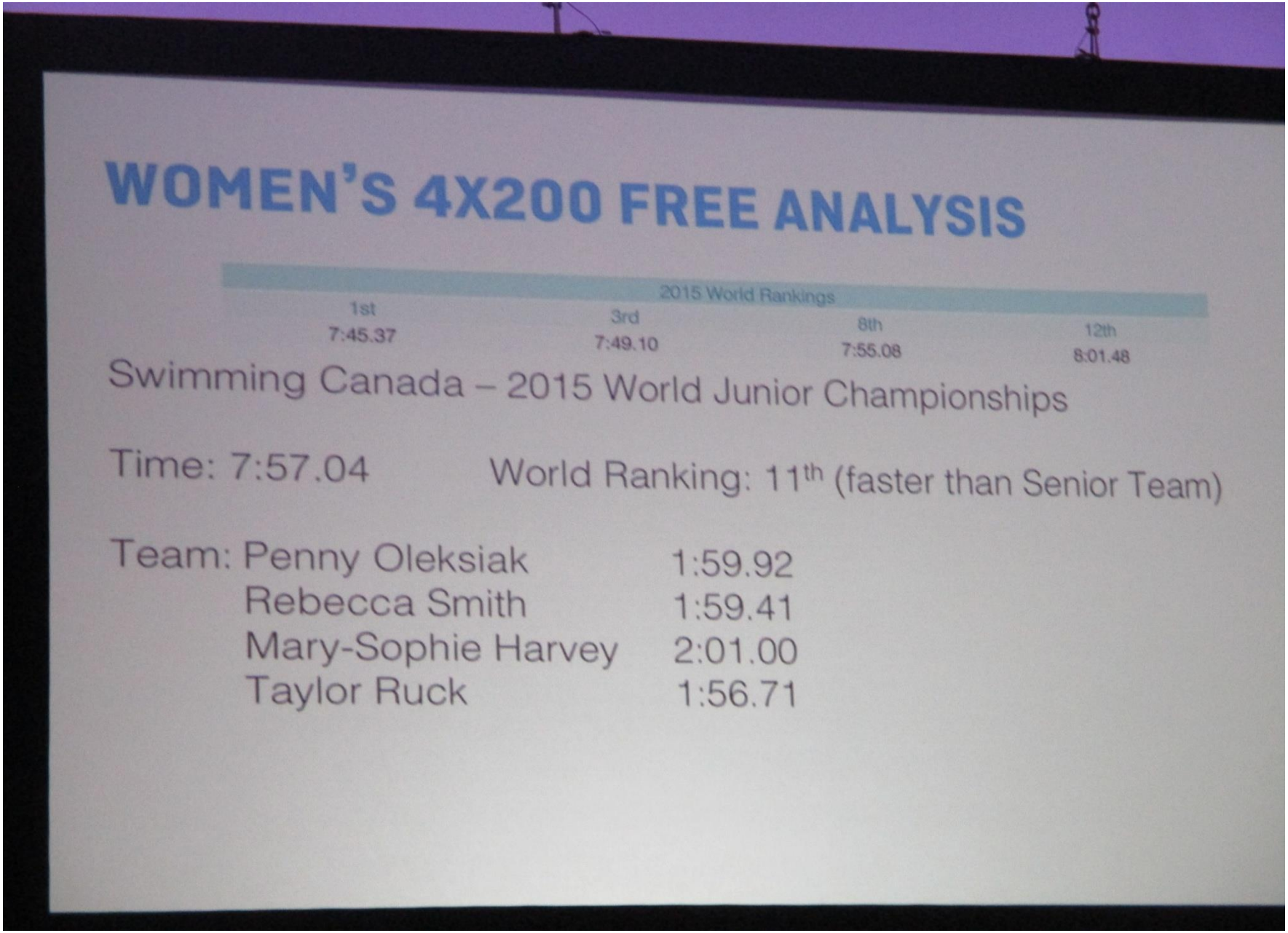
2015 WORLD CHAMPIONSHIP ANALYSIS

- Four Canadian relay teams qualified for Rio based on Top 12 finishes at 2015 Worlds:

Relay	2015 World Champ Ranking	2015 World Ranking	% Gap to 1st	% Gap to 3rd
Women's 4x100 FR	5th	5th	2.29%	0.85%
Men's 4x100 FR	8th	6th	1.84%	0.92%
Women's 4x100 MR	6th	6th	1.49%	1.01%
Women's 4x200 FR	11th	11th	2.45%	1.66%

- Major Performance Gap for the Women's 4x200FR based on 2015 result
  - Was our best relay in 2012

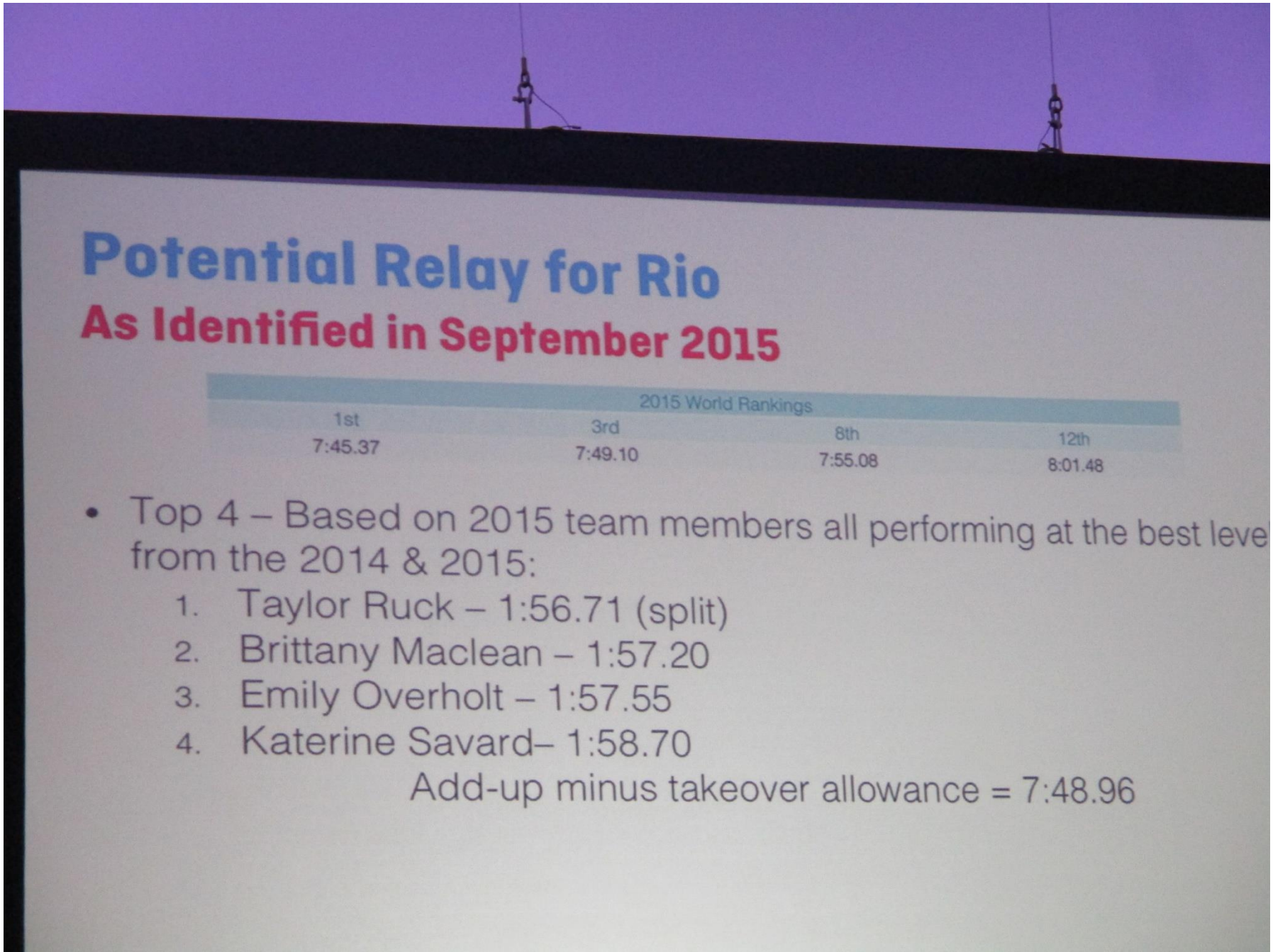

WOMEN'S 4X200 FREE ANALYSIS
2015 World Rankings
1st
7:45.37
3rd
7:49.10
8th
7:55.08
12th
8:01.48
Swimming Canada – 2015 World Championships (Senior)
Time: 7:57.31
World Ranking: 11th (prior to World Juniors)
Team: Katerine Savard 1:59.63
Alyson Ackman 1:59.43
Emily Overholt 1:58.62
Kennedy Goss 1:59.63


WOMEN'S 4X200 FREE ANALYSIS
2015 World Rankings
1st
7:45.37
3rd
7:49.10
8th
7:55.08
12th
8:01.48
Swimming Canada – 2015 World Junior Championships
Time: 7:57.04
World Ranking: 11th (faster than Senior Team)
Team: Penny Oleksiak 1:59.92
Rebecca Smith 1:59.41
Mary-Sophie Harvey 2:01.00
Taylor Ruck 1:56.71

POTENTIAL CANADIAN SWIMMERS FOR 2016

AS IDENTIFIED IN SEPTEMBER 2015

Swimmer	YOB	2013 Best	2014 Best	2015 Best	Best Relay Split (2013-15)
Emily Overholt	1997	2:00.66	1:59.88	1:57.55	1:58.38
Taylor Ruck	2000	2:11.30	2:00.14	1:57.87	1:56.71
Katerine Savard	1993	2:01.54	1:58.93	1:58.70	2:00.60
Kennedy Goss	1996	2:01.22	2:00.46	1:59.01	1:59.63
Alyson Ackman	1993	2:01.58	1:59.25	1:59.05	1:58.43
Penny Oleksiak	2000	2:10.64	2:03.74	1:59.92	2:02.06
Sydney Pickrem	1997	2:04.01	-	2:00.24	2:04.09
Samantha Cheverton	1988	1:58.80	1:57.79	2:00.48	1:58.70
Brittany Maclean	1994	1:58.03	1:57.20	1:59.20	1:56.87
Rebecca Smith	2000	2:06.58	2:05.61	2:01.96	1:59.41


Potential Relay for Rio
As Identified in September 2015
2015 World Rankings
1st
7:45.37
3rd
7:49.10
8th
7:55.08
12th
8:01.48
• Top 4 – Based on 2015 team members all performing at the best leve
from the 2014 & 2015:
1. Taylor Ruck – 1:56.71 (split)
2. Brittany Maclean – 1:57.20
3. Emily Overholt – 1:57.55
4. Katerine Savard– 1:58.70
Add-up minus takeover allowance = 7:48.96

Potential Relay for Rio + Back-up options

As Identified in September 2015

2015 World Rankings			
1st	3rd	6th	12th
7:45.37	7:49.10	7:55.08	8:01.48

- Top 4 – Based on continued predicted progression & return to form:
  1. Taylor Ruck – 1:56.04
  2. Emily Overholt – 1:56.66
  3. Brittany Maclean – 1:57.20 (Based on 2014 – predicted 1:56.39)
  4. Sam Cheverton – 1:57.79 (Based on 2014 – predicted 1:57.71)

  Add-up minus takeover allowance = 7:45.89

- Next best 4 based on predicted progressions:
  5. Penny Oleksiak – 1:58.06
  6. Kennedy Goss – 1:58.30
  7. Katerine Savard – 1:58.38
  8. Alyson Ackman – 1:58.93

RUCK(16) 1:56.18

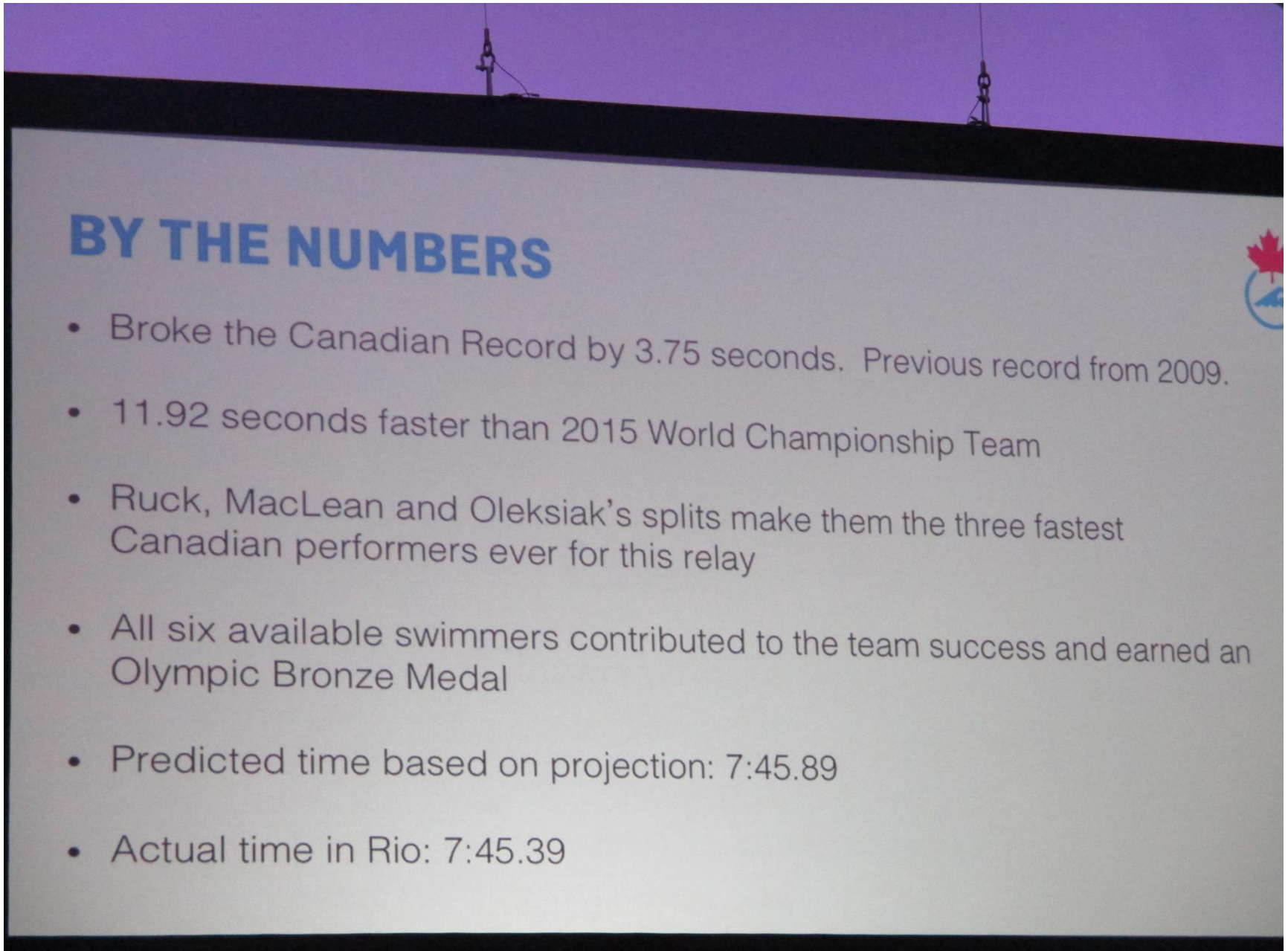
SAVARD(23), 1:57.91

MACLEAN(22), 1:56.36

OLEKSIAK (16) 1:54.94

OVERHOLT(19) 1:58.29

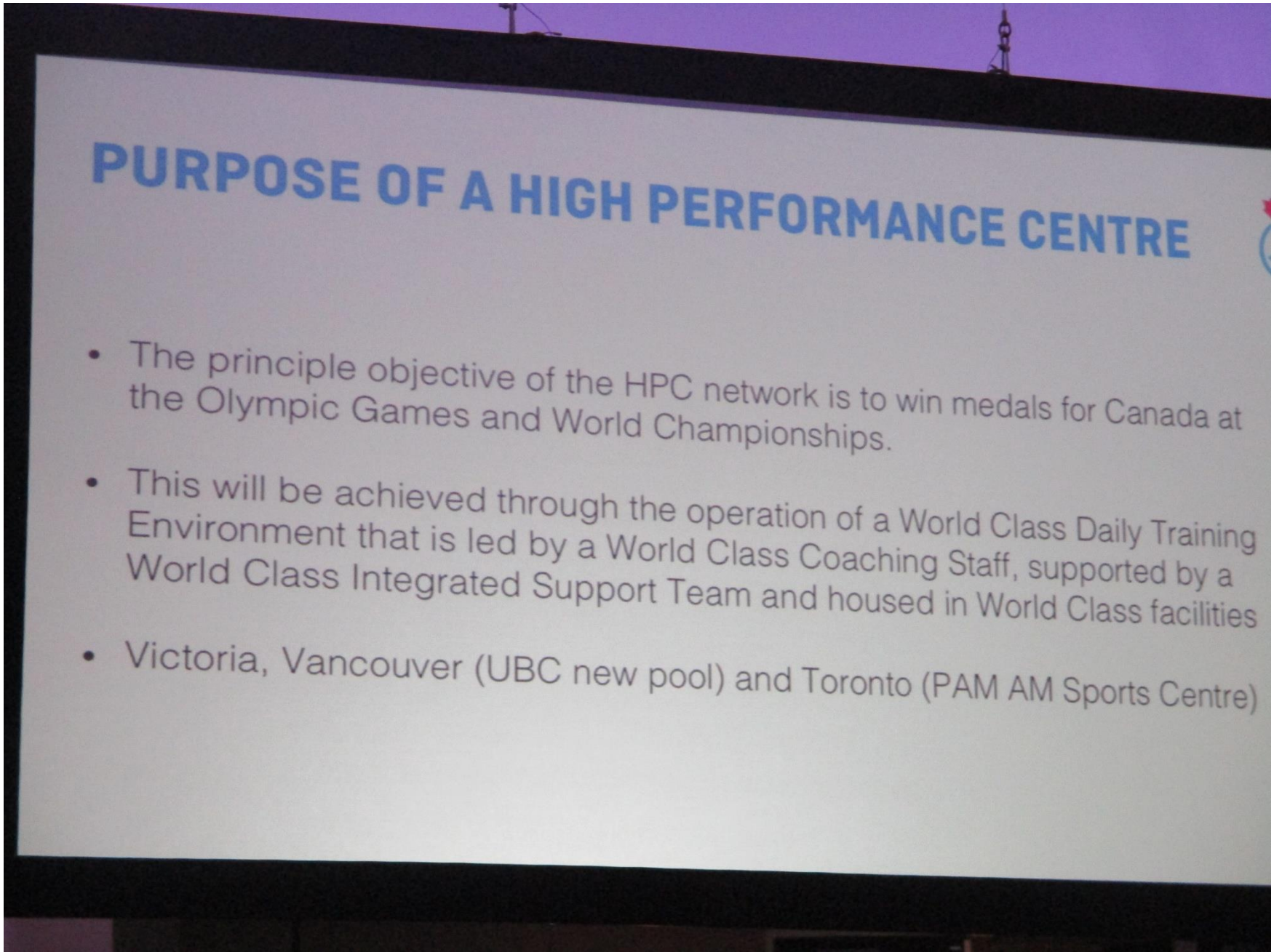
GOSS (20) 1:59.49

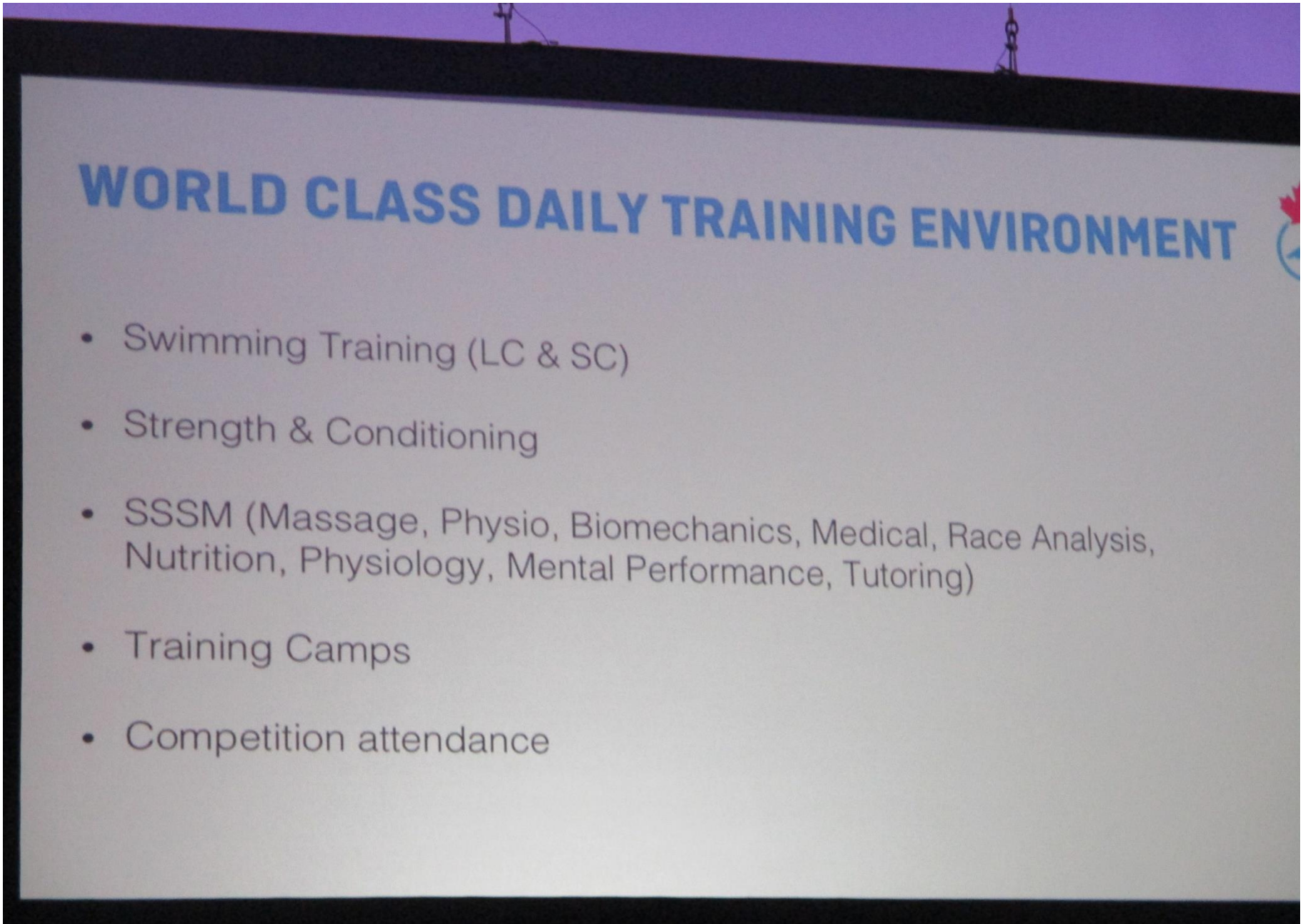

BY THE NUMBERS
• Broke the Canadian Record by 3.75 seconds. Previous record from 2009.
• 11.92 seconds faster than 2015 World Championship Team
• Ruck, MacLean and Oleksiak's splits make them the three fastest Canadian performers ever for this relay
• All six available swimmers contributed to the team success and earned an Olympic Bronze Medal
• Predicted time based on projection: 7:45.89
• Actual time in Rio: 7:45.39

6

- REORGANIZOU OS CENTROS DE TREINAMENTO

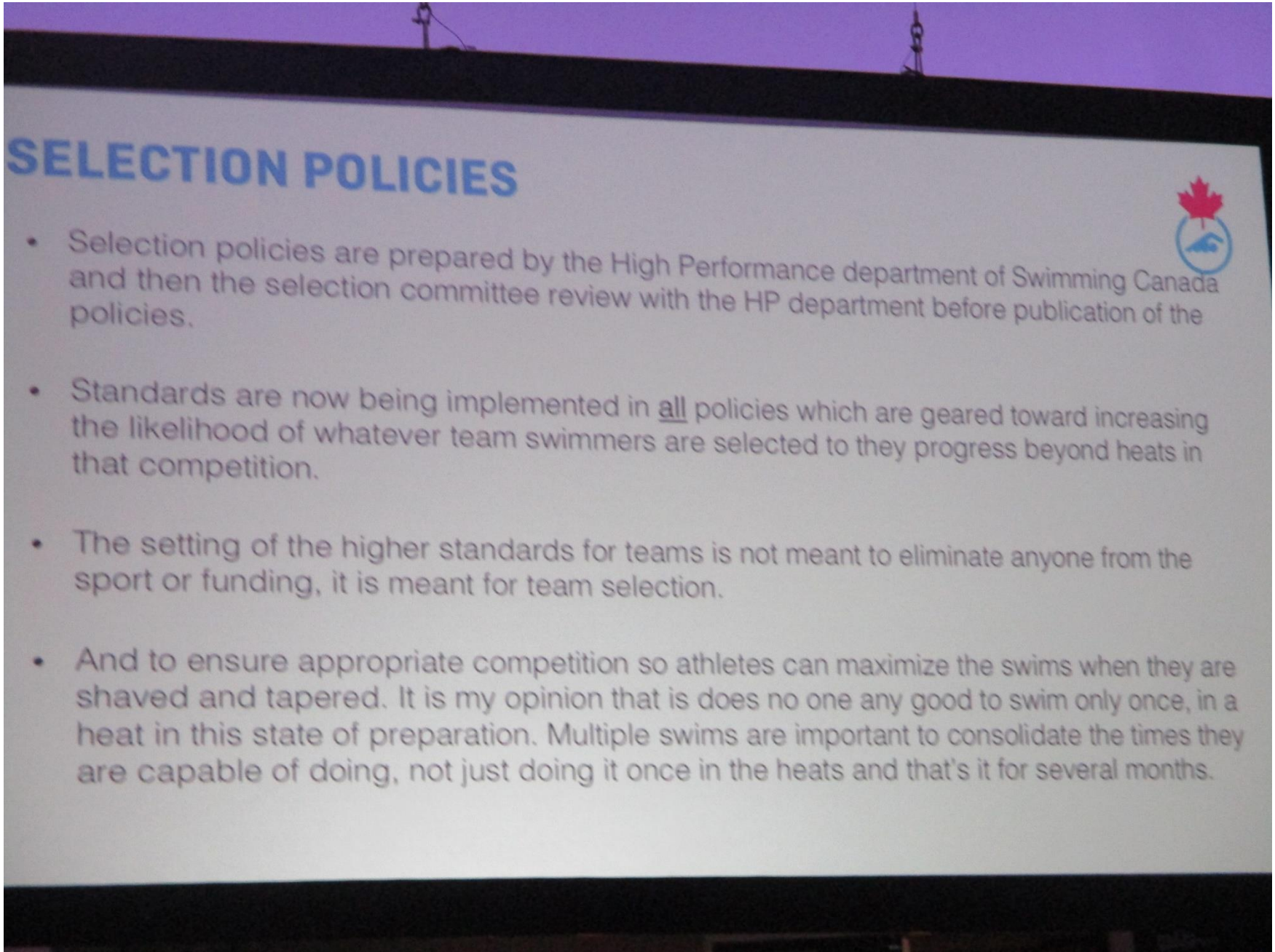
6. Review the High
Performance Centres
5-4-3


PURPOSE OF A HIGH PERFORMANCE CENTRE
• The principle objective of the HPC network is to win medals for Canada at the Olympic Games and World Championships.
• This will be achieved through the operation of a World Class Daily Training Environment that is led by a World Class Coaching Staff, supported by a World Class Integrated Support Team and housed in World Class facilities
• Victoria, Vancouver (UBC new pool) and Toronto (PAM AM Sports Centre)


WORLD CLASS DAILY TRAINING ENVIRONMENT
• Swimming Training (LC & SC)
• Strength & Conditioning
• SSSM (Massage, Physio, Biomechanics, Medical, Race Analysis, Nutrition, Physiology, Mental Performance, Tutoring)
• Training Camps
• Competition attendance

7

MEXEU NA POLÍTICA E PROCEDIMENTOS DE SELEÇÃO DE ATLETAS


SELECTION POLICIES
• Selection policies are prepared by the High Performance department of Swimming Canada and then the selection committee review with the HP department before publication of the policies.
• Standards are now being implemented in all policies which are geared toward increasing the likelihood of whatever team swimmers are selected to they progress beyond heats in that competition.
• The setting of the higher standards for teams is not meant to eliminate anyone from the sport or funding, it is meant for team selection.
• And to ensure appropriate competition so athletes can maximize the swims when they are shaved and tapered. It is my opinion that is does no one any good to swim only once, in a heat in this state of preparation. Multiple swims are important to consolidate the times they are capable of doing, not just doing it once in the heats and that's it for several months.

8

- DESENVOLVIMENTO
- DOS
- TREINADORES

COACH DEVELOPMENT
• Select Coaches (12 here)
• Targeted development
• Apprentice opportunities
• Key Staff from Swimming Canada in the field
• Martyn Wilby Senior Coach,
• Ken McKinnon Development Coach,
• Mark Perry Distance OW Coach,
• Iain McDonald NextGen HP Pathway Coach
• 50 Coaches involved in development opportunities

9

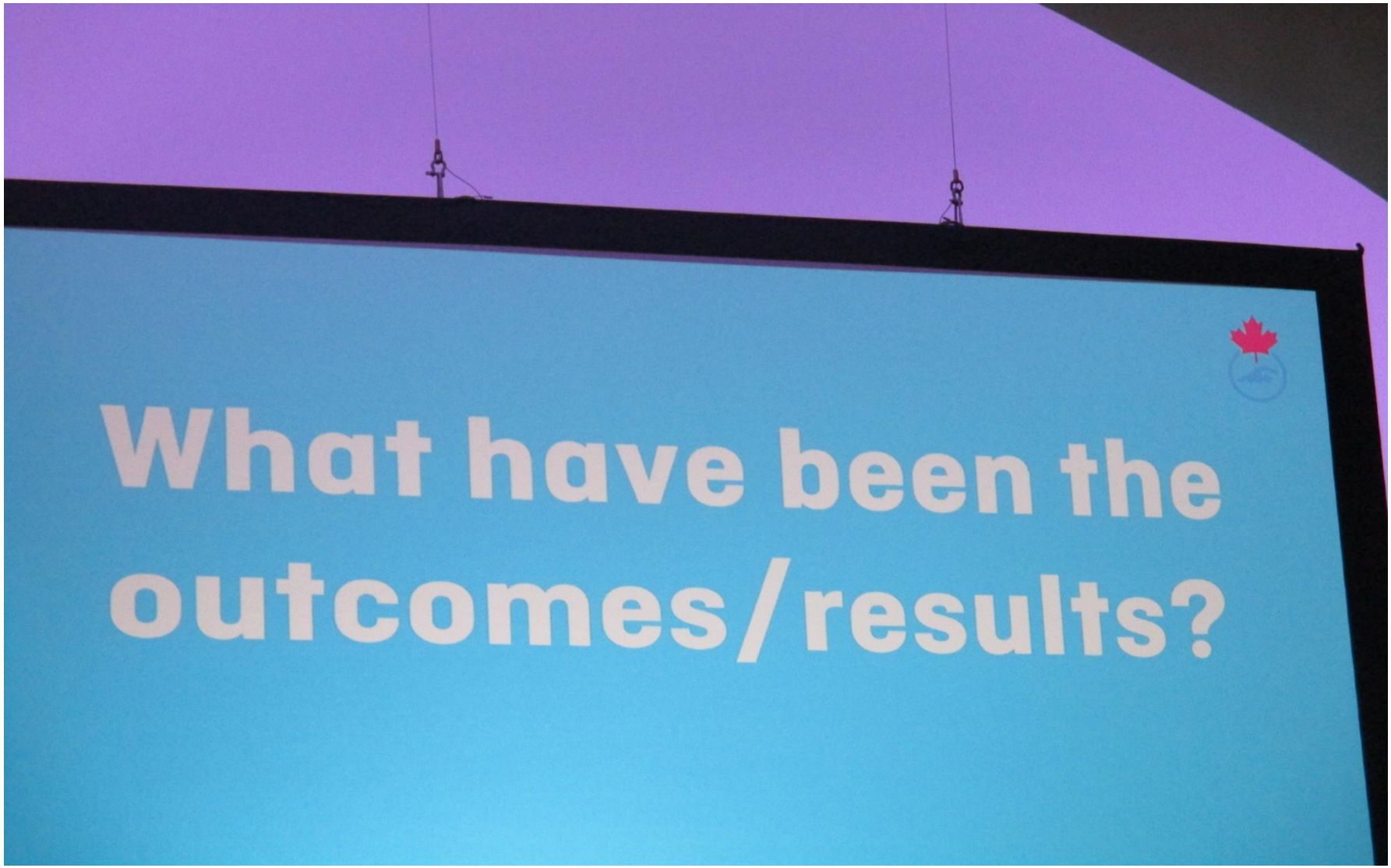
- TER UM PLANEJAMENTO MELHOR DO QUE QUALQUER PAÍS

OUR PLAN TO 2016

- 2013 Improvement (Worlds 11 finals and 3 medals)
- 2014 Improvement (CWG and PAN PACS)
- 2015 Improvement and Progress beyond heats to Semi Finals and Finals (14 finals in Olympic events and 3 medals)
- 2016 Improvement, Progress and Convert (15 finals and 6 Olympic medals in different events than 2015; injury and time)

OUR PLAN TO 2016
• Targeting Investment in events we could medal in.
• Targeted athlete investment
• Visits face to face key athletes and coaches for meetings (Sept to Dec 2015)
• Relays targeting
• Had a strong, clear and known plan i.e. all dates fixed for trials and camps, competitions and worked to it.
• Team protocols and coach, then athlete buy in.
• Selection policy strategy.

RESULTADO DISSO TUDO



What worked – THE OVERVIEW

- 1 Gold, 1 Silver and 4 Bronze = 6 medals (2 in the pool in 2012)
- 11 swimmers won a medal
- 15 finals (7 in 2012) this is a 114% increase
- Swimming Total medals won Canada was equal 5th on the Medal table
- Swimming Gold medal table Canada was 7th
- Unofficial points using the FINA point scores Canada 6th overall (the women team actually 3rd)

Records broken as follows;

- 1 Olympic Record
- 2 America's Records
- 4 World Junior Records
- 14 Canadian Records

Ranked by total medals predicted based by rankings (Sep 1, 14 - Jul 18, 16)

As of FRI 19 AUG 2016 at 08:55

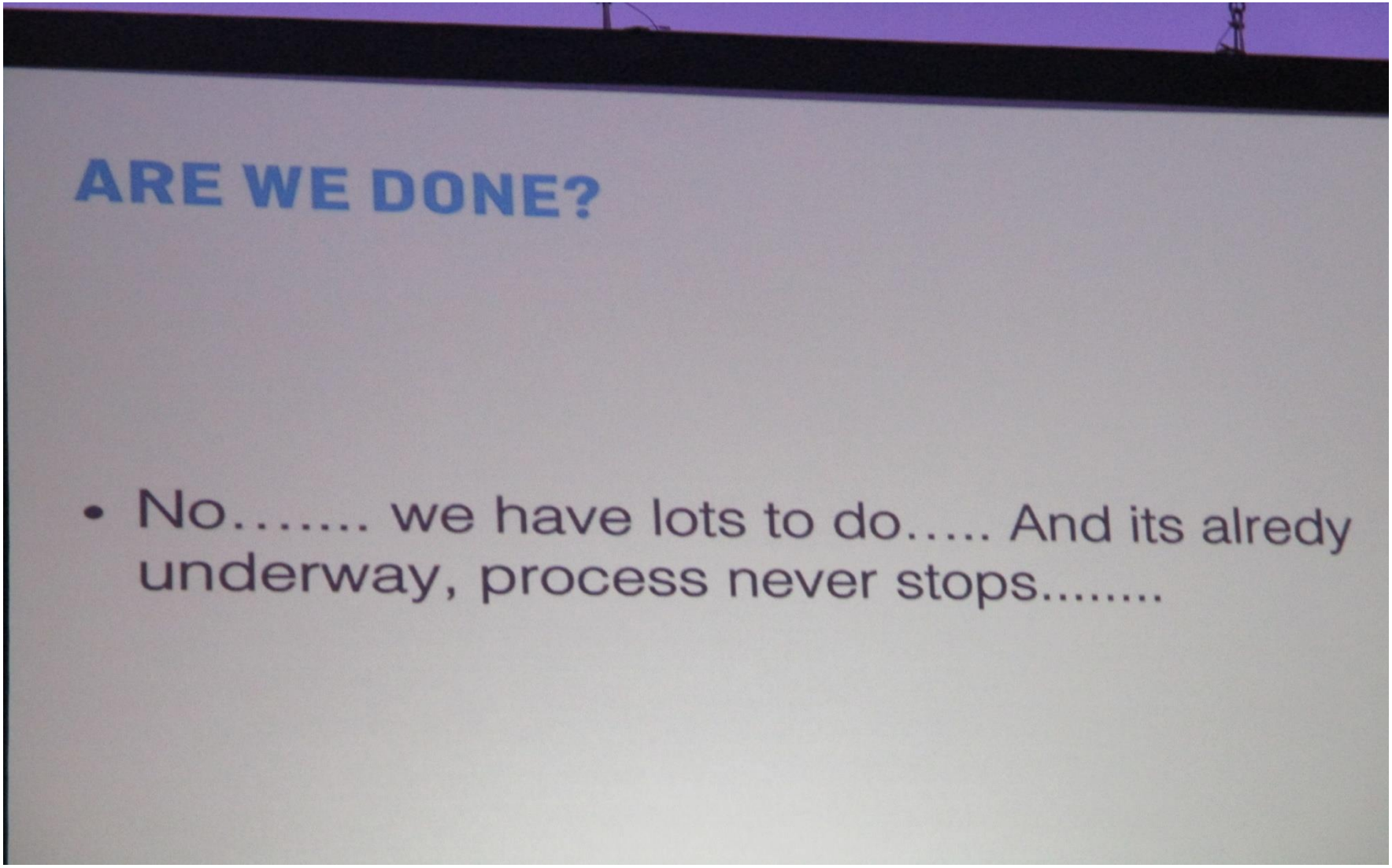
Nation	Projected Medals				Actual Medals				DIFF	RANK
	G	S	B	Total	G	S	B	Total		
CAN - Canada	0	0	0	0	1	1	4	6	6	1
USA - United States	9	9	9	27	16	8	9	33	6	1
RUS - Russia	0	0	1	1	0	2	2	4	3	3
ESP - Spain	0	0	0	0	1	0	1	2	2	4
HUN - Hungary	3	1	1	5	3	3	1	7	2	4
BEL - Belgium	0	0	0	0	0	1	0	1	1	6
BLR - Belarus	0	0	0	0	0	0	1	1	1	6
DEN - Denmark	0	1	0	1	1	0	1	2	1	6
ITA - Italy	1	0	1	2	1	0	2	3	1	6
SIN - Singapore	0	0	0	0	1	0	0	1	1	6
SWE - Sweden	2	0	0	2	1	1	1	3	1	6
FRA - France	1	1	0	2	0	2	0	2	0	12
GBR - Great Britain	1	2	3	6	1	5	0	6	0	12
KAZ - Kazakhstan	0	1	0	1	1	0	0	1	0	12
RSA - South Africa	0	2	1	3	0	3	0	3	0	12
BRA - Brazil	0	1	0	1	0	0	0	0	-1	16
CHN - China	1	2	4	7	1	2	3	6	-1	16
LTU - Lithuania	0	1	0	1	0	0	0	0	-1	16
NZL - New Zealand	0	1	0	1	0	0	0	0	-1	16
TUR - Turkey	1	0	0	1	0	0	0	0	-1	16
GER - Germany	1	0	1	2	0	0	0	0	-2	21
JPN - Japan	1	4	4	9	2	2	3	7	-2	21
NED - Netherlands	0	1	3	4	0	0	0	0	-4	23
AUS - Australia	11	6	3	20	3	4	3	10	-10	24

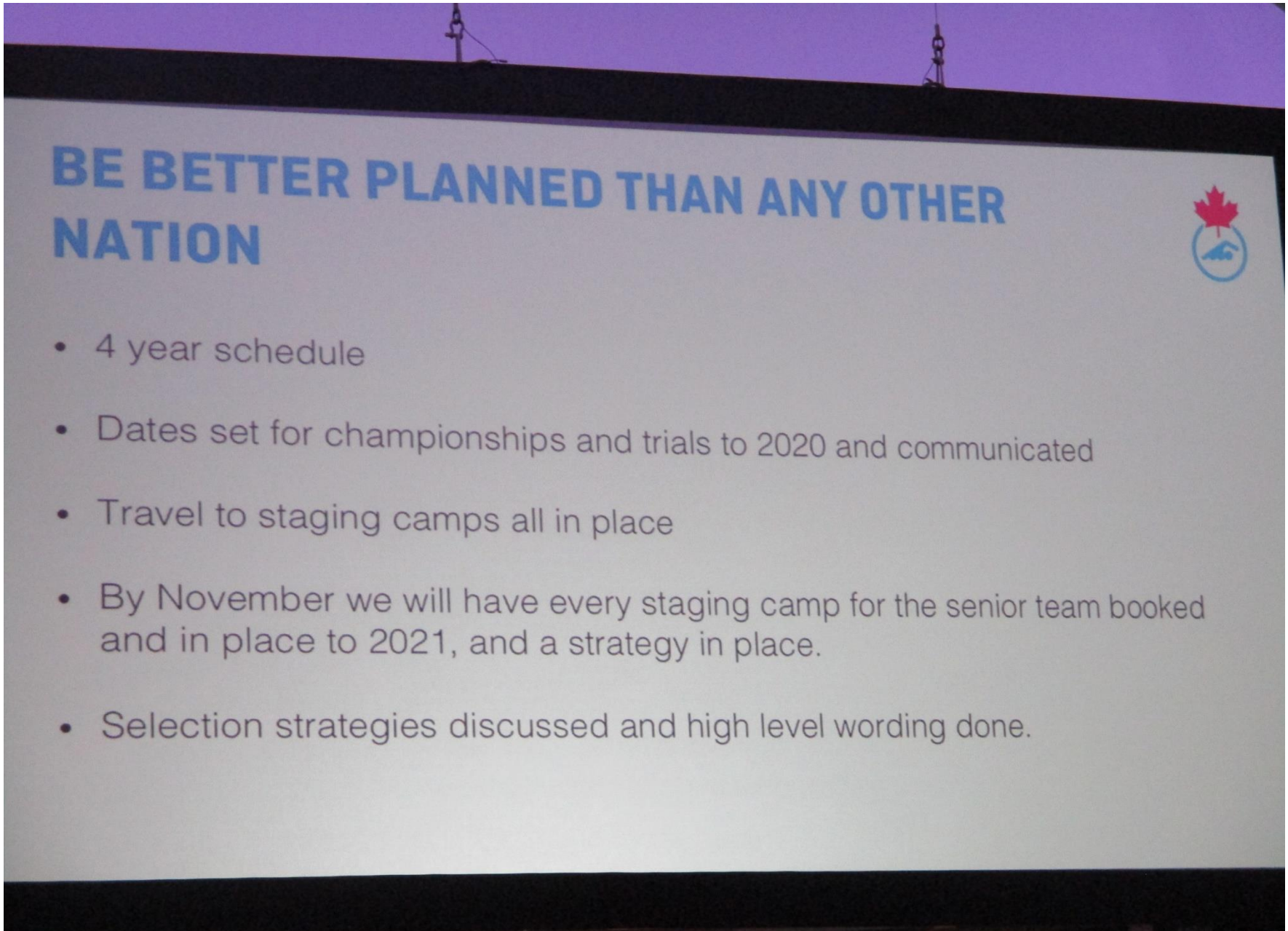
2017 WORLD CHAMPS
• 4 Medals
• 2 in Relays
• 17 finals best since 1978

2017 WORLD JUNIOR CHAMPS

- Best ever on Gold's 7 (relay strategy achieved 5 Gold's)
- Best Ever on Total medals 15
- Second on the Medal Table, best ever
- Perfect age for Tokyo….

E DAQUI PRA FRENTE?




BE BETTER PLANNED THAN ANY OTHER NATION
• 4 year schedule
• Dates set for championships and trials to 2020 and communicated
• Travel to staging camps all in place
• By November we will have every staging camp for the senior team booked and in place to 2021, and a strategy in place.
• Selection strategies discussed and high level wording done.

WHAT STILL NEEDS TO IMPROVE

- Men's Swimming, which takes time, and signs are showing
- Program's in Canada produce Individual Olympic medals, we support Canada, and also athletes who can win medals
- Build distance programs and open water
- Preparing to Swim Fast in Canada when it counts, Spring and Summer.
- The Spring is make the team and the Summer is about swimming faster
- 2017, note: Carding priority from the Summer from 2017 from the International Meets, Canadian Championships and Canadian Junior Championships and not trials OR OTHER Nationals outside of Canada – This is a coaching issue not a swimmer issue. CWG selection, PAN PACS selections
- Coaches to have a strategy to keep focused on coaching, not on what others have and they don't have. Coach to the end of summer (not cottage time….)
- Development of the 200m stroke events. This can be done with the age group, then youth and Junior Swimmer, i.e. focus on 200m and swim down.

THANKS TO.....

- Swimming Canada's Athletes with an open mind....
- Coaches accross Canada adapting and moving forwards & the CSCTA (all still happening & we will find more things)
- Clubs & Universities across Canada
- Swimming Canadas Staff,Technical Staff and Coches
- It takes all to move a nation....

PARA TERMINAR

PROCURA-SE TREINADOR NOS EUA

MAS PARA SER HEADCOACH

TEM QUE TER ASCA 3

MUITO OBRIGADO!!!

Amanhã tem **LEVEL 1**

NO MAR PALACE

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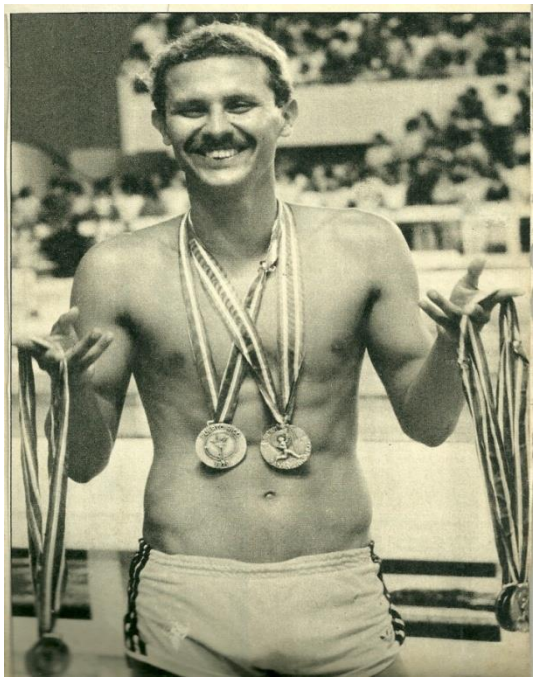
Revezamento 4 x 200: medalha de bronze para o Brasil

AP