

## **Some Things to Consider About Summer League Swimming**

With the Summer League practices starting up, the first meet fast approaching, and the big article about Summer League Swimming in a past issue of Splash Magazine I would like to give a few thoughts about Summer League Swimming. First a little background. I spent the first nine summers of my coaching career coaching Cranbrook Swim Club in the Northwest Suburban Swim League in the Birmingham-Bloomfield suburbs of Detroit. The team grew from 55 swimmers to 240 and the last six years were undefeated in dual meets and League Champion. Angela and I have coached Crofton Village and Crofton Swim and Tennis successfully in past summers and had a great time coaching the Kingfish last summer.

### Things we like about Summer League Swimming and how we are supporting it.

Summer League Swimming is a good thing and can be a good experience for children.

We support the participation of Central Chesapeake Swimming swimmers in their Summer League Meets.

We have scheduled our summer practices so swimmers can attend PEAK practices and Summer League practices. Our National and Senior group has Saturday as their OFF day of the week so they can arrive for warm up for the Summer League meets.

### Things we don't like about Summer League Swimming.

Parents need to calm down a little. It is, after all, Summer League Swimming. Like Little League Baseball, there is very little correlation between success at this level and success at the elite level.

Swimmers who swim in the "A" meets should not swim in "B" meets. Not even there "Off" strokes. "B" meets should be for developing swimmers.

### Consider this:

We feel it is best for our age group swimmers to do a combination of practices with Angela and their Summer League Team. This is a big reason we do not charge extra for summer training if the swimmer has been in the program for the year. This is one reason we moved the start of the Pre-Senior practice to 6:00 AM and the AG I and II to 8:00 AM.

By training with Angela from two to four times a week the swimmers will maintain and improve their stroke technique throughout the summer and will be ready to continue to improve when practice resumes in September.

However, and this is based on historical fact, swimmers who only train with their Summer League team will have their best times at the first meet of the summer and stay the same or get slower the rest of the season. We teach Technique then Speed. Summer League teaches Speed then Speed. Unfortunately Speed to young swimmers means moving your arms and legs as fast as you can with no notion of Efficiency. Then when September comes Angela has to undo all the bad habits that have been acquired and reestablish the correct technique. This can take a lot of time.

We realize it is easier to get up later in the morning; the Summer League Club may be more convenient to get to. Nothing will be held against any swimmer who doesn't train with us in the summer. I just thought I should put out some points to be considered.