

2024 CLIFFORD BARRY FOLLOW YOUR HEART EXCELLENCE PROJECT

THANK YOU

SWIM ONTARIO & AWARD COMMITTEE



CLUB VISIT TO SARASOTA
SHARKS IN
CONJUNCTION WITH
SUPPORTING BTSC
SWIMMERS AT OPEN
WATER TRIALS



OBSERVATIONS

AM

~50 SWIMMERS, 2 COACHES, 3-4 INTERVALS

PM

~120 SWIMMERS 14+ ALL IN ONE SHIFT, ONE WORKOUT, 4-5 COACHES MANAGING INTERVALS, SEPARATE GROUP FOR SWIMMERS TARGETING SPECIFIC COMPETITIONS

~140 SWIMMERS 13- ALL IN SECOND SHIFT, SAME WORKOUT ALL ACTIVATE TOGETHER MAKING FULL USE OF THE DECK AND SURROUNDING OPEN SPACE
ALL SWIMMERS INVOLVED IN POOL SETUP

GENERAL

COACHES ALL IN SYNC, SMOOTH HAND-OFFS BETWEEN GROUPS

VERY FUN ENVIRONMENT, NO TRADITIONAL “FUN” STUFF (RELAYS, GAMES, ETC.) JUST SWIMMING

TAKEAWAYS

MORE COMBINED TRAINING SESSIONS BETWEEN TRAINING GROUPS, WHILE ALLOWING VARIANCE FOR ABILITY

INCREASED COMMUNICATION BETWEEN COACHING STAFF, ANY COACH CAN RUN ANY TRAINING SESSION

ATHLETES COMFORTABLE WORKING WITH ANY COACH ON STAFF

FUN AS A RESULT OF OVERCOMING CHALLENGES TOGETHER, BEING PRESENT AS A TEAM, DOING HARD THINGS. CULTURE

