

2025-2026 Season Welcome

Training Groups

James Nock, Head Coach.

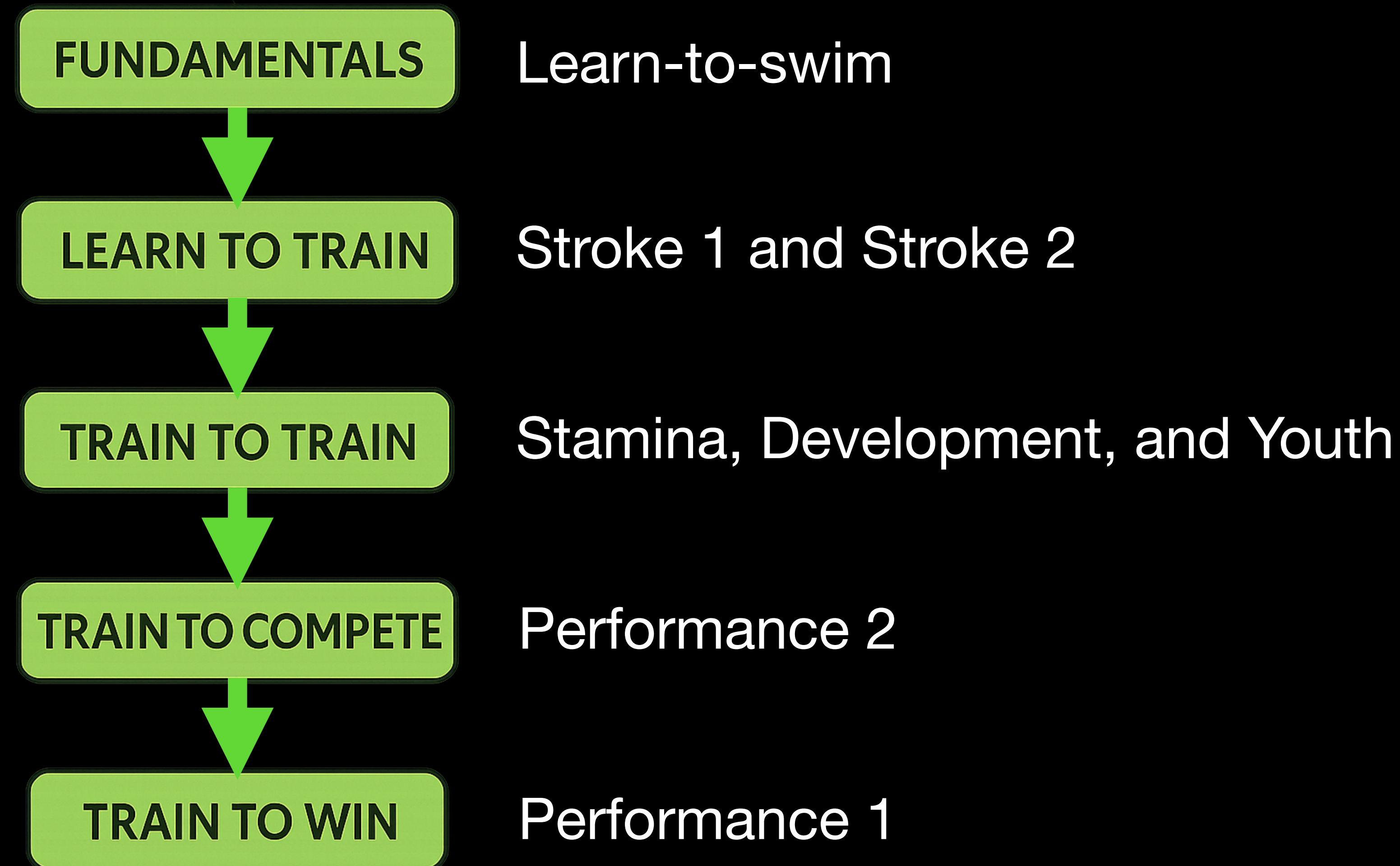
The New Head Coach

Introduction

- Competed to National Level as a child
- Level 2 Swimming Teacher and Level 3 Performance Coach
- Nearly 20 years teaching and coaching experience
- Taught swimming lessons for several years
- Coordinated 2 swim schools in the UK
- Ran a swim school in Queensland, Australia
- Coached swimming since 2007

Welcome to Swimming

Long-term Athlete Development



Learning to Train

Stroke 1 and Stroke 2

Goals and Focus

- Stroke Development.
- Skills Development.
- Soft Skills.

Competition Approach

- Focus on **fun and participation**, not winning.
- **All strokes** and **distances** to keep development broad.
- Local galas, Club Championships, Sussex/Arena League.

Training to Train

Stamina, Youth, and Development

Goals and Focus

- Build aerobic endurance and strength.
- Stroke refinement.
- Skill Refinement.
- Introduce race strategies (pacing, stroke counts, breathing patterns).

Competition Approach

- Move from participation-focused meets to more structured competition.
- **Start** to specialise in certain strokes or distances while still maintaining **variety**.
- Main purpose of competition is skill development and experience but swimmers start to focus on times.

The Approach

BLABT

Body

Legs

Arms

Breathing

Timing

Hidden Training

The bits coaches can't see

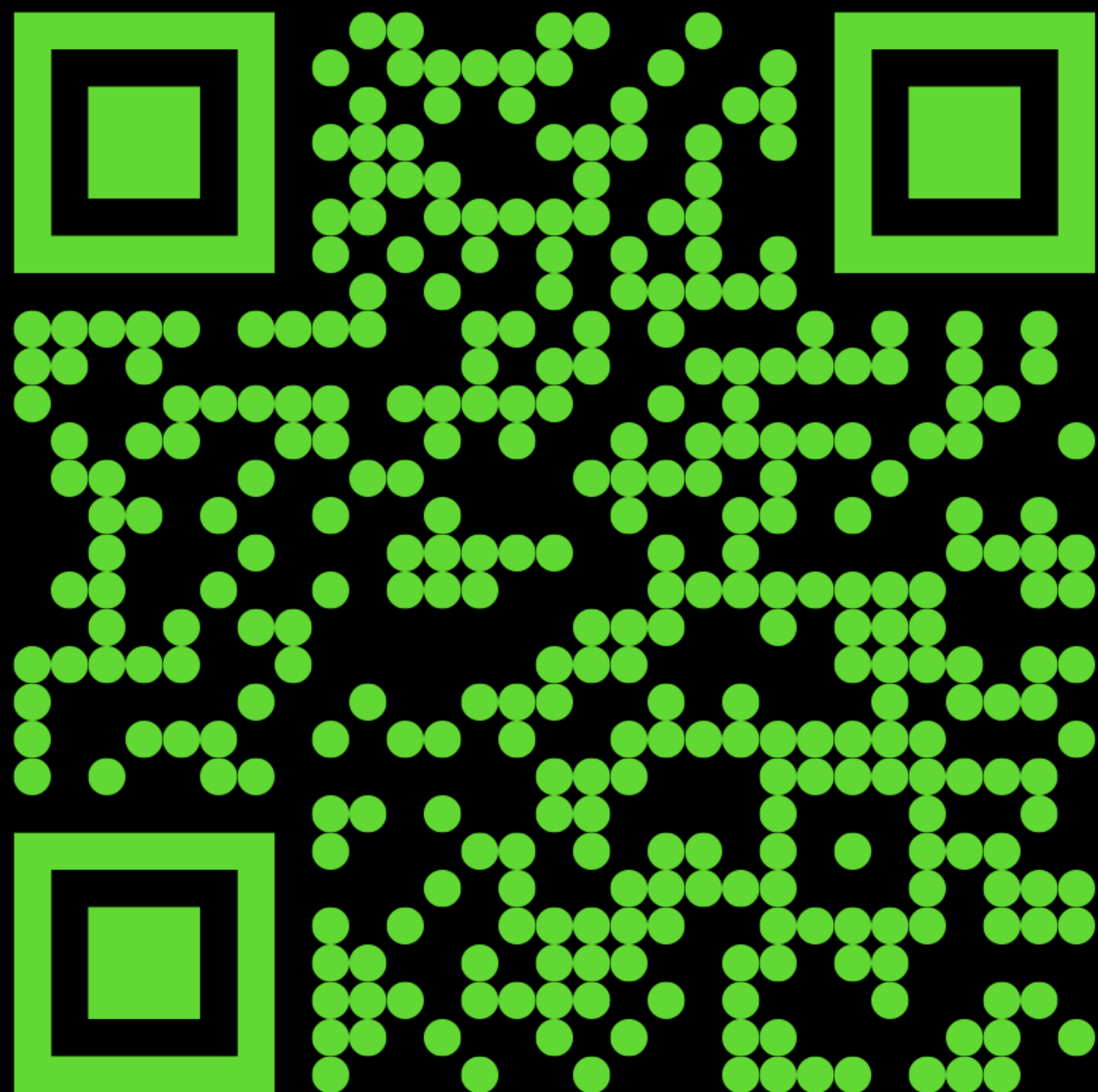
Rest 

Hydration 

Nutrition 

Screen time 

Useful



Our Website



iOS and Android



www.sussexswimming.org

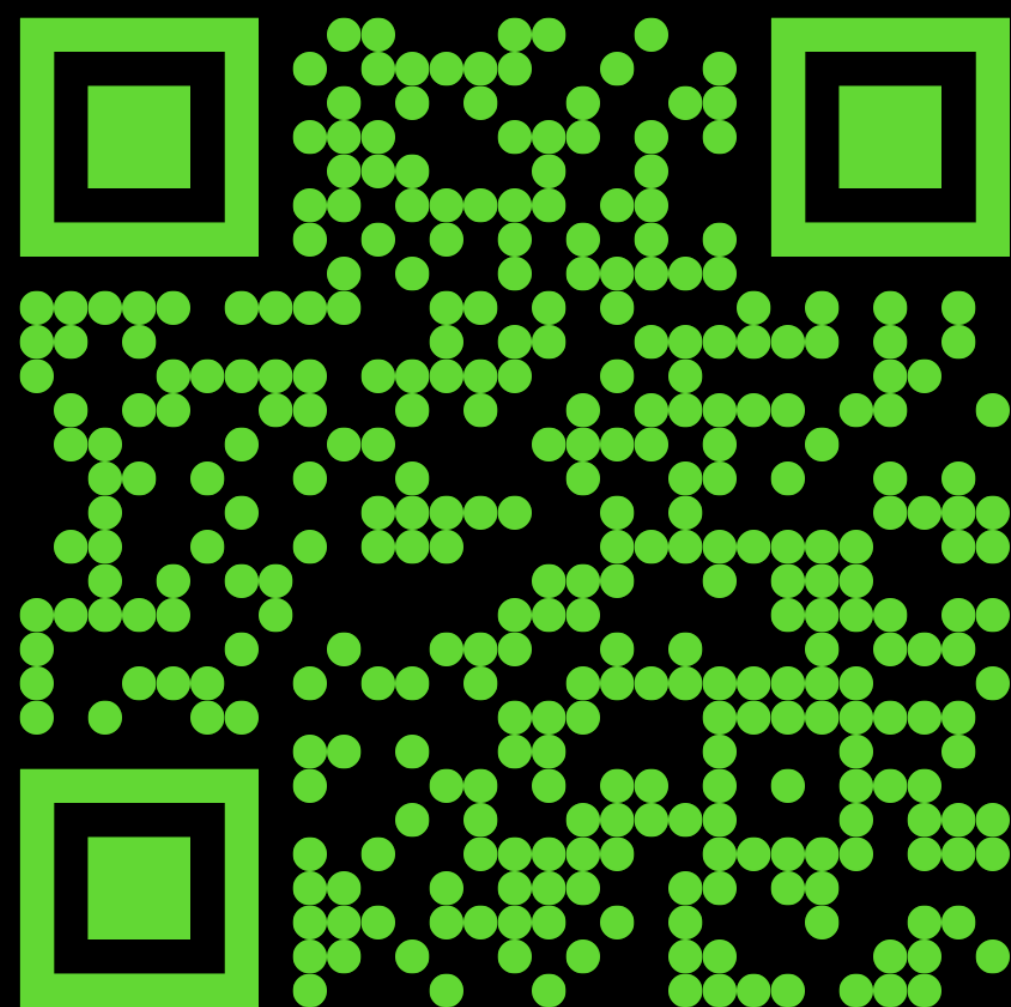
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Help us on our journey



Thank you

Any Questions?



Our Website



iOS and Android