Technique Matters at the Scottish Summer Meet 2017

Introduction
As one of the four centre lanes within the Scottish Swimming Performance Plan, “Technical Excellence” has been identified as a key area of improvement for both swimmers and coaches. The “Technique Matters @ #ScotSM17” Project is one opportunity that Scottish Swimming believes can deliver against the Performance Plan objective, whilst contributing to the overall drive towards improving technical standards across the sport.

After the successful ‘proof of concept’ pilot at the 2016 Scottish National Age Groups and a further rollout of the project at SNAGs 2017, we will again be offering a technical analysis service at the 2017 Scottish Summer Meet (#ScotSM17) at the RCP from 7th – 9th July. The delivery format will again be the “Apple - Genius Bar” model whereby coaches and swimmers bring the footage to an “expert” to discuss and develop specific solutions to “Technique Matters”. Many coaches (and parents) film races on Smartphones, iPads and cameras. An area for “Technique Matters” consultations will be set up behind the diving pool (adjacent to the First Aid room) – coaches should bring their swimmers (or vice versa!) and footage on a suitable device, with a specific technical query from their race; including starts & turns.

Objectives
- Improve awareness and acknowledge the importance of technique as part of the performance process.
- Create an environment where technical discussion is at the centre of performance improvement.
- Provide an opportunity to focus on specific areas of races that have been identified as being relatively weak across the sport.

Details
THIS OPPORTUNITY IS OPEN TO ALL SWIMMERS COMPETING AT #ScotSM17!
The feedback area will be located behind the diving pool (adjacent to the First Aid room). Swimmers who wish to view their swim and receive feedback MUST provide the race footage and be accompanied by a coach (no coach no view!).

- Friday 7th July, afternoon session
- Friday 7th July, evening session
- Saturday 8th July, morning session
- Saturday 8th July, evening session
- Sunday 9th July, morning session
- Sunday 9th July afternoon session

We look forward to seeing you at the RCP!

Alan Lynn & Ally Whike