

## Coaches Technical Panel Minutes

Minutes of the CTP held 6 November 2019, 1030 – 1230hrs  
Meeting Room 2, Royal Commonwealth Pool, Dalkeith Road, Edinburgh EH16 5BB

### Present

Phil Reid (PR)	Chair
Ally White (AW)	SS Performance Director
Alan Lynn (AL)	SS National Coach
Kostas Kalitsis (KK)	Coach Representative (East District)
Ian Wright (IW)	Coach Representative (West District)
Brad Hay (BH)	Additional Coach Representative
Ross Douglas (RD)	Additional Coach Representative
Laurel Bailey (LB)	Guest Coach
Mat Trodden (MT)	Guest Coach
Nikos Jakubiak (NJ)	Performance Nutritionist, sportscotland Institute of Sport
Neil Shanks (NS)	Senior Physical Preparation Coach (Swimming), sportscotland Institute of Sport
Shona McCallum (SMcC)	SS Executive Officer, Performance (minute taker)

### Item

### Action

- 1. Apologies**  
PR welcomed everyone to meeting noting apologies from Gregor McMillan (GMcM), Coach Representative (North District); Morag Mitchell (MM), Coach Representative (Midland District)
- 2. Notes from previous Meeting**  
Minutes agreed as a true and accurate record.
- 3. Actions from previous meetings**  
28 June 2019  
Item 4: AW updated data would be presented at next meeting in January.  
Item 8: AW advised document had been issued the previous day and looked for CTP to confirm clarity around times being indicative. CTP confirmed the message was clear.  
  
18 September 2019  
Item 5a: AW reported that BS were not keen on the proposal relating to removal of 50m events for 15/under, resulting in this being put on hold.  
Item 6: AL confirmed an updated calendar would be issued by the end of week.  
  
Other items as detailed within Actions document.
- 4. S.N.O.G. Updates**
  - Nutrition
  - S&C

#### Nutrition – Nikos Jakubiak

NJ advised of 2 projects currently being worked on, which he looked to provide a flavour of;

#### Skin Folds (particularly in female swimmers)

NJ presented data from athletes 18+years for both males and females, advising that the female data included stats from BS, due to low SS female numbers. NJ spoke of median numbers, seasonal variations, weight, density maps, ageing process and height, commenting on the differences between males and females in respect of skinfolds with regard to these factors. NJ advised the most noticeable difference arose around height with male height not having that much of an impact on skin folds but with females two distinct groups were highlighted, those under/over

180cm. NJ noted that with age males became heavier with an increase in skinfolds which did not seem to happen with females adding that conversation was taking place with SIS colleagues to consider whether to further investigate this.

Summarising his findings, NJ recommended that with males skin folds should be the same but with females they should be different with taller females having a greater number of skins folds, in order prevent negatively impacting their health due to the female physiology. NJ commented on the potential as useful guideline going forward. NJ advised the next step is to work with BS to ensure the model stands-up to scrutiny, then return to coaches looking for the model to be included within coaching, following which a leaflet could be produced to disseminate to the wider coaching community.

AW commented on the positive progression of the project and requested coach views on the value of continuing, as outlined. Discussion took place on several of the aspects raised with coaches providing their view and enquiring as to further analysis of the data. NJ advised that for further analysis more data would be required, adding that he would continue to look for ways to refine. CTP affirmed their experience to be commensurate with NJ findings and were in favour of continuance of the project. NJ to share presentation.

NJ

#### Energy Expenditure and Carbohydrate

NJ reported that heart rate data from various exercise sessions in both pool and gym had been used to help identify the amount of carbohydrate being used alongside the use of calories within a 24hr period with a view to establishing when to take carbohydrate to meet demands to achieve optimal weight at all times. The result was to set a timetable for each period of the day, starting with an easy day and setting the meals, these meals then remain constant and snacks are added/removed as required for the time of day dependent upon the level of training.

Questions were then asked on how to go about doing this with individual athletes. NJ advised the requirement to have a discussion with the coach regarding the training sessions which would have been classified as easy/medium/hard along with the duration of the training session, followed by identifying the level of tiredness of the athlete. Thereafter, the appropriate levels of snacks can be ascertained in order to protect the quality of the training session, noting this is individualised.

NJ commented on the need for further data and assistance in clarifying coach language to enable both himself and Michael McKenna to ensure correct groupings before returning to CTP with findings, adding that they would look to run a trial for one season with a group of coaches. AL suggested the Coaching session being held at Scottish Short Course could provide an opportunity to obtain volunteer coaches for the trial.

PR thanked NJ who added that any further feedback by e-mail or phone was welcomed, prior to leaving the meeting.

#### **S&C – Neil Shanks**

NS thanked CTP for opportunity to present, providing background information on current status of physical preparation within swimming and looking at ways of improving to deliver the best outcomes. NS advised that the S&C programme is broken into 3 levels with a different set of exercise and skills at each level. NS commented on the importance of ensuring robustness for training, allowing basic skills to then be developed when swimmers, generally Youth Squad, first receive Institute support, adding that all athletes on Institute support are AAA assessed at the beginning of a season, then routinely monitored with strength/capacity data captured.

BH enquired whether this data was linked with that of physiotherapy with NS confirming that whilst the data was captured at the same time it was not yet linked.

NS showed the database currently being used/worked on to capture the strength/capacity data with a dashboard for each swimmer, detailing each skill, reporting on the level attained and identifying areas requiring improvement or readiness to progress to next level in a colour coded format.

Discussion took place on the dashboard which overall had been well received by coaches providing clarity and direction along with ensuring accountability of various skills and competencies, particularly with the individualised structured approach taken with the higher priority swimmers, noting the potential to look at sharing practices across programs where swimmers are successful.

With a more generic approach taken to swimmers further down the pathway consideration was given to YDS, DRP and club swimmers and the need for Coach Education to have an impact on attaining the benchmark of all swimmers having a certain level of robustness prior to being AAA assessed, highlighting the same philosophy just different development needs.

Several viewpoints were made around S&C, including fuelling for gym sessions and how it relates to performances in the pool. MT advised plans were in place to ensure swimmers were snacking appropriately for gym sessions by following NJ eating plan with NS adding that if swimmers are not properly fuelled they are not allowed to lift the weights. NS commented that a project was

sitting in the background to consider the relationship of S&C to performances in the pool noting this was a large undertaking.

CTP thanked NS for his presentation.

**5. 2020/21 National Programme Selection Policy**

AW reported on the review of the policy with AHPG (PR/DMcK/GH) currently undertaking a review of the wording to ensure both consistency and clarity. AW advised that for swimmers 14yrs/over the plan was for the policy to remain the same with a change for the younger groups proposed, altering the starting age to 12 rather than 11 and removing the visibility of the age/times as currently in place with 17+yrs, requesting CTP feedback.

Discussion took place with differing viewpoints around both altering of age and transparency of age/times, giving consideration to involvement of Districts, DRP, breadth of athletes and coaches, technical skills, differences with boys/girls and providing correct opportunities at the right age.

PR updated on the review of the policy wording advising that feedback would be given to AHPG at the next meeting at the end of the month.

AW added that following this feedback and a review of the times by AW/IW the document would be updated to reflect both, with the draft including an explanatory sheet prepared by Christmas providing an opportunity for formal feedback with the final document ready for publication in January.

**AW/IW  
AW/AL**

**6. Commonwealth Games**

AW confirmed that a document providing indicative times had been issued, advising however, that the first opportunity for a policy to be put in place will be January 2021, once the CGS Generic Policy has been finalised. AW noted that numbers had yet to be confirmed, adding that once agreed would help in writing the policy. AW advised that the process for writing the policy would be the same as in previous Games, with initial conversations already taking place with the Performance Centres.

**7. Calendar Planning**

AL updated on the date of 24 July 2022, for arriving at Commonwealth Games from the prep. camp along with a number of dates starting in December 2020 for gatherings, camps etc. in preparation for and leading into the Games.

AL confirmed the calendar would be populated with these dates and any other updates added prior to upload onto HIVE by the end of the week.

**AL**

**8. Coach Development**

AL advised of 3 things would take place prior to the end of the year; (i) a workshop being held on Thursday 5<sup>th</sup> December at the European Short Course in Glasgow; (ii) a session on Supplementation taking place during the Scottish National Short Course, in Edinburgh with a small group of invited coaches; and, (iii) the rollout in December of the first phase of the Coach Support Strategy with an update on this at the January meeting.

A question was raised on the plans for reviewing the coaching qualification, with AL updating that a meeting had taken place the previous week and whilst initial consultation had taken place this was relating to the education element, adding that CTP will be consulted as the review progresses.

**AL**

**9. Updates**

**S.N.O.G  
Performance Centres  
British Swimming**

SNOG

AL commented that the newly formed group was working well with the next meeting scheduled for December. AL updated that all projects were progressing with a key priority for DR to identify/establish the annual support provision request from Institute.

Performance Centres

Nothing to update.

British Swimming

Discussion took place on the size of team for the Euro Juniors and possible reasons for the smaller team, along with potential size of Olympic team, with AW suggesting circa 30.

**10. AOB**

None.

11. **Date of next meeting:** 8 January 2020, 1030hrs – 1230hrs  
Room B11, Airthrey Castle, University of Stirling,  
Hermitage Road, Stirling FK9 4LH