


Tom Dean

JOURNEY THROUGH CLUB SWIMMING



Early Progression

- Joined Maidenhead 2009
 - Aged 8
 - Worked through Junior squads
 - First NAG medal 2011
 - Joined Performance Squad in 2012 –age 12
 - No National Medals for years following this
- 

Coaching Ethos


Provide a performance environment for each athlete to realise their full potential.

Provide stimulating technical coaching to ensure **optimal long term** athlete development.


Trust the athlete and encourage personal responsibility with guidance and encouragement.




Training Seasons 2012-2015

- Introduction to Land Training – core stability
 - Aerobic development in pool
 - Stroke skills
 - Body position & Body Awareness issues due to Skinny Frame
 - Determination to focus on Skill and stroke development
- 


Training Season 2015 -2016

- Continued Land conditioning introduction to body weight strength exercises
 - First season of periodised annual training
 - High emphasis on Skills and aerobic training
- 

Training Season 2016 -2017

- Second Periodised season
 - **Big** volume increase with closely monitored skills and stroke efficiencies.
 - Injury dictated huge amount of Pull
 - Target to make Junior Final at British Championships
 - First time competing shaved
 - Successful Euro Juniors & Commonwealth Junior Champs
- 

Training Season 2017 -2018

- Third season periodised
 - Target defend European Junior Championship title
 - 1-1 Land Conditioning & Strength work Introduced
 - Continued Progression of Aerobic Power development
 - Greater emphasis on Speed & Timed swims
 - Continued attention to stroke & skill development
- 

Why do I believe Tom is so successful

- Hugely Talented
- Very determined – great race ethos
- Mature – Intelligent coachable athlete
- Superbly supported by Family & Friends
- Great Physiology
- Total commitment to the programme

