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Analysis of Training Methods and Educational Philosophy Challenges for Grassroots Swimming Organizations: A Case Study of J City Swimming Team

Wenbo Rao[1,a,*]

[1]*School of Public Administration, China University of Geosciences (Wuhan), Wuhan, 430070, China*
a. 3129358342@qq.com
**corresponding author*

Abstract: The city's swimming team is in charge of supplying the national and regional teams with potential. Training techniques are essential and the secret to raising team members' performance. Team members' potential may be stimulated, physical skills and fitness can be improved, and injury risk can be decreased with scientific and appropriate training methods. Effective training techniques can help the municipal swimming team stand out in the competition and foster a sense of teamwork. This paper explores the support and obstacles of team members and athletes from parents during the training process of the city team. This study uses theoretical research and case analysis methods to explore how to improve athletes' physical abilities more efficiently in the daily training process, as well as how to improve the educational concepts of society, schools, and parents towards swimming training. This article concludes that grassroots organizations should not only focus on improving physical fitness and skills, but also need a systematic training of athletes in swimming tactics, psychology, and knowledge systems. In addition, it is necessary to establish an incentive goal system to stimulate athletes' desire for victory.

Keywords: Sports training, Sports performance, Competitive sports, physical education.

1. Introduction

Against the backdrop of China's comprehensive realization of a moderately prosperous society, people's living standards are increasingly improving. According to Maslow's hierarchy of needs, individuals who have already met their basic physiological and safety needs would move towards higher-level needs. Swimming training is not only one of the best ways to improve physical fitness but also an important channel to achieve self realization and respect needs.

Nowadays, swimming training is receiving increasing attention. In order to nurture more elite athletes for the national teams, city-level swimming teams must innovate and improve both their systems and training methodologies. Moreover, swimming training has become an important pathway for students to reach universities and higher academic levels, making it an area of increasing importance for parents.

However, traditional educational philosophies, which prioritize academic learning over physical education, have created barriers for grassroots swimming education. These challenges are

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compounded by societal, school, and parental attitudes. However, sports training and the concepts of parents and schools should not be in opposition to each other, but should complement and reinforce each other. Only in this way can the limited grassroots resources be maximally and fully utilized. Therefore, this study takes the J City Swimming Team as an example and proposes a new swimming training method and innovation of teaching concepts. This study provides theoretical guidance for swimming team training, which helps to improve the sports performance of swimmers.

2. Literature Review

Huang Ling believes that the three-level athlete training system implemented in China has three major problems: decreased reserve talents, uneven distribution, and unreasonable structure [1]. By analyzing four Chinese characteristic athlete training models: the "Excellent Sports Team" model, the "Trinity" model, the "Combination of Sports and Education" model, and the club model, Song Quanzheng and Yu Jiying proposed that continuous optimization and improvement are needed in talent cultivation, investment channels, and management structure to inject more high-quality and fresh blood into higher-level sports teams [2]. Pan Qian, Chen Weilin, and others used comparative analysis to compare the training of competitive sports athletes in the United States. Based on the experience and characteristics, it is believed that the athlete training model in American competitive sports is mainly based on the combination of sports and education, and the system is sound; Competition Award. Improve the incentive mechanism and fully leverage the subjective initiative of athletes in training; Adequate training guarantee and sufficient funding [3].

Nowadays, most research mainly focuses on improving the training methods of grassroots swimming teams, and there is little research on the educational difficulties faced by current swimming training. This article analyzes and summarizes the social problems faced by grassroots training work, fills the gap in the social problems faced by grassroots swimming teams, and proposes suggestions for improvement and enhancement. To further improve the competitive level of J city's swimming team, and enhance the concept of swimming training among schools and parents, and provide guidance for more students to go to university through competitive sports and achieve higher academic levels.

3. Current situation of grassroots swimming training teams in J city

The J City Swimming Team (Xinghai Swimming Team) currently has a total of 25 members and trains 4-8 people per day. Due to the need for students to attend school on weekdays, it cannot be guaranteed that all members will be present. There are 20 trainees on Saturday and Sunday, and even on weekends, the rest of them may not be able to be fully present due to various reasons.

The swimming team trained in a 25 m standard swimming pool with an excellent water training environment. However, land training resources are scarce, lacking equipment such as thrusters for swimming-specific land training. Daily land training takes place in the square near the swimming pool for running training. The biggest obstacle to the current development of J City is the contradiction between the demand for high-level and high-quality athletes in the region, the insufficient swimming knowledge of local coaches, and the ideological barriers faced by parents in providing swimming training for their children.

4. Improvement of training methods

4.1. Comprehensive Development

The athletic ability of competitive sports mainly consists of five parts: physical fitness, technical skills, tactical ability, psychological ability, and knowledge ability of athletes. Each of these aspects is

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essential for an athlete to achieve high-level performance. Without a balance of all five, it is impossible to become an outstanding athlete. Physical fitness refers to the physical fitness and stamina of athletes, including basic physical qualities such as strength, speed, endurance, etc. Technical skills refer to the technical level of athletes, including their athletic abilities and techniques, such as swimming in freestyle. Tactical ability refers to the tactical movements and strategic arrangements of athletes in competitions, including the judgment and grasp of the form of the competition. Psychological ability refers to the psychological qualities of athletes, including self-confidence, psychological regulation during competitions, and stress resistance. Knowledge ability refers to the intelligence and strategy of athletes, including understanding and applying the rules of the competition, as well as grasping their opponents and themselves.

4.2. Training Theory for Grassroots Coaches

Firstly, grassroots coaches need to establish a sound training theory. Swimming is a competitive sport based on physical fitness. Many swimming coaches and athletes in Chinese grassroots swimming teams often attribute poor performance to a lack of physical fitness. As a result, they tend to focus heavily on increasing the intensity and duration of physical training. However, most of the athletes in grassroots swimming teams are primary and secondary school students, whose bodies are still developing. Overtraining can lead to injury, fatigue, and a depletion of their physical potential, ultimately hindering their long-term progress. The "Training Principles of San Cong Yi Da" is not suitable to young athletes in primary and secondary schools.

Secondly, it is crucial to develop a thorough and comprehensive training plan. A well-rounded training regimen not only needs to include physical fitness training, but also learning techniques and tactics, cultivating athletes' psychology, and gaining a deeper understanding of swimming as a sport. Coaches should develop detailed and meticulous plans, in addition to daily physical fitness plans, to increase learning of swimming techniques during breaks, use various online video methods to analyze the techniques and tactics used by athletes in major events such as the National Games and the Olympics, and fully utilize them in athletes' daily training and competitions.

Thirdly, coaches must pay close attention to the psychological well-being of athletes. During the training process, coaches not only develop training plans and teaching skills but also undertake the important task of "conversation" psychological training, that is, coaches solve athletes' psychological concerns through conversation. Conversations with athletes can take various forms. A few seemingly casual conversations before and after training often yield good results. Especially for specially arranged conversations, coaches need to have a certain level of artistry However, for more in-depth discussions, coaches must develop the art of purposeful communication, ensuring that these conversations are constructive and tailored to the athlete's individual needs [4].

4.3. Establishing Incentive Goals

Establishing effective incentive goals is crucial to stimulating athletes' motivation and enhancing their commitment to training. According to social psychology, when people's needs are met, they will have better psychological experiences. In the context of swimming training, coaches should explore the actual needs of athletes and try to meet their inner needs as much as possible. In order to ensure the formation of a good psychological experience, incentive goals should be established to obtain strong driving force, thereby stimulating their motivation to move towards the goal. However, coaches should also fully consider the physiological and psychological factors of athletes when setting goals. If goals are too ambitious or unrealistic, aesthetes may lose confidence; On the other hand, goals that are too easy will fail to inspire athletes to reach their full potential. Therefore, only by setting goals based on the actual situation of athletes, seeking truth from facts, formulating practical and feasible

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plans, and fully exerting the motivational effect, can help the athletes achieve their goals through diligent training. Additionally, coaches can collaborate with athletes to personalize goal-setting, tailoring the process to each athlete's unique situation and needs. This collaborative, individualized approach can maximize motivation and foster a more sustainable drive toward success [5].

5. Improvement of teaching concepts

5.1. Increase the publicity efforts for swimming education

Studies have shown that swimming has a positive impact on the physical form, fitness, and function of adolescents, and can comprehensively promote their physical health and physical and mental development. In addition, as swimming is typically performed in a cool environment long-term swimming training can further enhance athletes' cold resistance and improve the function of the respiratory and circulatory systems [6].

In recent years, the government has increasingly promoted swimming by incorporating it into the middle school entrance examination. However, many parents still believe that success in life can only be achieved through study. It cannot be denied that reading is indeed an affordable and cost-effective path to children’s development. However, competitive sports is another way for some students who are not good at learning to realize their college dreams. Currently, although the country has introduced relevant policies through sports such as swimming for academic exams, there has not been much response. There are still a large number of people in society who have only heard of it or have not heard of it, and do not know how to operate it specifically. Therefore, in daily training, not only do athletes often fail to recognize the importance of training, but many parents also do not prioritize swimming instruction. While some parents enroll their children in swimming programs for physical fitness, this approach, to some extent, hinders the development of grassroots swimming organizations. Therefore, local governments and schools should increase efforts to promote swimming education, raise parents' awareness of swimming training, and further support for grassroots swimming organizations.

5.2. Improve related benefits

Further clarify the promotion channels for professional swimmers, solve the problem of employment difficulties for retired athletes, and enable them to have no worries and devote themselves wholeheartedly to training and competition. In addition, it is necessary to improve the cultural level of athletes, fully utilize the rich educational resources of schools, and combine the long-term training experience of athletes to achieve a combination of theory and practice, so that athletes can also unleash their talents and talents in various fields after retirement.

At the same time, athletes of the municipal swimming team also need to achieve a balanced development of cultural learning and sports training, achieve all-round development of comprehensive quality, and provide more sports talents with all-round development of sports and culture for the provincial and national teams.

6. Conclusion

In summary, swimming has further entered the public's field of vision in the new era of development. To elevate the competitive level of swimming in China, improvements need to be made in two major directions: training methods and teaching concepts, and achieving all-round development of physical, technical, combat, mental and cognitive abilities. Physical training is the foundation and prerequisite for the development of swimming mobilization ability, technical and tactical abilities are the channels for the development of swimmers' abilities and the achievement of higher competition levels,

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psychological abilities are important conditions for swimmers to regulate their state and unleash their potential, and knowledge and abilities are better ways to help athletes understand swimming. Additionally, coaches should establish incentive goals. In the actual swimming training process, children's swimming coaches should be good at using various incentive methods, fully tapping into the potential of athletes, ensuring their active participation in the training process, improving their swimming level, and contributing to China's swimming industry. Furthermore, the external environment should also provide a favorable development environment for grassroots swimming organizations, such as vigorously promoting swimming education and improving related welfare. A clearer understanding of athletes' career development can enable them to fully devote themselves to training and enhance the school's abundant learning resources, achieving a combination of athlete culture and sports development.

However, this study has limitations. The sample size is limited, and the study only focuses on one region. Future research could expand the scope, collect a larger sample, and offer more comprehensive insights.

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