

# National Coaches Clinic – October 18-20, 2024 – by Kristen Gross

Leadership Workshop (Relay) 10/19/24: Ian King Pacific LMSC; Ann Marshfield OH; Doug Garcia - CO

- **Mission statements, vision statements, & goals:**
- Mission statements: what it provides, who benefits, why it does what it does; put it below your signature line on emails
- Does our LMSC have a good mission statement – work for newbies to explain what it is?
- Vision statement -what the world will look like when your organization’s mission is achieved; bigger pic & future oriented; provide clarity. Disney e.g. to make people happy; Google to provide access to the world’s info in one click
- Does our LMSC have a vision statement; Does it speak to the future of the LMSC & does your mission statement support it
- Strategic goals: Broad, primary outcomes or objectives that an org. aims to achieve as they pursue mission & vision
- Goals should align w/the org. mission & vision; wide scope; focus on overall organization direction; more to be long term & focused
- SMART: Specific, Measurable, Attainable, Realistic (or relevant), Timebound, e.g. Increase member attendance at LMSC meetings by 10% over the next calendar year
- Have more than one goal – helps if it be okay if you miss some; short term & long term; strategic goals (2 – 5 goals; 3 often best); (EZ to accomplish) & have some lofty goals
- Revisit goals at least once a year; if one isn’t working -look at earlier
  
- **Servant leadership:** (Doug)
- Collin Powell: Read his book
- ID & Clarify the will of the group; involve others in decision making, qualities of a servant leader: empathetic, compassionate, communicator, commit to personal growth of others, has integrity & is authentic, put others first, helps team grow, asks for feedback
  
- **Getting volunteers:** (Ann)- look at skill sets, regulars, recognition
- Meetings & agendas: old business & new business; Approve agenda first – so don’t add extra topics; don’t stray. Topic that is taking time-form a committee.
- Do an equipment swap at a meeting that you’re trying to get people to come to
- Keynote speaker at a meeting- Olympian -encourages involvement in org
- Look for future replacements for your program.
- Peer-2-Peer Groups for the different LMSC roles: treasurers, pres., etc. sign up at USMS

## Coaches Roundtable 1:

- **Coaching:**
  - Coaching mentorship program- don’t need any more mentors; mentees sign-up at USMS
  - Have the QR code on deck for new people to sign-up for USMS free trial
  - Holiday/odd-timed workouts – tip jar to pay for lifeguards
  - Have list of everyone available with medical training. Have swimmers know what to do in an emergency
  - Have a special pool sessions for starts & turns
  - Where coaches go (meets), swimmers follow

- Free food at National meets if one of you have a swimmer swimming there.
- Find key people that are good for networking- e.g. lifeguard scheduler
- **Triathletes/Newbies:**
  - Motivation to do stroke mechanics correctly – treat the same, injury prevention – save your shoulders, OWS workout, back & breast for OWS sighting etc.- don't force to learn; everyone has their own goals.
  - Can force a freestyle tax – extra yardage; 100 y vs 150 y; better prescribed from us than them making it up
  - Getting people to meets: Challenge another team -pick an event. Loser picks events for the next yr; Come watch (be a timer); do a virtual (formerly postal) event.
- **USMS Involvement:**
  - USMS Coach's Committee meetings open to everyone – 2<sup>nd</sup> Tues. of month
  - Masters – free officials – USMS open bk test
  - Masters help at USA meets; once left equipment in on purpose for next early AM practice
  - Support for new meet hosts: on website – sanction info, w/in your LCMS look for online; meet dir. tips on USA swim website -timeline; find someone else who hosted; Jay Ackerd; Carter Paige – can help
  - Check out USMS footer
  -
- **Price for swim meets-** \$3 K in Chicago area;
  - compensation from USMS for host teams, event development program (grants)
  - if you hit a certain number of swimmers money given to host
  - LMSCs have a ton of money – good way to spend it is for events
- **Tech:**
  - Underwater (uw) video!! GoPro.; send it out; take notes, look at it in slow motion - ask swimmer, what did you see? & talk about in practice
  - Apple phones- goPro can connect to phone.
  - **OnForm** golf app -voice over capabilities.
  - **GoSwim** app; stroke rate, time underwater, voiceover, use at meets; send to them directly; you don't have to store on your phone; Fee though for swimmer
  - Make sure tech isn't too distracting
  - Charge for video tech analysis
  - Use sign up genius – to manage video load
- **Coach of the year:** Michael Hamm “I'm still unfinished.” Don't stop learning.
  - Fundamental: Team, Performance, inclusion, JOY,
  - Privilege to be surrounded by swimmers. Tough year. Teach us to live.
  - Mel Goldstein quote: Doesn't matter how much we know about swimming, but how much we know about our swimmers.
- **Doug Hughes:** 5 pillars: club, event, community development, local focus of volunteers, independent swimmer

- **Choose your lane:** USMS membership (goal for all of these programs), College club swimming (18-24), Grown-up Swimming (18-45)-laid back summer league swimming; **Lane Mate** Age 25+ beginning adult swimmer, swimming on their own, not interested in club or sanctioned events, triathletes, online app; ALTS program -swimmers looking to give back. USA swimming foundation (awareness, marketing). Swim for life message gets to everyone

#### Coach Round Table 2:

- Coach that athletes in front of you
- Mess around to see with what works (Scott Bay-Legends Masters Swim Club)
- Explain goals of set or drill
- Write an article; send in your favorite workouts -USMS -email Terry Heggy;
- Swim with your eyes closed (about 7 strokes); tells you about your stroke. If hit lane line stop. Only do 25s to prevent mayhem.
- Slow down for drills; even Olympians do drills.
- Use USMS for stroke resources, e.g, videos; us look for resources first & then push it to your swimmers
- Complete guides – for free & back
- Goal setting with swimmers -tracking them. Collins – Dec. goal setting article; swimmers define their own goals e.g.,– get breaststroke legal, do a dive, practice x3 times/wk., 3” x 5” cards – let them fill them out,
- Customizing for race days. Get a calendar. Programming resources – arch to season; See Marty. 80% fitness only swimmers. Idea: wetsuit Wednesday; take out lane lines and work on sighting and buoy turns
- USMS slides are supposed to be emailed to us or else available on USMS

#### Stroke/Pool Sessions:

- **Marty Hendrick**– Freestyle: pretending to Abbas Karimi (S5 Paralympian level)
  - For special needs/surgery recovery needs – Marty to Abbas: “I’m going to ask a lot of stupid questions. I’m curious how things work for you.”
  - Abbas has no arms. He does everything with his feet including texting, opening upper level cabinets, waving.
  - If his HR is getting too high, he kicks his feet to let Marty know.
  - Breaking down freestyle kick -use core to rotate to side to get your breath
  - S9-S11- visually impaired swimmers. They use blackout goggles. They swim right next to the lane line and have tappers to tell them where the walls are (or guides attached to the lane lines).
  - S1 -Is the most impaired you can be.
  - Relays you add up the S values and have different levels of relays.
  - Do not need to be USA Swimming certified to coach Paralympian
  - Abbas is 27 YO and has a strong character. He works out well to swim with Masters. He swims about a :34 for a 50. If he’s swimming, he’s racing!
  - Nice video about him and his Ft. Lauderdale team (watch how he gets out!): [https://www.youtube.com/watch?v=0QI\\_tzaiJRI](https://www.youtube.com/watch?v=0QI_tzaiJRI)

- **Kim Rutherford**-Back: Head position drills: cup filled with water & sea critters balanced on our foreheads; Frankenstein-timing drill (I missed her hotel presentation for the Relay talk on leadership.)
- **Kerry O'Brien**-Fly
  - Quick phrases for fly: Skim the chin; Kick hands in; kick hands out; Circle back to front
  - Past shoulder focus on going forward
  - Race between eyes & fingertips getting back into water. Fingertips have to win by a bit
  - Drag thumbs in water to feel - help going around instead of above
  - Drills: body dolphin - stretching forward
  - Use snorkels for drills - take breathing out of it
  - Progressive drills using fins & snorkel:
  - Fly kick by sides
  - Fly kick with hands in front
  - Tactile - catch drill
  - Stone skipper -works on acceleration
  - Combo drill puts catch & stone skipper drills together; one “stroke” of each
  - Pitch count – do only as many good strokes as you can. If you’re stroke tanks stop.
  - Fly with breast kick-why do it? Injury prevention
- **David Guthrie** -Breaststroke; Rice Masters
  - Glutes as core; small kick – don’t disrupt streamline
  - Arms & legs relaxed, keep core engaged, soft wrists even when you're sprinting
  - Huge reward focusing on your weaknesses instead of strengths
  - Have to change what's comfortable
  - Technique is what separates fast from slow & can be learned
  - He does technique for 1 hour/week
  - Breast - flat; focus on hips - high & dry
  - Posterior tilt
  - Don't move your hands fast; move your body fast
  - Elbows at surface
  - Hands never press down
  - Tiny kick in pullout to not disrupt streamline
  - Penguin push off drill - stand at attention
  - Stay flat & keep the hips high; glutes most important core
  - Natural body position isn't fast!!
  - Some of these tips from Brendan Hanson - Austin
  - Press chest down when glide
  - Pause under chin huge mistake
  - Speed of out sweep is what is adjusted for different distances

- *Thanks for the opportunity to attend this clinic! Kristen Gross*