

U.S. Masters Swimming

2012 Online Coaching Program Application Information

Overview: The U.S. Masters Swimming (USMS) Online Coaching Program provides regular themed practices from qualified coaches to interested swimmers through the USMS website.

Practice Programs:

- Will run for the calendar year.
- Should have a clearly defined and stated program theme (see below).
- Should provide appropriate content for swimmers of varied skills.
- Should include a glossary to clarify technical terms.
- Must include at least four practices per week.
- Must be posted at least weekly, directly on the USMS web site (not linked to an external web site). Practices are to be posted in dedicated areas of the USMS Discussion Forums (<http://forums.usms.org/>). The posting method and location are specified by the USMS webmaster and may be modified, with supporting documentation, during the year.

Stipend: There is an annual stipend of \$1500, paid in installments.

Application Process:

- Qualified masters swimming coaches may apply to provide practices for this program.
- Applicants must provide the information requested via email by **November 15, 2011** for following year posting.

Selection Process:

- The Online Coaching Program Subcommittee of the USMS Coaches Committee will recommend coaches for selection to these positions to the Coaches Committee in December of each year for following year posting.
- The Coaches Committee will select seven coaches to post practices each year. Traditionally, one of these coaches has been the coach whose workouts received the most hits on the USMS website in the previous year. Additionally, two of the seven coaches will be selected specifically to post workouts geared toward triathlete and open-water swimmers. The other five coaches should select their theme from one of the following four options; High Volume, High Intensity, Strokes & IM, Technical Improvement (beginners) and workouts for expectant and new mothers.

Supervision: This program is regularly reviewed and supervised by the Chair of the Online Coaching Program Subcommittee and the Chair of the Coaches Committee.

For more information, or to submit your application, send email to Stuart Kahn: kahnschwim@gmail.com.

Information to be included in your application:

- Name
- Postal Address
- Email Address
- Phone #
- Club/Local Team
- Your coaching qualifications (if you wish, attach or include a resume)
- Your program theme
- A sample practice
- # of practices per week you will offer (minimum 4)
- How often you plan to post workouts (minimum weekly)
- Your web posting experience (primarily using discussion forums, such as the one on the USMS website)
- Your username on the U.S. Masters Swimming Discussion Forums (we expect you to have one of those ahead of time to show you have some experience posting there)
- Any other information you deem pertinent to your application