

# United States Masters Swimming

## Online Coaching Program Application Information

**Overview:** The 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.
- 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 quarterly in \$375 installments.

### Application Process:

- Qualified masters swimming coaches may apply to provide practices for this program.
- Applicants must provide the information requested via email by December 20 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 four 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, one of the four coaches will be selected specifically to post workouts geared toward triathlete/open-water swimmers.

**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, contact Chris Colburn ([coaches@usms.org](mailto:coaches@usms.org)).**

### 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)
- Any other information you deem pertinent to your application