

Coaches Chairs Peer-to-Peer Teleconference

March 15, 2015

The items posted in this section are notes from conversations that are not reviewed or approved by the attendees. The information in these notes is not intended to override guidelines, policies and procedures listed elsewhere in the LMSC Guide to Operations or elsewhere on usms.org or in the USMS rule book.

Facilitator: Tim Waud, LMSC Development Committee & Northwest Zone Chair

Attendees: Cokie Lepinski-Pacific, Dean Hawks-Indy, Jerry Clark-North Carolina, Margaret Hair-Inland NW, Jerry Clark-North Carolina, Sheryl Scott-New England, Michael Moore-Pacific, Kimberly Fry-New England, Carol Nip-Pacific, Aleta Kolon-Minnesota, Scott Bay-Florida, Bob Jennings-Florida, Sarah Chilenski, Skip Thompson-Michigan.

How do you incorporate, train and recruit Tri-athletes into your masters swimming program?

Include tri-athletes into your daily workouts, keep them in the same lanes and let them modify the set to their abilities. Allow them to use fins or other swimming aides to make the practice more accommodating to their needs. You can also do Tri-athlete specific workouts.

Private lessons with Tri-athletes help them learn the skills necessary to learn freestyle and then the other strokes. Usually the athlete will in turn join USMS.

Partner with local tri-clubs and offer a discount to join workout groups.

Coached practices usually sell themselves. Integrate the tri-athletes into your program according to their needs and abilities. Use practices to work on OW swimming skills: Take out lane lines and circle swim creating conditions one would find in OW swimming. Work on sighting skills and turns around buoys. Make sure to introduce new strokes to encourage diversity in strokes and conditioning different muscle groups. Be careful to avoid injury when teaching new strokes.

How do coaches handle super dense body types-those that are incredibly strong and don't really float?

Use balance drills working on core and rotation. Have the swimmer kick face down with hands at the side near the hips and work on rotation from side to side. Use progression drills like kicking on one side, 3 strokes and then 6 kicks.

Snorkel training works great for balance and correct body position, snorkels are also important for training paraplegic athletes.

How do you keep track of coaches in your LMSC?

Have your coaches' chair keep a current Excel file with contact information for coaches within your LMSC. Membership Chairs can keep a current list of workout groups registered within the LMSC.

Keep USMS Places to Swim current with information regarding locations, times, fees and whether or not the practices have a coach on deck.

How do you promote USMS National meets?

Coaches can talk up the event at practice and garner interest. Have your Club promote a team effort by providing team t-shirts and caps. Provide socials while away at national events. Have someone solicit information from those attending nationals and create relays for your club. Have your club pay relay entry fees.

Do you accelerate training for either or both of the USMS national meets?

This is dependent on the overall focus of your program. What are the specific meets you are training to peak for? Swim training takes on a few cycles: Macro-the year 52 weeks, Meso-three to four weeks or longer, Micro-single week of training.

Train the entire team as a group. Let them feel like they are part of the big picture. Let everyone experience the high workload days and the resting days. It develops team camaraderie. Make sure you pay attention to the tri-athletes and the events they are peaking for, cyclists and runners have specific training cycles they follow, try to incorporate their needs into your workouts.

Do you occasionally conduct clinics that have specific focus?

Offer free stroke clinics on Friday's. At the beginning of the season, spend the first week working on specific drills of all four strokes.

LMSC's offer coaches development clinics for swimmer and coaches. Find two lead coaches and have each one do a presentation on each stroke. Take one hour for drills and video's and then one hour in the pool working on the drills and techniques associated with each specific stroke.

Coaches coaching coaches. Have a coach do a presentation on drills and techniques to fellow coaches. In turn have these coaches work on deck with swimmers while the main coach oversees the work of the other coaches.

During annual LMSC meetings, provide coaching/swimmer clinics. Have your coaches' chair organize and facilitate swim clinics within your LMSC.

Does your LMSC provide scholarships and/or funding for coaches?

Some LMSC's provide financial assistance for coaches to attend USMS Level 1-3 Certification Clinics. Other LMSC's provide a rebate to coaches who attend certification courses. Assistance might include partial funding for certification to airfare, lodging and registration fees.

The size of the LMSC might dictate how much money is available to offset clinic cost. LMSC's outside of your own LMSC might offer scholarships to those who attend from out of area.