

Coaches Committee Quarterly

United States
Masters
Swimming



Winter 2001

1 It's cold, wet and dark outside. Why go to workout? What unique motivator do *you* use to keep your swimmers coming to the pool in the winter months?

We swim outside year around. The temperature usually does not get below the 40's, but we have had practices when icicles hang from the starting blocks. Our secret is to keep the water temperature at 82 in the winter. Most important of all we now have a great coach leading the morning workouts. She is friendly to everyone and probably the most well liked member of our club. She (Jenny Rohan) is an excellent swimmer and organizes regular parties for our Masters.

*Dick Bower
Elmwood Sharks, New Orleans, LA*

When I know from the weather forecast that the next day is going to be bad, I tell them that the workout is going to be one of their favorites, short sprints with plenty of rest. They don't want to miss it, so most try to come.

*Barney Hungerford
Upper Main Line YMCA Masters, Berwyn, PA*

All of our pools are indoors, a comfortable 85', and are well lighted. All kidding aside, we try to make each practice unique and fun. Our philosophy for every workout is that while as coaches we attend *all* the practices, this may be the *only* practice the swimmer has an opportunity to attend. Therefore, we want to start their day with a unique workout so that they will have enjoyable experience. If you follow this philosophy, the swimmer will want to attend, no matter what the conditions are, and they will look forward to it.

*Mel Goldstein
Indy Swim Fit, Indianapolis, Indiana*

Many of my swimmers lived close to one another, or on the way to the pool. The one who lived farthest away drove to the next person's house. This works great because the one driving is being expected and the one waiting better be up when they get there. This way even if you don't feel like making that painful crawl out from under the sheets, you have to because both ends have committed to being there.

*Hermine Terhorst
Santa Rosa Masters, Santa Rosa, California*

We train for the Hour Swim in January. A little longer sets at lower intensity and not too much rest, so no one gets cold. We also did the Freestyle Ironman event last Saturday, which is a timed swim in each of the freestyle events: 1650, 1000, 500, 200, 100, 50. All the times are added together for a total time. We swim a few EZ 50's between each.

*Michael Collins
Irvine Novaquatics, Irvine, California*

I've been told by several of my swimmers that just swimming for me is motivation enough. They really appreciate my caring for their welfare and look forward to hearing me constantly reinforce the benefits of a healthy lifestyle which includes regular vigorous training to get both the maximum benefits of the physical exercise and to create the balance in their very hectic lives.

Of course, it doesn't hurt to have a great swim facility like Rutgers to help me

create an atmosphere of health and well being. I've been told time and again, that no matter what is bothering them in their day-to-day lives, once my swimmers get to the pool they are glad to have made the effort to get there. They get immersed in the ambiance of being with others who want to feel good and increase their well-being. There is no question that the consensus is that swimming (with or without Ed Nessel) is time well spent.

*Ed Nessel
Garden State Masters, Edison, NJ*

I put up workouts that they do not expect. I try to vary the workout to the training season. I never post the workouts until the day of the workout. I try to come up with a different theme or gimmick to entice the swimmer to come and find out what the workout might be. One example would be a theme of "Soaring with the Eagles"—a workout totally dedicated to butterfly drills and swims.

*Kevin Polansky
Loveland Masters, Loveland, CO*

Wouldn't you rather be around people that get up at 5 AM to train at least once during your day?

Jim Green

Motivating swimmers is an easy one. You make it fun and make sure they are with swimmers they enjoy. If their friends are there they will come. I greet them with a smile and a positive attitude!

*Carol Macpherson
Rinconada Masters, Palo Alto, CA*

From day one I always have my swimmers set goals (which they keep). Their goals are performance related and written. During the "dark rainy" months, I remind my swimmers that "somewhere, some place, someone that they will race is training." It is also the phase of the season that I call the "big dividend" phase. The yardage is usually up, and we will use this phase to taper from. At this point I remind them about their goals.

*John Hartman
Oregon Wetmaters*

We get our short course meters (SCM) season going in Sept. with goal setting toward the annual invitational meet we host in November and the New England SCM championships held in December. A strong push for participation in January's One Hour Swim has brought us more registered U.S. and NEM masters. This solid base of distance has us beginning February stroke work feeling exceptionally strong and we then set goals for the March New England YMCA championships, YMCA Nationals and New England and USMS championships that follow in rapid succession.

*Dan Rogacki
Andover/No. Andover YMCA Masters
Andover, Massachusetts*

Our club, the Rose Bowl Aquatics club has a Polar Bear club where you are rewarded for attendance during January. If you come to 21 practices you receive a T-shirt, cap, and certificate. If you come to 16 workouts you will receive a cap and certificate. It's amazing to see people come on a daily basis and get in shape over 4 weeks.

*Justin Davis
Rose Bowl Aquatics, Pasadena, CA*

My job as a coach is to keep workouts challenging, give masters swimmers the distances they need/want and to work on improving their mechanics. All this while keeping it "fun." Masters swimmers set their own levels of motivation. Most of them don't care about what the weather is outside; they want to get their workout/yardage in, and they enjoy the camaraderie of their lane-mates. They'll show up in any weather. In fact, I better be the one to show up for them on a 6" snow day!

*Art Luetke
West Y Wisconsin Masters, Madison, WI*

The greatest motivators for the masters swimmers I coach would have to be accountability and friendships. We have a group of people who have been swimming together for years. They enjoy seeing each other, working out together, sharing about their lives. They also know that there will be several people from their lane, if not any lane, who will give them a hard time for not coming. Finally, donuts/bagels on Fridays (or birthdays) are always nice!

*Scott Tripps
Hopkins Masters & HS Boys/Girls
Hopkins MN*

Mentor Coach and Swimmer Clinics

Each year, the United States Masters Swimming (USMS) Coaches Committee awards host status to a number of sites across the country for Mentor Coach and Swimmer Clinics. These clinics consist of a minimum two-hour coaches clinic and four-hour swimmers clinic. Both clinics are run by a mentor coach, approved by the Coaches Committee.

All mentor coaches are proven, successful Masters coaches who have built outstanding Masters programs, many are USMS Coach of the Year award recipients. The intent of these clinics is to bring in a coach from another area to help local coaches develop programs and to present new ideas to the swimmers.

To find out more, visit the coaches section of the USMS Web site and go to the USMS Clinics link and download the application package. This package contains information about how to organize a clinic in addition to application materials and a list of approved coaches. Or you can contact Doug Garcia at dougarcia@usms.org, or call him at 509-332-1621 (before 9 pm on the West coast please).

2 Does your team participate in any Community Service? If so, please explain.

Our Masters team does not do Community Service as a single group but all of our coaches and some of our Masters participate in teaching free swimming instruction for handicapped and disadvantaged individuals. One of our coaches, Robby Fritscher, is forming a corporation to greatly expand this program.

Dick Bower

We adopted the road that runs in front of the Augusta Aquatics Center. The city started a Clean & Beautiful office and wanted groups to help clean up the city. We get together a couple of times each year and pick up trash. If we do it in the morning, we have doughnuts before. If we do it in the afternoon, we go to pizza afterwards. The city posted signs with our name on it along the road. The kids and parents get together outside to do something good.

We also provide timers, runners, helpers and designated cheers for the Special Olympics swim meet held at the Aquatics Center each spring. Our senior swimmers help the local chapter of Special Olympics host a state qualifier meet each year. I think our volunteers enjoy the meet more than the participants!

*Jeffrey Rout
Greater Augusta Swimming
Augusta Georgia.*

Each year we use the USMS One Hour Postal swim as a fund raiser for the YMCA Invest in Youth Program by charging an additional \$10 entry fee. This program provides the opportunity to kids to attend sum-

mer camp who could not normally afford to do so. We have given over \$10,000 to this program over the years. Since we use several YMCA pools for workouts, this annual contribution displays our commitment to the YMCA and our involvement in their programs. The masters swimmers are now looked upon as "contributors" as opposed to "takers."

Mel Goldstein

We collect cans to give to a charity on Thanksgiving weekend. Everyone who comes to practice needs to bring two cans or they will be required to swim with two cans for the practice.

Michael Collins

We worked on putting together a donation of over \$5,000 to go to equipment that will supply the new swimming pool that is being built in our community. Paddles, kickboards, pull-buoys and a video camera to be used by the pool for teaching and training purposes along with video-taping of high school, club and masters practices and meets.

Kevin Polansky

We assist the Community Services Agency at their monthly events and their December Holiday Store for the needy in our community. We volunteer to help with bi-annual clean-up days at the pool we rent from the city through the Adopt-a-Park program.

*Alan Liu
Mountain View Masters
Mountain View, CA*

3

What coach or coaches have been role models for you and what did you learn from them?

Dr. James (Doc) Councilman has been my mentor and role model since I first began coaching in 1952. He came to Cortland State Teachers College at the same time that I began coaching at the Jamestown, N.Y. YMCA. Since there were very few avidly interested coaches in Western N.Y. at that time, he was able to give me a lot of his time.

Over the years he gave many free clinics for the teams I was coaching and also housed my swimmers for one or two week training sessions at Indiana University. The girls stayed in his own home and the boys stayed in the swimmers fraternity houses, all free of charge.

We traveled together on many swimming trips, conventions and clinics. I learned most of what I know about coaching swimming from Doc. I should mention that I have also received coaching help from my own former students and swimmers who have gone on to higher achievements as Olympic coaches and swimmers

Dick Bower

Kerry O'Brien is my role model. From him, I have learned something of taking the sport seriously, but not yourself. I have watched him offer 1:30/100 swimmers the same intensity and attention to detail that he offers the world class swimmers he coaches. In case I ever coach swimmers of this caliber, I intend to remember his example. Kerry has taught me that I can learn from people with expertise in virtually any field, and the importance of staying on the cutting edge of science and technique. Lifetime achievement, oh yeah—and he's not done yet!

Dawn Allen-Herron

Ketchikan Masters Swimming, Ketchikan, Alaska

The coach that made a major impact on my philosophy and approach to swimming is Mr. Bill Boomer. I had the privilege of spending a three-day conference at Union College, NY about 7 years ago which. It was a super-concentrated, nothing but Boomer, long weekend. I brought all the information, techniques, and drills back to the age group team I was working with and between our staff we "reconstructed" our approach to competitive swimming.

The changes in how we view the body in water, the balance and the roll started to

make an impact on the success of the swimmers in competition. My coaching style changed completely after immersing in the Boomer pool. And as he would say, "I'm coaching higher on the food chain" as a result!

Carrie L. Patterson

Valley Forge Masters, Villanova, PA

My high school coach, Tom Lamar; if you enter the race, always finish.

Barney Hungerford

My mentor was James "Doc" Councilman, coach at Indiana University. I have lived my life, and coached by three of his philosophies. "Believe in yourself," "Be the best you can be," and "Don't try to be something you are not."

Doc said that if you touched one person in a positive way each day, and they in turn did the same, you would then touch 10,000 people each day in a kind way. It is easy as a coach to work with the elite swimmers in your program, but it takes a real coach to work with everyone regardless of their ability.

Mel Goldstein

Brian Stack, Michael Collins, Kerry O'Brien—Passion for the beautiful art of swimming!

Hermine Terhorst

Ernie Maglisco taught me about energy system training. Bill Boomer and Terry Laughlin (Total Immersion) taught me about body position and balancing in the water. Gerry Rodrigues (UCLA) taught me to get to know each swimmer and build a personal relationship. Clay Evans (SCAQ) taught me to be an entertainer when coaching. Jerry Hinsdale (UC Davis) taught me to be a good joke teller.

Michael Collins

My coach George Haines (Santa Clara Swim Club) was the Best! He taught me to love the water. Workouts were always fun for me. I try to teach my swimmers to learn to enjoy the water.

My strong competitive spirit and will power are a result of my time spent swimming for George. He is the reason I have my own swim school and the reason I enjoy teaching children. He taught me how to enjoy competition and I have passed this on to my high school teams. After 20 years I still get letters from my high school boys

and some come back and swim with my masters team!

George was not only a coach, he was a great teacher!

Carol Macpherson

As a child, I was raised under coaches who screamed a lot. Actually, the perception in my area was that a more coach screamed, the more effective he or she was.

I didn't know any better until I watched Randy Reese coach at the University of Florida. Even at meets, he sat quietly in the bleachers with his stopwatch, checked splits and talked quietly with his swimmers, who made up one of the top programs in the country. His practice demeanor was similar, however, one could sense that he had great intensity within.

He will never know that my observations of him had an impact, but I learned to be myself on the deck. So now, I only scream when I have to!

Scott Rabalais

Savannah Masters, Savannah, GA

Eddie Reese and Jim Steen. Both of these coaches are winners in their respective NCAA divisions. Both are extraordinary when it comes to devising workouts, motivation within the workout and motivating for the season ending taper and championship meets for the college age kids. They are innovative and ever changing to keep swimming fresh and exciting to their athletes.

Kevin Polansky

Bill Campbell at the University of Maryland. I learned that when you commit to something do so with 100% effort. I still cannot tolerate less than 100% from people. I can live with failure but not less than 100% effort.

Jim Green

I have learned from many people on coaching. Gary Anderson, the former two time Canadian Olympian, has taught me much about micro cycles and how to watch the athletes and modify the workouts when needed. A lot of what I have learned has been through trial and error and paying attention to "good" coaches at bigger meets. Throughout the years, I have learned what to do and what not to do which is sometimes a huge lesson. You know the little things do make a big difference

Justin Davis

When I swam at the University of Iowa in the late 1940's, Councilman was the assistant coach, working on his doctorate. In a workout, I swam a 440 free and used a hard kick the last 50. My teammates com-

mented on my great kick. Doc said, "I wasn't impressed. Hutinger, swim it again, but use a narrower kick, for less resistance and more speed." Even though I was tired from my first swim, I followed Doc's coaching suggestions and was surprised by my faster time.

In the off-season, we swam decathlons, and the winners received his recycled old medals. We also went on canoe trips. On our winter training trips to Florida, unique at that time, Counsilman included educational side trips.

At Indiana University, Doc was the chairman of my dissertation, the isokinetic method of strength training for swimmers. His approach to the mental aspect of competition was highlighted by his requirement of all IU swimmers to read and apply the techniques of Maxwell Maltz's book, "Psycho cybernetics." This mental imagery approach to competition helped me break Masters National and World records in the 50, 100 and 200 back in seven age groups.

He promoted Masters swimming in the early 1970's by hosting meets in Bloomington, IN, including the first 50 meter National Championship, in 1972.

Counsilman loved swimming and would help any swimmer with advice,

stroke technique and training, no matter what team they represented. His unique, inquisitive, creative, motivating and questioning approach to swimming has had a positive influence to my approach to life, teaching and coaching.

Thanks, Doc!

*Dr. Paul Hutinger
Florida Maverick Masters
St Petersburg, FL*

Dennis Dale (U of MN) helped me learn a basic practice outline (for writing a workout). Dave Anderson (U of MN asst.) helped me to learn how to involve the athlete in their training and taper decisions. Dan Tripps, my father/coach, helped me learn to care for the person before caring

for the athlete. Art Downey (Edina HS coach for over 40 years) helped me to learn to maintain integrity and enjoy coaching.

Scott Tripps

My age-group coach, Art Stockin, will always be a hero to me. Art struck the perfect balance of expecting excellence and hard work from his swimmers and having fun while we did it. As a Masters coach, I continue to be inspired by Mike Collins' never-ending energy and Kerry O'Brien's creative and caring style. My time working with Richard Quick made me a more focused coach on deck with more purposeful (and challenging!) workouts.

*Mo Chambers
Santa Barbara Masters
Santa Barbara, CA*

Masters National Coaching Clinic

Saturday, September 7-8, 2002
at the ASCA World Clinic in Las Vegas

Consider entering the clinic soon, and making your hotel reservations!

ASCA Clinic Info

<http://www.swimmingcoach.org/worldclinic/ASCA2002/default.asp>

Tentative Schedule of Talks

<http://www.swimmingcoach.org/worldclinic/ASCA2002/program.asp>

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