

Committee Name: Coaches (forum)	Session #:	Report #:
Committee Chair: Scott Bay	Vice Chair: Stu Khan	
Minutes recorded by: Scott Bay	Date/time of meeting: April/March Forum Minutes	

Motions Passed: None

1.

Number of committee members present: 16	Absent: 0	Number of other delegates present: 2
Committee members present (list all, including chair and vice chair):		

Minutes

The meeting was called to order at : Forum Reports for minutes

LMSC Communications

1. This committee currently includes Cokie Lepinski, Chris Campbell, and Ahelee Osborn. I would like to add another member, preferably someone from the south or eastern part of the country.

There are 9 LMSCs not currently listing a Coaches Chair.

Connecticut
Iowa
Montana
New England
New Mexico
North Dakota
Snake River
South Dakota
South Texas

I will update this list as the LMSC Annual Minutes are submitted to USMS and posted to the website. Also, as any updates are emailed to me.

As communication goes out to our LMSC Coaches Chairs from the Coaches Committee, we are hopeful that information and ideas are more freely exchanged in both directions.

2. **On Deck Coaching**

Here is the clarification that Mark was talking about from the Championship Committee.

Here is the current info on Coaches Hospitality Policy

Coaches Hospitality at Nationals (adopted 9/17/2010, amended 2/26/2012)

- All coaches receiving free hospitality must have a current ASCA certification.
- Teams with 10-29 swimmers will warrant 1 coaches hospitality pass.
- Teams with 30-49 swimmers will warrant 2 coaches' hospitality passes.
- Teams with 50 or more swimmers will warrant 3 coaches' hospitality passes.
- Any coach on the assigned list of on-deck coaches will get a hospitality pass only on the day he/she is assigned and works. On deck coaches need not be ASCA certified.

3. **Proposed Fitness Event**

Coaches take a look at the new "Pick One of Six and Send us your PICS" fitness event. Please send back any suggestions.....

Proposal for New Fitness Activity

Title: Pick One of Six and Send us your PICS

The purpose behind this event would be to give swimmers activities to participate in during the year and at the same time draw more attention to the fitness pages on the USMS website. The fitness pages over the past few years have remained very stagnant. The Fitness Committee would like to have their section of the website be more inviting and be a place to showcase more of the swimmers. As the vast majority of our members swim for Fitness, we feel this is a way to feature some of them and what they do.

The event would work as follows.

The list of 6 activities would be posted on the web pages for Fitness and Education. Each one would be linked to a thread on the Forums. Swimmers that wish to participate could choose from one or more of the activities, complete the activity, and post their results (with a small write up of 150 words or less) to the appropriate thread. By using the forums, this ensures that the participants are members of USMS. It allows for swimmers to share ideas with other swimmers and promote fun activities.

Issue: can we attach photos to the forum pages? We would like them to submit a photo of the activity.

Each month one of the events would be chosen to be featured on the Fitness Education Web page itself. This would provide for a way to keep the pages fresh and bring people to look at both the web pages themselves, and the forums with more detail. The chosen activity write up would be reviewed, edited, and posted to the actual Fitness pages along with the submitted photo. This could be done by the committee and reviewed by the web editor.

Issue: who can post to the web pages on the USMS web site. We felt that if we used the forums for entering the data, this solved the first issue of posting these to the web. If we feature one per month on the main pages, even if we cannot post these ourselves, it should not be a huge amount of work for the web caretakers to do for us.

Activities:

"BYOF" (Bring your own friend) bring a new swimmer to a workout – either one on one activity, or a group could have a day to bring new friends to a workout.

"It's My Birthday and I'll Swim if I Want to" Many swimmers do special things for a birthday swim such as swimming their age number of 50's or 100's. Some may be even more creative, and we could share these ideas with others.

"Some Strokes for Other Folks" to relate one's experience of participating in a Charity Swim.

"Double Your Fun" for swimming twice as long or doubling up on your practices for a week – either as a team or an individual. Tell us how hard or easy it was for doubling your distance.

"Don't Fence Me In" for swimming in a 'new-to-the-swimmer' body of open water. Open water is attracting more swimmers all the time. Try out a new swim in a new location and tell us about your experience.

"Have Suit, Will Travel" for swimming in as many different pools as you can in a month. Some of us

travel for business or for fun. Find a pool everywhere you go for a month and give it a try, tell us about your experience.

4. **International Coaching**

Hello all,

The international sub-committee is helping assist the coaches we have in place for Worlds this summer. Frank Marcinkowski is the head coach. The coaches have a webpage and are working on t-shirts, apparel, team dinners, etc. They are doing a fantastic job. Kristin Gary is assisting them and has done a lot of hard work to get things in order.

5. **High Performance Camp**

The 2012 staff for the Aug 25-30 camp has been finalized. Returning coaches from 2011 are Frank Marcinkowski, Curl-Burke Masters (2012 USMS Head Coach for Worlds in Italy) and 2012 HPC Head Coach Stu Kahn, Davis Aquatic Masters. Alongside will be two new coaches; Chad Derieux, Rose Bowl Masters, (2011 USMS Coach of the Year) and Cokie Lepinski (2011 Pacific Masters Coach of the Year), Symnut Masters, Arizona.

The first organizational meeting between USMS staff and Hill Carrow of the Triangle Sports Commission is scheduled for early April.

Detailed information can be found at:

www.usms.org/coach/highperformancecamp.pdf

6. **Re: Certification and Education**

Just as reminder of where we were when we last chatted on the phone...

Notes from USMS/Clinic Conference Call on Jan 25, 2012

Timeline – unveil Levels 4 & 5 at Convention in Sept
Offer beta-tested Level 3 at same

Levels 1/2/3 offered in large classroom settings

Levels 4/5 begin with internet discussion of topics to serve as jumping off points

Levels 4/5 strategically convene in small groups of 6-8 students at Nationals or Convention. Another option is Mentor Coach(s) host students at home club w/support of USMS Staff Rep. All presentations should be video-taped.

Philosophy - Challenges of levels increase with commitment to sport. The 5 levels should be available to ALL but achievable by FEW.

Levels 4 & 5 should be:
Criteria-based
Multi-faceted (a la carte)
Education modules

- Primary Goal is to identify strengths of program in the areas of Contributions, Leadership and Achievement.
- Secondary Goal is to equip coaches with broad-based support to examine their program for weaknesses, prescribe solutions by implementing, with feedback and direction from Mentors coaches (committees), additional components with the intention of creating an ideal team.

- This is done by choosing from ALL elements, whether broad or specific, from established criteria.
- The standards will be uniform and assessments replicated over time. These opportunities will be clearly defined, either from the perspective of point scales or body of work.
- Applicants will be able to select as few or as many as desired, and their work will be judged on either quantitative or qualitative standards, or both.
- The primary purpose of entire Certification process is to make better coaches. Past and current achievement is part of that continuum.

Achievement can be defined (classified) in numerous ways and areas. Ex:

1. Team participation in Go The Distance, One Hour Swim, etc
 2. Team participation in competitive events vs previous season or percentage of team size
 3. Club growth
 4. Club records
 5. (additional thoughts as necessary).
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