

Committee Name:	Coaches Committee	Session#:	Report #:
Committee Chair:	Ken Brisbin	Vice Chair:	Chris McPherson
Minutes recorded by:	Molly Hoover	Date/time of meeting:	March 8, 2021 5p PST

Motions Passed: None

Roll Call

Number of committee members present: 15 Absent: 1 # of other delegates present: 2

Committee members present (list all, including chair and vice chair): Ken Brisbin (Chair), Chris McPherson (Vice-Chair), Scott Bay, Bill Brenner, Chris Campbell (VP), Steve Hall, Michael Hamm, Molly Hoover, Laurie Hug, Susan Ingraham, Bob Jennings, Wilson Josephson, Kerry O'Brien, Elise Shank, Trey Taylor,

Not present: Carol Nip

Others present: Aaron Schneider, Mary Jurey

Minutes

The meeting was called to order at 5:01 p.m. Pacific Standard Time

1. Committee Reports -

a. Web Workouts (Molly): Any issues that come up are quickly resolved with Kyle. Molly looked into limited mobility and came to the conclusion that it is OK for what we are asking of it. Swimmers can use discretion if they need adaptations. A possible article idea may be specific strategies for dealing with certain issues.

b. Worlds Coaching (Bob): The PanAm games are cancelled.

c. Awards (Bob): Please encourage LMSC's to send in Coach of the Year, Kerry O'Brien nominations. Bob has received 1 for each, deadline is July 1.

Mary mentioned the Fitness Award as well, it is being revamped to be a little more specific. Mary will get that to us.

The question was asked about winning twice. The committee has talked about not having someone win twice, however it has never been voted on.

May 3-9 is Coach Appreciation week. Encourage swimmers to tell us about your coach and what makes them special. Could use that to encourage them to also nominate for Coach of the Year.

d. National Coaches Clinic (Trey) Trey and Kenny are going over the budget for this this week.

e. Education (Bill and Chris M.): The online component for level 1 is finished. Bill is working with Chris on the next steps. The task force should stay tuned for something soon to review.

They would like to get this out in March as the first zoom call is scheduled for March 31. The initial offering is being targeted at the coaches who have been asking for this, as there have been a lot.

- f. Level 4 (Scott): No applications yet, but 4 have registered. The question was asked if CEU's could be extended a year because of Covid. This will be considered.
- g. LMSC Communications (Molly): Nothing new
- h. On Deck Coaching (Kerry): Nothing new
- i. Mentoring (Chris M): Had the first meeting of the year with the mentoring committee. Reviewed to make sure everyone understood where it was. Reviewed funding. Everyone has the information, will have another meeting in the next week. The next step is to set deadlines for when applications are due and look over forms. There shouldn't be a lot to change, they will tweak it a bit but had great feedback last time. They might expand the number of coaches and will know more after the next meeting.
- j. Open Water (Elise): Missed the last OW Committee meeting, so no update, but will plan be on the next call.
- k. Publications (Terry): There is not a lot going on. Terry has a personal request: in talking with assistant coaches watching ISL, does anyone have insights on how to watch Olympic swimmers, learn from that, and adapt to masters swimmers? What strategies do coaches have to compare state of the art, elite swimming, and how to adapt it to masters swimming?
Bob, has an idea for that and will contact Terry.
Chris M can connect Terry to a coach from DC Trident .
- l. Peer to Peer - (Trey) - All 4 coaches did an excellent job on the webinar last month addressing common stroke problems, as well as suggesting drills to fix them. They are working on March 18 and will probably just have 2 people speaking for that one. Looking at the months ahead, Trey will revisit the survey and see what topics should be covered.
Trey will get something to Bill by Friday for Streamlines. (before noon)
Susan - wants to personally thank Chris C, very engaged and had questions prepared. All agreed it was awesome!
They are working on a section of the web site to post the Peer to Peers.
- m. Sports Medicine - (Terry): Nothing new
- n. Diversity - (Wilson): Nothing to report yet. Participated in D&I meeting; they are drafting the diversity, equity and inclusion training.
- o. ALTS - (Michael): Had a Peer to Peer last month, the next one is March 25.

There were 28 applications turned in for USMS grants. There is a meeting this week to go over and send them to the SSLF board to vote. The full board will vote on the 22nd. They are trying to fund these by the end of the month, or early April.

- p. Fitness Committee (Mary Jurey): USMS is trying to have more crossover among committees that are community services. Mary is the chair of fitness ed. The committee feels strongly that coaches are the strongest way swimmers find out what is going on.

Fitness series - participation is OK, but would like to find ways to get more participation. Coaches are a key component in that. How can we get more by in from coaches? Encouraging swimmers to do it? Left it up to the coaches to be creative and make it fun. More difficult with covid, but still ways to do that.

Second - improve communication to what we are doing down to a swimmer level. Still goes through coaches. Does it get transmitted all the way down to the swimmers? For winter there were around 500 participating. They met the goal but there is still so much more potential.

Susan suggested highlighting a swimmer who has never done something like that before on Facebook. Everyone likes to be recognized. Or coaches could offer internal certificates.

Possible LMSC coaches chair zoom call, to see what other coaches are doing around the country.

Lots of coaches do it, but don't sign up for the event. Highlight that it is a donation. It can be a challenge to encourage more competitive swimmers to do it. They need an incentive to sign up. A lot of swimmers participate, but do not sign up. Could it be more of a competition? Percentage of team that participates? Give prizes. Might be good to make some sort of competition out of it in terms of participation.

2. **Old Business -**

Coaches Chair Standards/Responsibilities. Chris Campbell hasn't heard anything but thinks it went OK.

3. **New Business -**

Chris C - Hearing from swimmers who were discouraged because times aren't as fast as they were before. We are all going to run across swimmers who are frustrated as we get meets back. They might be unhappy or reluctant to try again. Can we come up with ideas for coaches on how to deal with that, let's post it on the forum and get a discussion going on this.

We can remind them that they are aging along with their peers. Have them compare themselves to rankings from other age groups when they were in them previously.

Bob reminded us that those coming back from injuries are also very frustrated.

Remind them that we are all in the same boat, and we do it because we love the sport!

4. **Final Roll Call**

The meeting was adjourned at 6:04 Pacific Standard Time.