

<b>Committee Name:</b>	Coaches Committee	<b>Session#:</b>	<b>Report #:</b>
<b>Committee Chair:</b>	Ken Brisbin	<b>Vice Chair:</b>	Chris McPherson
<b>Minutes recorded by:</b>	Molly Hoover	<b>Date/time of meeting:</b>	February 15, 2022 5p PST

## Roll Call

<b>Number of committee members present:</b> 16	<b>Absent:</b> 1	<b># of other delegates present:</b> 1
<b>Committee members present (list all, including chair and vice chair):</b> Ken Brisbin (Chair), Chris McPherson (Vice-Chair), Scott Bay, Bill Brenner, Chris Campbell (VP), Donita Flecker, Steve Hall, Terry Heggy, Michael Hamm, Molly Hoover, Laurie Hug, Wilson Josephson, Carol Nip, Elise Shank, Trey Taylor, Tim Waud		
<b>Not present:</b> Susan Ingraham		
<b>Others present:</b> Aaron Schneider		

## Minutes

The meeting was called to order at 5:05 p.m. Pacific Standard Time

### 1. Welcome!

### 2. Committee Reports -

- a. Web Workouts (Molly): The web workouts are up and running. Two categories have had some trouble getting posted and Kyle is working with the coaches to make sure they are understanding how to use the site.
- b. Worlds Coaching (Tim): The job description has been presented to Kenny for PanAms happening July 21-28. There is also a blurb that the National Office is planning to put in the next Streamlines for Coaches. There will also be a link to the application in the forums.

As of this past week, Masters' Worlds has been canceled for 2022.

- c. NCC - (Trey) - There has not been a lot of movement on securing a location at this point, as the National Office is busy with the Relay event. Trey is hoping the registration for NCC will be online by April. The target date for the clinic is still early- or mid-November. Las Vegas is still being considered as a site, but is not confirmed.
- d. Awards (Elise)- The awards spreadsheet has been started, and nominations are due by July 1. Elise will work with Steve and Bill to have the information published.
- e. Education - (Bill/Chris M) - Over the last couple of weeks, USMS has hosted a Level 2 coaches' certification and a stroke clinic in Orlando, as well as Glendale, CA. Next up is Level 3 and an ALTS class in Illinois, May 21-22. Carol is helping to work out a Level 2 certification and stroke clinic in the Pacific LMSC the weekend of May 14. The question was asked if Level 2 certification could be created on zoom, as Level 1 is now. Bill responded that due to the nature of the material (video, demonstrations, interactive discussion), it works much better in person. In person is still the best way to learn and absorb the information.

Only 5 in-person classes are budgeted for this year, and all locations are spoken for. We are getting creative in combining different options over a weekend to make the most of the time, as the demand for courses is great.

- f. Level 4 Applications (Trey Taylor): Trey will touch base with Bill to see when we are going to open the applications and check if anything needs to be tweaked. The Level 4 application window usually opens in February and applications are accepted until May. In June, applicants are given feedback and an opportunity to make adjustments as needed before decisions are made in August.
- g. Mentoring (Chris M): There was a meeting of the subcommittee last week, including a few of the mentors from 2021. Survey results from the 2021 mentors and mentees were reviewed, and mentors present gave personal feedback. The mentoring subcommittee plans to meet again soon to consider suggestions for edits to the program for 2022, especially concerning the application rules and questions, as well as the expectations for mentors and mentees. 2021 program feedback was very positive overall.
- h. On Deck Coaching - (Michael) - The on deck SignUp Genius draft has been sent to the National Office; the link should appear online with the Nationals info very soon. New this year, the indoor pool is going to be open with starts the whole time, so extra coaches will be needed at indoor pool throughout the meet. It was brought up that this additional volunteering is a lot to ask of the coaches, especially if they also swim. Will possibly consider opening indoor pool for starts during certain blocks of time when a coach is available. We will see what the needs are and how many of those spots get filled.
- i. Open Water (Michael): The 2022 Open Water schedule is out, other than the ultra marathon. The website also has numerous workouts for long distance and open water. Six other open water events around the country are posted as well.
- j. Publications (Terry): Molly submitted a suggestion to put together best practices for new coaches. Terry is working on that article now. Let him know if you have any other suggestions for future articles.
- k. Peer to Peer - (Trey) - Susan, Terry, and Mike will meet in Denver to get ahead a couple of months on the Peer to Peer calls. For March, the plan is to have some coaches who attended the relay, but have never been to a national event before and have them chat on zoom about their experience.
- l. Sports Medicine - (Terry): No Updates.
- m. Diversity - (Wilson/Elise): The last meeting was spent ironing out specific language for an upcoming award. The DEI committee has on their radar that we need to address participation of transgender swimmers in competition. That will be upcoming. Sports medicine and science are also talking about that, and there might be a recommendation for a new committee. Kenny mentioned that there have already been many non-binary relay requests that will need to be addressed. In light of the new USA-Swimming position, this topic becomes important to address as a USMS body as well. Chris C would like to take up that conversation in Denver.
- n. ALTS - (Michael): USA Swimming gave over \$139,000 in ALTS grants and estimates that 2007 adults received the opportunity to learn to swim. Certification clinics are coming up: this weekend in Buffalo, next month in Phoenix. Peer to peer's coming up-

1. Becoming a more effective instructor.
2. Lessons on partnering with volunteers and the community.

### 3. **New Business** –

**Relay event** - We have been asked to do presentation on “Great Masters Coaching” on that Saturday.

A basic slide presentation has been developed on topics we want to discuss. Each member of the Coaches’ Committee will be brought in on the presentation to talk about at least 1 thing.

Topics that will be covered:

- Rapport on Deck
- Lifelong student of the sport - knowing what you don’t know, always be learning
- Writing adaptable workouts (10x100)
- Technique and injury prevention
- Measurable improvement - strokes, times, events completed, personal goals
- Games and Gimmicks

The goal is to keep the conversation loose; we are not looking to be too structured with reading slides, but rather using them as guides for discussion.

Kenny will send out the presentation to everyone who is attending. Each Committee member should pick a slide or 2 that you feel comfortable talking about and email Kenny. Everyone who is attending should participate. We will meet again before the relay to make sure that we can keep the presentation on track with thoughtful, but succinct, input on each topic.

Our target audience is the new volunteers/new coaches.

There are 2 other meetings at the same time: club opportunities and targeting facilities.

### 4. **Final Roll Call**

The meeting was adjourned at 5:53 Pacific Standard Time.