

Great Masters Coaching

USMS National Coaches Committee



RELAY2022
CLUB DEVELOPMENT
— DENVER —

“Warming Up”

- Building a Rapport on Deck
 - Between Coach and Swimmer
 - Between Swimmers



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“Pre-Sets”

- Being a Lifelong Student of the Sport
 - Knowing what you Know and Don't Know



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“Main Set”

- Writing Adaptable Workouts
 - 10x100 Roundtable Discussion



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“Drills”

- Technique & Injury Prevention
 - Awareness of the Ever-Evolving Human Body Over Time



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“Post-Sets”

- Measurable Improvement
 - Stroke Corrections
 - Times & Standards
 - Event Completion (I.E. First 100IM)
 - Personal Goals



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“Warming Down”

- Games & Gimmicks
 - Round Table Discussion



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“On Deck Wrap Up”

- LMSC Coaches Support
- Tangible & Intangible Qualities
- Q&A
- What’s In Your Coaching Bag?



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Coach Feud!!

Members of USMS Coaches Committee Surveyed.
Top 5 Items Found in Your Coaching Bag!!

Goggles

Caps

Workout/Times Notebook

Pen/Pencil/Sharpie/Dry Erase

Stopwatch



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“Coach Mentor Program”

- <https://www.usms.org/coach-central/coach-mentor-program>



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Thank You!

Leads

Ken Brisbin – Chair
Chris McPherson – Vice Chair
Trey Taylor

Panelists

Mike Hamm
Terry Heggy
Molly Hoover
Laurie Hug
Susan Ingraham
Carol Nip
Elise Shank
Tim Waud