

2010 Coaches Committee Report

Jay Peluso Coaches Committee Chair

In the past 8 months since taking over the Coaches Committee we have implemented a number of initiatives to try and get the coaches more involved with the LMSC and to provide us with information about what we can do to help them.

Those initiatives included:

Stopwatch Project

In order to get feedback from coaches we gave them an incentive to respond to our request for information by offering them a brand new, high end stopwatch. The response was muted, but it was a good start and we got some good ideas and information. We have some watches left-over and can repeat this initiative in 2011.

Coaching Clinic with Jim Montgomery

Coaches from all over the LMSC came to Richmond to learn from Jim Montgomery about how to coach masters swimmers. The clinic was free to coaches and lunch was provided. After meeting with Jim, the coaches stayed and tried out their new techniques by coaching local swimmers.

Coaches Forum

Using the existing USMS forum, we started a VA LMSC Coaching forum. Despite efforts to encourage participation this initiative still needs to improve.

USMS 2010 SwimFest

We sent a coach to San Diego for the USMS 2010 Swimfest to learn from some of the best coaches in the country. The information learned from SwimFest was reported to all of the coaches via blog. The blog was picked up by USMS Executive Director Rob Butcher and promoted in the USMS newsletter.

Goals for 2011

USMS Coaching Certification Program

Now that USMS has started a coaching certification program. I would like to see all of the coaches in the LMSC become USMS certified. In order to do that I believe we will have to bring the certification clinic to Virginia in order to make it affordable for coaches.

Increased Use of the Coaches Forum

This is still something that we could use some help with. Ideas on how to increase participation are very welcome.

USMS 2011 SwimFest

This was such a great experience and there is a possibility that the 2011 SwimFest will be held on the East Coast, perhaps D.C. If so, I would like to the LMSC assist as many coaches as possible to attend.