

Committee Name:	Coaches Committee	Session #:	Report #:
Committee Chair:	Bob Jennings	Vice Chair:	Kenny Brisbin
Minutes recorded by:	helen naylor	Date/time of meeting:	June 10, 2019 8pm EST

Motions Passed:

Number of committee members present: 12 + 2 ex-officio	Absent: 6 + 1 ex-officio	Number of other delegates present: 1 (VP)
<p>Committee members present (list all, including chair and vice chair): Chair: Bob Jennings (Dixie), Vice Chair: Kenny Brisbin (Southwest), Ex-Officio: Bill Brenner, Ex-Officio Marianne Groening, VP Skip Thompson (Great Lakes), Scott Bay (Dixie), Chris Campbell (Oceana), David Clark (Great Lakes), Doug Fetchen (Dixie), Molly Hoover (Great Lakes), Christine Maki (Southwest), Chris McPherson (Dixie), helen naylor (Dixie), Trey Taylor (Dixie), Tim Waud (Northwest)</p> <p>Not present: Ex-Officio Steve Hall, Dean Hawks (Great Lakes), Terry Heggy (Breadbasket), Kerry O'Brien (Oceana), Jeff Taylor (Southwest), Trey Taylor (Dixie), Steve Weatherman (Dixie)</p> <p>Others present:</p>		

Minutes

The meeting was called to order at 8:01 p.m. Eastern Standard Time

- Welcome**
- Subcommittee and Task Force Reports** – Summaries of each committee provided below by the subcommittee chair

Awards – Kenny and Bob noted that neither of them has received any nominations at this time. The deadline for nominations is July 1st. Molly will include encouragement to submit nominations for Kerry O'Brien awards and Coach of the Year when she sends out the meeting minutes this month to all coaches chairs.

Education – Bob shared the results of the education survey with Terry. Terry, via an email update, would like to pursue publication of additional articles on the most requested topics. Though many topics have been written about in the past, and many are covered at some level in the coaching certification curriculum, it appears that many coaches would appreciate additional perspectives from experienced coaches. Specifically, he's looking for coaches willing to write articles or to share ideas for other writers to cover concerning methods used that have achieved notable results in the following areas:

- ✚ Injury prevention/rehab/adaptation, especially for older athletes
- ✚ Marketing/community outreach/partnerships/sponsorships/team growth
- ✚ Managing open water practices/organization, safety, structure
- ✚ Tips for writing workouts and seasonal training plans/modifications for speed/age groups

Topics and/or submission can be sent to Terry Heggy or Daniel Pauling.

Fitness – No report. Mostly likely due to no meeting since last report.

High Performance Camp – Steve offered email update via Bob. Hill is still planning to have the camp this year, despite lower number of participants. He requests that the coaches committee help publicize the event, especially at the LMSC level. They are still accepting applications.

Level 4 Applications – helen noted that the committee had a conference call to discuss the application and came to a consensus on the additional information we would like to request. helen will reach out to the applicant this week.

LMSC Communications – Molly Hoover sent the minutes to all LMSC Coaches Chairs. She will remind all and encourage nomination for awards when she sends out the June minutes.

Mentor – Chris McPherson said the subcommittee had a conference call to discuss who they would like to encourage to apply. They have two application for mentor so far. Bill added that they want to now require mentor coaches to be members of Gold clubs. Christine has drafted an article for Streamlines, but will hold off until later.

Publications – See Education above. Terry also added in his email to Bob that he would appreciate any feedback on his articles as they are published. He would like to ensure that publications are putting “the latest and greatest info our there for our membership.”

On Deck Coaching – David Clark will post on deck coaching sign up for summer nationals. He will not be there, so Kenny and Chris McPherson volunteered to coordinate on site. Dave will have 8 slots of sign ups so that coaches who get too tired doing both the morning and 30 minute warmups will only have to do one or the other. Discussion was held on if coaches who only coach the 30 minute warmups will be allowed to partake in hospitality.

Open Water – Skipped this month

Web Workouts – Molly Hoover said all was still going well.

2019 FINA World Championships – Tim Waud noted that Dr. Lee was being informed by both the National Office and FINA. He does not think we will have enough swimmers to warrant a second coach.

3. **Old Business** – Marianne mentioned that tomorrow (June 11th) was the deadline for Streamlines. Skip reported that there will be a Board meeting later this month.
4. **New Business** – Terry proposed (via email) a quarterly webcast (or similar venue) where a panel of great coaches (Level 4?) coaches could discuss new or controversial techniques and share what has worked and what hasn't so that we aren't each re-inventing methodology in our practices. Some ideas for topics might include:

- ✚ We all know that “drills are good,” but which drills have been proven to actually provide results on your team? Which ones should we eliminate because they either waste time or actually make things worse?
- ✚ How should we approach breath control these days? Does it change with age and race distance? As many facilities implement rules against hypoxic training, is it time to re-examine the concept?
- ✚ What ratio of sprint-to-distance training works best for your athletes? How much time to you spend working specifically on block starts, turns, and underwaters?
- ✚ What are effective practices for your social media?

Terry would be willing to consider hosting such a forum (with appropriate help and guidance) if there's interest. We need to investigate how to host this.

The Coaches Committee hold their meetings on the second Monday of each month at 8pm (Eastern)

The meeting was adjourned at 8:23 p.m. Eastern Standard Time.