

## Selection of Coach(s) for USMS National Spring Swim Championship

As described in the *WISC Introduction and Mission* document, one of the activities performed by the Club is to serve as the organizing entity for Wisconsin's team at USMS National pool championship meets. WISC performs many duties in order to facilitate the participation and organization of swimmers wishing to compete at USMS national competitions, particularly the USMS Spring Nationals. These duties may generally include:

- **Promoting participation and sharing preliminary meet information**
- **Organizing a team hotel for swimmers electing a team hotel option**
- **Selecting coach(es) as deemed appropriate for the forecasted team size**
- **Facilitating team relays**
- **Organizing other benefits which can include team apparel, caps, team sun shades and/or team activities**
- **Paying and/or reimbursing for these activities to the extent the WISC budget allows**

This document describes the process WISC will use to invite coaches to coach at the USMS Spring National Championship, and can be applicable for other National competitions as voted on by the WISC Board of Directors.

### Coach Referral

1. The Coach Chair of the Wisconsin Masters Swim Committee (WMSC) may make recommendations regarding Nationals coaches. The WMSC Board of Directors may use its procedures to vote on the Coach Chair's recommendation and then communicate their recommendation as they see fit (email or in person) to the WISC Board by or at the WISC Annual Meeting. These recommendations can include:
  - 1.1. Head Coach and potential reimbursement limit
  - 1.2. Assistant Coach(s), including numbers of coaches, and reimbursement(s) limits
  - 1.3. Total recommendations for reimbursement greater than \$2,000 should not be expected to be funded by WISC or additional WISC activities. The WISC Board reserves the right to manage its annual expenditures for the National meet, which may include payment for relays, coach reimbursement, tents and other ancillary items such as banners and/or apparel
2. The WISC Board will respond to the recommendation from the WMSC within 30 days or by December 31 whichever is later. The WISC Board will make the final determination on the coaching selection which will be generally based on factors below and in consideration of the WISC Club's finances.

## Certifications

1. In order to receive reimbursement from Wisconsin Masters Aquatic Club (WISC) every coach must be able to provide proof of the following certifications:
  - 1.1. USMS Coaching Level Two or greater
  - 1.2. Current Lifesaving
  - 1.3. Current CPR
  - 1.4. Current First Aid

## Selection of Coach(s)

Preference will be given to:

2. Active coaches, defined as coaching:
  - 2.1. On deck coaches, coaching a registered Wisconsin-based USMS training or workout group
  - 2.2. Minimum of 3 hours per week
  - 2.3. Minimum of 9 months per year
3. Coaches with National experience
4. Current Safe Sport

## Head Coach Responsibilities

The primary responsibility of the head coach is to organize and manage the coaching staff and thereby the swimmers to successfully compete at the USMS Nationals Meet. Ideally the Head Coach works constructively and cooperatively with the WISC Board to help bring about a collegial and fun experience to all involved.

The Head Coach will identify potential assistant coaches with the goal of training and bringing experience to Masters coaches from various teams around the state. The Head Coach will organize any assistant coaches so that a coach is able to observe WISC swimmer's events and provide a consistently visible coaching presence to the swimmers.

## Overall Coaching Team Responsibilities:

5. Communication with swimmers
  - 5.1. Prior to the meet
    - 5.1.1. Education on the specifics of National competitions, including an orientation session for new swimmers (odd/even sides of the pool, relays, etc., team gathering spots)
    - 5.1.2. Set expectations for meet swimmers
    - 5.1.3. Facilitate the communication of registration and check-in deadlines

- 5.1.4. Environmental, e.g., at outdoor meets limit exposure to sun, hydration, cool core temp during the meet
- 5.2. During the meet
  - 5.2.1. At swimmer's request: Observe swimmers during warmup
  - 5.2.2. Pre- and post- race coaching at swimmer's request – race pointers and strategy prior to the race, and post-race analysis including successes and how they might improve
  - 5.2.3. Be available and answer general questions and concerns from swimmers
  - 5.2.4. Communicate with team during the meet:
    - 5.2.4.1. Time and place of daily team meetings which review swim successes and other coaching information
    - 5.2.4.2. Any critical meet information (weather delays, meet changes, etc.)
    - 5.2.4.3. Any time/place for a team picture
  - 5.2.5. Know the Meet Safety Information and EMT location
- 6. Relays – the coaching team owns the relays
  - 6.1. Gather the data for relays
    - 6.1.1. Which swimmers are available for which relays
    - 6.1.2. What strokes will/can each individual swim? What stroke(s) is a swimmer unable to swim?
    - 6.1.3. 50 and 100 times by stroke
  - 6.2. Organize relays, sending out draft version(s) to swimmers for corrections prior to the meet
  - 6.3. Prior to the meet, clearly communicate relay line-ups to all swimmers in an orderly format
  - 6.4. Enter relays into the meet via USMS system
    - 6.4.1. The club (WISC) pays for the relays, but coach needs to coordinate payment with WISC Treasurer prior to payment
  - 6.5. Post relay heat and lane assignments at the pool each morning of competition when they become available
  - 6.6. Work to introduce swimmers who may not know each other on a relay before the event
  - 6.7. Adjust relays based on injury or other situations, e.g. the hot swimmer.
  - 6.8. Attempt to give all swimmers the opportunity to swim in at least one relay
- 7. Additional responsibilities head coach(es):

- 7.1. Mentor assistant coaches so that they will learn what it takes to be a head coach at nationals
- 7.2. Include assistant coaches in as many of the tasks as possible
- 7.3. Share the rules/protocols for national meets:
  - 7.3.1. For example, changes of the swimmers or the order of swimmers on relays.
  - 7.3.2. Protests
- 7.4. Develop a schedule so that all/most of the swims by WISC swimmers are observed

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