



# 1999 Coaches Committee Minutes

September 16, 1999

\*\*\* The Coaches Committee recommends the purchase of two new Snooper Video Cameras with crates for storage and shipping.

\*\*\* The Coaches Committee will begin a project to make the Coaches Manual available as a PDF file in the USMS web site.

\*\*\* We plan to develop a method of registering and identifying coaches and also developing a group of LMSC Coach Representatives.

\*\*\* We plan to develop a process for selecting and funding coaches who would travel to Munich for the World Championships and assist swimmers from the United States.

Meeting called to order at 3:30pm by Coaches Committee Chair Scott Rabalais. Minutes recorded by Bill Volckening.

## Attendance

Number of committee members present: 12 Number of committee members absent: 5

Total number of delegates attending the meeting: 36

*Committee Members included: Bonnie Adair, Rob Berry, Lee Carlson, Melanie Dullea, David Grilli, Doug Huestis, Leslie Laing Cooper, Don Mehl, Tom Mester, Ed Nessel, Scott Rabalais, Bill Volckening.*

## Agenda Items

**I. USMS Registration for coaches** — Scott presented the idea on Registration, and identified the primary purpose of the proposal, which is to identify Masters coaches. LMSC Registration forms were discussed as a potential method to facilitate process of registering coaches. Additional discussion followed.

## II. Clinics & Camps:

**a) USMS Mentor Clinics** — Two clinics have been held in 1999. One in Spokane, Washington and the other in Richmond, Virginia. Another clinic is planned for the San Ramon area in California. A packet of information was distributed.

**b) NIKE Champions Clinics, reported by Rob Berry** — One NIKE Champions clinic has been held in 1999. The clinic was in Indianapolis with Olympian Kristine Quance. There were eight coaches on deck. Another clinic is scheduled for November 6th. Mo Chambers will be coordinating the clinic, which will also feature Quance. Applications are available for one additional clinic. Scott mentioned the importance

of promoting these clinics.

**c) Open Water Clinics** — We are beginning to offer Open Water clinics, and are looking to increase the number of clinics offered for the next year. Dan Gray of Oregon will be coordinating these clinics. There was some discussion about running the clinics corresponding with Open Water Swims. A handout with general information was distributed.

**d) Olympic Training Center, reported by Leslie Laing-Cooper** — USMS coordinated with USA Swimming and the USOTC to run our first High Altitude Camp at the Olympic Training Center in Colorado Springs. This camp received major sponsorship from THE VICTOR, and was organized similar to the way USA Swimming organizes their own camps. Emphasis was on testing and education, with the idea of collecting data on adult athletes. Classroom discussions and lectures included a comprehensive list of topics. USMS Coaches on deck were Mike Collins, Scott Rabalais and Jim Miller. The camp included video analysis, lectures and extensive testing. As an indication of the popularity of the idea of the second camp, several more applicants were received for the second camp. A goal is to run two or three per/year. There was some discussion about applications and selection procedures. In addition, it was mentioned that Kerry O'Brien will serve on the staff for the next clinic, along with the aforementioned coaches. A packet of information was distributed about the camp.

**III. Coaches Manual** — Scott introduced the USMS Coaches Manual and explained its function. He spoke about the difficulty in updating the manual, and asked to transfer the manual to the web. Motion was passed to make the Coaches Manual into a PDF file, to be available exclusively on the web.

**IV. SWIM Magazine & CCQ** — Scott mentioned that Swim Magazine and the Coaches Committee Quarterly publications continue to play an active role in our communications and education services.

**V. Video Library, reported by Melanie Dullea** — The number of video rentals has increased from 8 in 1998 to 139 rentals in 1999. We purchased 8 videos, and will update the list. Our annual budget for video purchases was estimated to be around \$200. The list of titles is available online. There are 25 videos (soon to be 30) in the collection. The most popular video is Total Immersion, by Terry Laughlin

**VI. Book Library, reported by Ed Nessel** —The library has 80 texts but have only had 12 rentals this year. The list of available books is listed on the internet. Ed expressed a desire to have more people use the service.

**VII. MACA Report, reported by Bill Volckening** — Brian Stack could not attend the convention, and Bill conveyed his regrets about missing it. MACA is experiencing many changes this year. The MACA News is now being produced regularly as a bi-monthly newsletter averaging between 12 and 16 pages. It is available as an e-mail PDF file, and is e-mailed to a growing number of members. Since we have activated this service, we are going to begin a phase of membership renewal during which we will once again begin to collect dues. MACA is going to have some new leadership. We plan to approve the election of new President Ed Nessel and Vice President Dan Frost. There was some discussion about the MACA Web Page, which is part of the USMS Web Site, in the "Coaching" section. This web page contains PDF samples of three recent newsletters and the MACA Registration Form.

**VIII. Snooper** — Scott Rabalais presented the report for Paul Windrath. In the last year we have had 13

rentals, each rental was \$50, not including the refundable deposits. The program was started by Mike Collins about five years ago. We are now in need of color Snoopers to replace the old, outdated black & white Snooper. The new Snoopers have the extra advantage of having more heavy duty wiring. We have experienced several breakdowns with the B&W system. There was a proposal recommending two new snoopers with crates for storage and shipping. There was additional discussion about the proposal to purchase the color snooper. A motion to approve the purchase was passed. A handout explained the program and provided an application. An additional handout was provided with details of the Snooper activity during the past year.

**IX. On Deck Coaching, reported by Bill Volckening** — The USMS On-Deck Coaching Program has been very active this year. Highlights included a high level of participation, recognition and expansion. A written report was presented listing the individuals who participated in each event. For the first time, On-Deck Coaching reached the regional level. There were On-Deck Coaches at the Northwest Zone Championships in Federal Way, Washington and at the Colonies Zone Championships in College Park, Maryland. There have been reports about On-Deck Coaching in the CCQ, the MACA News and SWIM Magazine. The bright green shirts have worked to bring recognition to the volunteer coaches. There was some discussion about the idea of reusing the shirts the same way the Safety Marshal shirts are. The idea was tabled for additional discussion. In the evaluation, there was a suggestion to add a few items to the guidelines for coaches. There was also a recommendation to encourage others to coordinate this enjoyable program.

**X. USMS Coach of the Year Award** — Scott Rabalais reported that Ron Johnson is the 1999 recipient of the Coach of the Year Award, which is sponsored by SPEEDO. The award will be presented at the USAS Banquet for the first time. Ron will not be able to attend due to an injury sustained at the Latin American Swimming Championships in Ft. Lauderdale. Other nominees for C.O.Y. were acknowledged. There were only four nominees this year, one more than last year. Bonnie Adair expressed a desire to promote nominations from LMSC's. She suggested streamlining the process to pick-up more nominees. She mentioned the idea of distinguishing between MACA Lifetime Achievement Award and the C.O.Y. There was additional discussion about streamlining the process.

**XI. LMSC Representatives** — We would like to have LMSC Representatives in each LMSC. We are looking for capable and active coaches on the local level.

**XII. Communications** — The web site continues to be updated. The Discussion Forum was active at first, but needs to be utilized more.

## **NEW BUSINESS**

**I. Subsidizing a Coach for Munich World Championships** - Scott presented an idea to send a coach to the World Championships in Munich. This coach would be available for the USMS swimmers. There was discussion about partially subsidizing a few coaches rather than one coach. Mike Collins suggested calling it an International Coaching Program, and suggested additional guidelines. There was discussion about contacting several coaches who are already going. Bonnie Adair suggested making the selection a reward for active participation in ODC and other Coaches Committee programs.

**II. National Senior Games** — Scott briefly mentioned the need to support and promote the Senior Games.

**III. Budget** — Everything is in line with last year’s proposals. The budget has been proposed to the House of Delegates. A motion to pass the budget was approved. There was a budget handout.

**IV. National Coaching Director Proposal** — Scott expressed a firm belief that the success of USMS is determined by the coaches, who actively participate in leadership and administrative work. There needs to be a real push to prioritize and structure the leadership for coaches, which will make a difference in the future of our organization. Scott presented a “4-P Plan” (Pursuit, Preach, Promote, Pass). Betsy Durrant suggested we demonstrate how it would work in addition to proposing it. She expressed her feeling that it would be the best way to get the proposal passed. Mike Collins suggested how the proposal allows for greater responsibility and accountability. Betsy suggested we make sure people know what the coaches do. Leslie Laing-Cooper suggested the position would coordinate and provide direction and consistency for our committee and programming. Additional discussion about whether the proposal is in line with the position of the other USMS delegates. Scott suggested that the coaches are integral in all of the important USMS functions. We concluded to revise the plan for next year.

**Adjournment: Meeting adjourned, 5:00pm**

**Tasks for Upcoming Year:**

- \* more efficient method of registration and identification of coaches
- \* Coaches Manual on the web
- \* LMSC Representation
- \* Develop process of selecting international coaches for Munich
- \* further study and development of a National Coaching Director proposal



“Sickie” Marcik and Scott Rabalais at the Coaches Seminar