

Growth as a Coach

Kyle Schack Head Coach of Crimson Aquatics at Harvard

- Apply what you learn as a COACH (not swimmer)
 - Develop yourself as a leader
 - Develop your staff and swimmers into leaders
 - Stay out of the way of success



Apply what you learn as a **COACH**

- You are the coach – not the captain of the team
- Move forward as an ***educator***
- For me, the deck taught me more about psychology and human relation/emotional development

- ◆ Josh Stern & Tim Murphy
- ◆ Eddie Reese & Michael Chasson
- ◆ Aaron D'Addario (University of Denver)



Develop **yourself** as a **leader**

- If it looks like a duck and walks like a duck and sounds...
- For me: I stopped 'keeping score'
 - ◆ Eddie Reese told me to absorb negativity and never return it. (changed my life)
- For me: Educators are empowered to share what they know and should honor their position by always looking for more. (I credit Jerry Adams in Schenectady for this)



Develop your staff as leaders

- Give them opportunity to teach and make decisions
- For me, teaching is teaching
- For me, culture starts at the top



Develop your **swimmers** into **leaders**

- Give them opportunity to teach and make decisions
- For me, praise the things that reflect the image you have for success in the long term



Stay out of the way of **SUCCESS**

- The students represent us as coaches; we do not need to make it about us
- For me
 - ◆ CJ Nuess: CJ attended Arizona State University on a swimming scholarship and earned a degree in Communications and Anthropology. He was the PAC-10 Swimmer of the Month three different times, school record holder in the 400 IM, PAC-10 champion in the 1650 free, and a 3-time NCAA All-American
 - ◆ Gal Nevo: 2008 Beijing Olympics: Advanced to the semifinals of the 200-IM and placed 13th with a time of 2:00.43. Won his heat earlier in the day with a time of 1:59.66, surpassing his own Israeli National Team record by three seconds. Also swam the 400-IM and clocked in at 4:14.03, good for 11th overall

