COACHING OPPORTUNITIES DURING COVID-19
In the middle of difficulty lies opportunity.

Albert Einstein
UNITED STATES OLYMPIC COMMITTEE
QUALITY COACHING FRAMEWORK

https://www.teamusa.org/About-the-USOPC/Programs/Coaching-Education/Quality-Coaching-Framework
SUCCESS
The peace of mind which is a direct result of self-satisfaction in knowing that you have done your best to ensure that all those under your supervision learn how to reach their potential in sport and beyond.
The 3 ‘Knowledges’

- Intrapersonal
- Professional
- Interpersonal
The 3 ‘Knowledges’
Coach Well-Being

Your best ability is your avail-ability

How are you?

What are you ________ about?

Be mindful of both high- & low-level stressors – cumulative stress can be debilitating
Its OK to cry and be composed.
Its OK to be scared and feel courageous.
Its OK to be angry and understanding.
Its OK to be informed and be confused.
Its OK to be trusting and distrustful.
It's OK to want it to all go away and to accept what is.
Its OK to be upset that what was OK yesterday, changed today and to worry that it'll change again tomorrow.
Its OK to be a mess of contradictions.
You're not crazy. You're human. And that's OK.

Take care of yourself, take care of each other, and the rest will take care of itself.
— Eddie Reese
Take Time To...

- Slow down
- Recharge

Reconnect to
- Your Family
- Your Friends
- Your Coaching “Why”
- Your Mentors
- Your Mentees
- Your Colleagues & Rivals

- Refresh
- Reboot?
Opportunity To...

HABIT 7
Sharpen the Saw

**BODY**
Physical Dimension
- Exercise
- Eat Healthy
- Sleep | Rest
- Relaxation

**MIND**
Mental Dimension
- Read
- Educate
- Write
- Learn new skills

**HEART**
Emotional Dimension
- Build Relationships
- Give Service
- Laugh | Love

**SOUL**
Spiritual Dimension
- Meditate
- Keep a Journal
- Pray
- Take in Quality Media

FranklinCovey.
The 3 ‘Knowledges’

Intrapersonal  Professional
Qualities of Great Coaches

Post the most memorable qualities of your best coach or teacher in the chat area.
“The effect we have on people is the greatest currency there is.”
– Jim Carrey

“Coaching is influence...and our influence is never neutral”
– Dr. Jerry Lynch
“It’s not about the X’s & O’s. It’s about the Janes & Joes”

“Transformational Coaches are great teachers who focus on the human development of the student fostering their growth and potential...For Transactional Coaches, winning is the purpose.”

-Coach Tony Dungy
What do the athletes I coach need most this season?

<table>
<thead>
<tr>
<th>Athlete outcome</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competence</td>
<td>Sport-specific technical, tactical and performance skills; overall health, fitness and physical well-being</td>
</tr>
<tr>
<td>Confidence</td>
<td>Self-belief, resilience, mental toughness and sense of positive self-worth</td>
</tr>
<tr>
<td>Connection</td>
<td>Interpersonal skills, ability to build and sustain meaningful and positive relationships</td>
</tr>
<tr>
<td>Character</td>
<td>Respect for the sport and others, integrity, self-discipline, and ethical and moral decision making</td>
</tr>
</tbody>
</table>
Connection: Coach to Athlete

“No one cares how much you know, until they know how much you care.”
– Theodore Roosevelt

“It’s not what’s on the whiteboard”
- Coach Dr. Dave Salo

“I see you”
- Coach James Leath
1. Login to your Deck Pass account via your mobile device or by logging into the USA Swimming website.
2. Click the “Award Patch” button.
3. Select the type of patch you would like to award – (Meet, Practice, Program, Accomplishment, Motivational, Other)
4. Select the patch you wish to award to your athlete(s).
5. Give the patch a name and description or use the default. Once complete, hit the “next” button.
6. Select the swimmer(s) name that should receive the award. The athlete(s) receiving the award will have a star by their name(s).
Note: swimmers must activate their Deck Pass account to receive patches.
7. Click the “Award Patch” button to confirm the patch.
8. The new patch has been assigned to your swimmers Deck Pass account.
Connection: Coach to Athlete

The best leaders ask the best questions

Resist the urge to know it all and solve everything. Help your athletes become independent thinkers and actors.

Ask questions to direct the conversation toward the type of athlete we are striving to develop

Jeff Raker – Level-up Leadership
Questions

How are you?
What are you _______ about?
What are you learning?
What opportunities exist?
How can you _________?

Avoid “Why” it puts folks on the defensive

“And..” “Because..” “What if...” “I wonder...”
Connection: Athlete to Athlete

Team-Building Activities

Ice Breakers

John Gordon’s 3 (4) H’s

1. Hero
2. Hardship
3. Highlight
4. Hope for
The Swimming Equation

\[ ST = (RT + UT + TT) + (CC \times SR) \]

**Swim Time** = Scoreboard

**Reaction Time** = How long it takes to get off the block

**Underwater Time** = Total amount of time spent underwater

**Turn Time** = Total amount of time spent changing direction at wall

**Cycle Count** = Total number of stroke cycles you take  
(Cycle = 1 complete stroke)

**Stroke Rate** = How fast you take your strokes  
(cycles/minute or seconds/cycle)
Confidence

Training is 95% physical & 5% mental. Racing is the opposite

Resilience

Self-Belief

Process vs. Outcome

“What can I do today to get better?”
Showing Up To Make A Cut

Focus on outcome & results
Uncontrollable
Tight, tense tentative
Self-Doubt
Performance Suffers

Showing Up To Race

Focus on skills/little things
Controllable
Calm & Relaxed
Confident
Performance Enhanced

Courtesy of Dr. Jerry Lynch
Overall goals:

• Have Fun!
• Place Top 8 in most events
• All work together become one team
• Drop the hammer!!
Event 59 200IM
- Go out strong but controlled
- 1.2 or 1.3 back tempo
- Get head into line|Kick!
- Sprint free

Warmup:
- 200 Free overload
- 200 kick/drill IM order
- 25 V sprints IM order
Remember:
- You are an IMer
- You will not die
- on the fly
- your breaststroke is good
This is an opportunity to teach or reinforce your team values & more

Character

- Teamwork
- Commitment
- Fun
- Dedication
- Sportsmanship
- Leadership
- Sacrifice
- Humility
- Making Great Choices
- Hard Work

Hard Work
Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.

John R. Wooden, Head Basketball Coach, Emeritus, UCLA

The Pyramid of Success

- Competitive Greatness
  - Be at your best when your best is needed. Enjoyment of a difficult challenge.

- Poise

- Confidence
  - Respect without fear. May come from being prepared and keeping all things in proper perspective.

- Team Spirit
  - A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.

- Initiative
  - Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.

- Intentness
  - Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.

- Loyalty
  - To yourself and to all those depending upon you. Keep your self-respect.

- Cooperation
  - With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way.

- Enthusiasm
  - Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.

- Industry
  - There is no substitute for work. Worthwhile results come from hard work and careful planning.

- Friendship
  - Comes from mutual esteem, respect and devotion. Like marriage it must not be taken for granted but requires a joint effort.

- Alertness
  - Be observing constantly. Stay open-minded. Be eager to learn and improve.

- Skill
  - A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail.

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<th>Integrity</th>
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<td>-Find time to spend with family even if it means taking time away from other social activities; -Be present for your family when they need you.</td>
<td>-Remember family has your best interest at heart; -Keep home, not just your room, clean; -Listen to family members’ ideas; -Use a respectful tone even in a disagreement (no back-talk).</td>
<td>-Be engaged with family; -Prioritize what is most important; -Resolve arguments and stick with the resolutions, even when it is uncomfortable.</td>
<td>-Make good choices, even when no one is around; -Do homework or chores even if parents are out; -Be safe; -Clean up after yourself, your parents are not your maids.</td>
<td>-Be grateful for everything your family/parents provide; -Avoid complaining; -Support family members when they are down; -Set a good example for your younger siblings; -Small gestures are huge.</td>
</tr>
<tr>
<td>Self driven; -Manage time effectively, identify times to get work done; -Establish priorities.</td>
<td>-Give your best effort; -Listen and maintain positive body language; -Care for materials, books and buildings.</td>
<td>-Work to exceed expectations; -Learn to advocate for self and one’s needs.</td>
<td>-Do your own work; -Be honest with oneself and others.</td>
<td>-Expand your friend group; -Be open to change and growth; -Believe you can improve from where you are.</td>
</tr>
<tr>
<td>-Volunteer your time; -Your community will be what you make it, build the world you want to see.</td>
<td>-Respect others, their differences and circumstances; -Respect the environment you are in (parks, schools, shops, etc).</td>
<td>-There is always more you can do; -Vote; -Commit to change.</td>
<td>-Trash on the ground? Pick it up; -Your actions reflect on those you are affiliated with; -Do good, even for no reward.</td>
<td>-Be kind and smile; -Be a good role model; -Random acts of kindness.</td>
</tr>
<tr>
<td>-Manage time effectively; -Hold oneself and others accountable to their goals and for their actions; -Demonstrate excitement for helping team do things properly; -RACE every race; -Show Up!</td>
<td>-Honor your teammates for their effort and successes; -Your team, coaches and teammates with your efforts, actions, words and body language.</td>
<td>-Set meaningful goals; -Prioritize long term gains over short term comfort; -Recognize opportunities when they arise, -Capitalize on moments where you can improve; -Do the work when you are not 100% because that will be most of the time.</td>
<td>-Do it for yourself; -Best effort regardless of current situation; -Trust your coaches; -Be accountable to your goals, particularly when circumstances are hard.</td>
<td>-Give off good energy; -Leave your baggage with your baggage; -Get on your feet and get hyped; -Rise to challenges; -MAKE IT FUN.</td>
</tr>
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Teach Athletes & Parents to Embrace Struggle

“\textit{The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.}”

– Olympic Creed
The 3 ‘Knowledges’
Parents

Opportunity to engage, educate & enlist them as partners

They may need connection & support as much as their athletes

Keep them informed
Frequently, concisely, consistently

Work together to help the kids
Parent Stressors

1. Logistics – Balancing schedules
2. Athlete Development – Are they improving?
3. Family Time
4. Child/Parent Expectations vs. Outcomes
5. Sport Time Commitment

Results of a study by Ian Cochran, Michigan State Institute for the Study of Youth Sports
The Triangle
Communication

Keep parents informed
Consistent, Frequent, Concise & Caring

Weekly Zoom Meetings?
1. Check in
2. Update
3. Athlete Curriculum
4. Teach them the values
5. Provide resources
Parent Exercise

1. What are 1 or 2 specific performance goals your child or you have for this season?
2. What would you want your child’s experience to be like if you know none of those goals would be achieved?
3. What do you want your swimming parent experience to be like?
4. How can the coaches/team help to make this a reality?
5. What is one thing you could tell me about your child that will help us coach them better?
The 3 ‘Knowledges’

- *Intrapersonal*
- *Professional*
- *Interpersonal*
Reflection is the most important skill/process for personal development – make it a habit

1. What went well?
2. What can I improve?
3. What have I learned?
Evaluation

Use the reflective process to evaluate:

- Yourself: Spouse, Parent, Friend, Leader, Coach, etc.
- The Athletes
- The Program
- The Staff
- The Team

Build on strengths and fill in gaps
Final Thoughts

Guiding & inspiring people to make meaningful, lasting behavioral change to grow & reach their goals

It’s tough out there right now

“We don’t see things as they are; we see them as we are.” —Anais Nin

Reach out, we will help in any way we can
USA Swimming Team Services

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Continuous Learning - Coaches

**USA Swimming Coronavirus Information Page**
Contains USA Swimming communications & links to additional resources from coaches, government agencies the USOPC and others

**USA Swimming Recorded Webinars**
Over 250 free Webinars on a variety of topics

**ASCA Coronavirus Information Page**

**James Leath – Unleash the Athlete**
Recorded Webinar *From Team-Building to Person Building*
30 Great Resources for Coaches
UTA Blog
Continuous Learning - Coaches

John O’Sullivan – Changing the Game Project
Recorded Webinar How to Support Your Athletes During COVID-19
Notes & Resources from both John's & James’ Webinars

Jeff Raker – Level Up Leadership Coach
The Best Leaders Ask the Best Questions – Audio Recording
The Best Leaders Ask the Best Questions – Powerpoint

Jon Gordon – Power of A Positive Team
Jon Gordon’s Top 10 Team Building Ideas
The Power of Positive Summit Free Webinar Series
Recorded Webinar Student Athletes & Coaches Webinar with Kate Leavall
Continuous Learning - Coaches

Recommended Reading

*Every Moment Matters* by John O'Sullivan

*Inside Out Coaching* by Joe Ehrmann

*Legacy* by James Kerr

*Win the Day* by Jerry Lynch

*Win Forever* by Pete Carroll

*Coach to Coach* by Martin Rooney

*The Right and Wrong Stuff* by Carter Cast
Continuous Learning - Coaches

Websites & Videos
- American Swim Coaches Association
- TrueSport
- How Great Leaders Inspire Action – Simon Sinek
- Grit Ted Talk – Dr. Angela Duckworth
- Growth Mindset – Trevor Ragan
- Train Ugly
- Wayne Goldsmith Coaching
- GoSwim.TV – Free Technique Videos & Lessons
- Nitro Swimming Technique

Race Videos on YouTube
- USA Swimming Channel
- International Swim League
- NBC Olympic Channel
- NBC Team USA
Continuous Learning - Parents

Books to Read
- Changing the Game by John O’Sullivan
- Let the Kids Play by Jerry Lynch
- Mindset by Carol Dweck
- Boys Adrift by Leonard Sax
- Untangled by Lisa Damou
- Grit by Angela Duckworth

Articles & Websites
- Growing Champions for Life - USA Swimming
- TrueSport
- TrueSport Parent Pocket Guide
- Strategies for Children’s Coaches to Help Them Engage More Effectively with Parents
- https://www.parentsinsport.co.uk/
- https://www.positivecoach.org/parents
- Being a Positive Sport Parent
- 13 Steps to Being a Winning Parent
- Redefining Success 8 Tips for Being a Great Sports Parent

YouTube Videos to Watch
- Grit Ted Talk - Trevor Ragan
- Growth Mindset - Trevor Ragan
Continuous Learning - Athletes

Books to Read
The Young Champions Mind by Jim Afremow
The Hard Hat by Jon Gordon
Training Camp by Jon Gordon
Wolfpack by Abby Wambach
Inches & Miles by Coach John Wooden, Peanut Louie Harper & Steve Jamison
Any biography of a favorite athlete

YouTube Videos to Watch
Teamwork
Class Dojo has great videos for younger kids on Mindset, Perseverance, Empathy etc.
Mistakes - To Get Better You Have to Get Ugly