

## THE BALANCE OF BEING A MOM, PARTNER, AND COACH

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### WHO THIS IS FOR?

- When approached to do a webinar I immediately thought of all the normal topics: groups, drills, training, multi site functioning, creating culture, etc
- The core of what makes coaches great coaches and great teams though isn't any of those things, all of those burgeon off of the coaches loving what they do

### WHO THIS IS FOR?

- You cannot love what you do if you resent your time away from what is important to you, so this is about how to find balance, and with balance comes team success
- So this is for anyone who is looking for a work life balance and especially for women coaches or men who are helping support women coaches on their team

### A LITTLE BACKGROUND

- This is my fifth year coaching and my 2<sup>nd</sup> year as a head coach
- I have a almost three year old and I am almost 36 weeks pregnant
- Our practice times are 4:30-6:30 am, 3:15-7:00 pm, and 7-9 am Saturdays

### A LITTLE BACKGROUND

- I have three assistant coaches
- I completed by M.Ed in Sport Leadership as an assistant coach
- My partner is a firefighter

### STARTING AND SCHEDULING

- #1 You have to start-you can't think about "what about if I get married", "what if I want kids", "what about when my kids are in school", etc-all of those things can be worked out, but not if you don't ever start

### STARTING AND SCHEDULING

- #2 Have a tight schedule and stick to it-if you let coaching consume your entire life, it will. Designate times to respond to emails, phone calls, parent meetings.

### STARTING AND SCHEDULING

- #3 Hire coaches and help them to develop their own leadership-don't try to do everything yourself

## BALANCE

- Learn to say No-it is ok to have a personal life and to make that time special
- Have a plan for the entire year and communicate it at the beginning of the year as well as weekly to your team
- Have a plan for your coaching staff and communicate it weekly/monthly

## BALANCE

- Learn to delegate!
- Plan meets intelligently
- Don't try to figure out next year this year, figure out this week

## PREGNANCY/BREASTFEEDING

- An active job is actually great for pregnancy, until the end! And then you just have to get through it-I worked until one day before my first son, and the plan is the same with this one
- Time away-this is tricky
- Breastfeeding-plan and enroll assistant coaches to help. Most meets have refrigerators or even rooms you can use.

## BEING A MOM/DAD

- This is where having a balance becomes key or you will start to resent time away from home
- Use time at practice as "you" time-ways to really help this
  - Have your own group-group ownership is so important
  - Have goals for the team/group
  - Appreciate your time away from home, so you can be present when you are home
  - Enroll your partner/family in helping facilitate you have a career you love. Being PARTNERS is so important (no designated roles or expectations)

## BEING A PARTNER

- Enroll your partner in why you want to be a coach, because at some point it will probably end up on the table
- Have to do lists posted in your home along with a schedule
- Use a family calendar, like Google, so that everyone can know the plan in advance (I put the whole year in our calendar in August)

## BEING A PARTNER

- Take at least one vacation a year as a family
- Figure out what works for YOUR family, remove roles or expectations
- Have very clear communication
- Practice gratitude

## BEING A COACH

- Use your experiences as a mom, dad, partner to make your team better and enhance your relationships with your swimmers and parents
- Never let your personal life negatively influence your coaching life-keep them separate, let coaching be an escape where you have full control and have fun

## BEING A COACH

- Communicate with your family what makes coaching important, the rewards, and the benefits you feel from having a rewarding career (even if they aren't typical)
- Be the best, no matter what
  - That means read, research, study, talk to other coaches, be creative, be comfortable with learning

## MALE COACHES WITH FEMALE ASSISTANT COACHES

- Have open conversations about their pregnancy plans, time needed away, breastfeeding plans and ask how you can help
- Understand that the first few weeks are the hardest and then it will even out
- Hold them to the same standards as you always would, having the same expectations will help them understand they are still a valued coach and don't need special treatment

## CONSIDERATIONS FOR WOMEN

- Be the example, do not look for special treatment
- Plan ahead so that you aren't falling apart at work
- Do not apologize for being pregnant, having to take some time away from work, having a family or breastfeeding

## CONSIDERATIONS FOR WOMEN

- Ask for what you need: from your board, your partner, your assistant coaches, and your team
- Understand that it is not easy-travel meets, early mornings, doubles, meet weekends, parents, etc all add up

## OTHER CAREERS

- Quite a few coaches consider other careers at some point
  - They want to be able to see their kids after school/sports
  - Money
  - Travel
  - Hours
  - Prestige/Title
  - Demands

None of these considerations matter if coaching is what you love. Having integrity to yourself is the most important consideration you can have, no one around you can be happy if you aren't happy.

## CONCLUSION

- I love being a mom, coach and partner but it takes a lot of work, a lot of help, a lot of planning, and some nights wondering why
- Look at the world through a lens of gratitude
- Do something for yourself everyday
- Have integrity
- Understand that you will be criticized, that you will disappoint someone, and that you will not be perfect. Throw away the idea of perfection and instead work on being the person you want to be.

## QUESTIONS?