

Women in Coaching Webinar

Sarah Holman
SwimMAC Carolina



Why am I here today?

- ▶ Empower and Encourage women to pursue their coaching goals
- ▶ 49.5% of all USA Swimming coaches are female, yet we are dramatically underrepresented at the highest levels
 - ▶ National Team Roster has over 100 athletes and their lead coaches listed. Only 4 of the listed coaches are female.
- ▶ Why the disparity?
 - ▶ Not getting the positions or not going for them?
 - ▶ Taking risks – navigating an “all in” career vs. work/life balance
- ▶ My Story – Finding success and satisfaction in my career



Achieving Work/Life Balance

- ▶ It can be done.
- ▶ Choose the path that works for you.
- ▶ Recognize and communicate your needs and limitations.
- ▶ Get creative in how you get it done.
- ▶ Say “No” when you don’t have to say “Yes.”
- ▶ Use your strengths to grow your role into something that can let you be Coach and Mom, Friend, and/or Wife/Girlfriend/Fiancee.

Blazing Your Own Trail

- ▶ Self Awareness - Know what you know. Know what you don't know. Hold strong in what you believe.
- ▶ Core beliefs – Stand your philosophical ground. “What's your Why?” guides the way.
- ▶ Methods – If it works, keep doing it. If it's not working, research and experiment. Be malleable in your methods.
 - ▶ Going against the grain - A season of less yardage, slower intervals, and better results
- ▶ The best coaches are great thieves – ask questions; ask for help; find a mentor; stand strong among the nation of coaches, not alone on an island

Connect with the Experts

- ▶ Asking for help is not a sign of weakness, rather a sign that you strive to be the best you can be
- ▶ Don't be afraid to ask questions. Very few coaches are hesitant to share.
- ▶ Great advice on finding a mentor:
www.linkedin.com/pulse/finding-great-mentor-what-look-joel-peterson
- ▶ Similar values but a different perspective. You want validation in your beliefs and methods, but you also need to expand and grow.
- ▶ Find someone that challenges you – encourages you out of your comfort zone.
- ▶ Get involved!!!

Women in Coaching Clinics 2015

The Women in Coaching Clinic is a conference and forum for those who think about, talk about, and are invested in the development of swimming as a sport and career for women and girls. What sets this clinic apart is the opportunity to connect with coaches at every level during on-deck workout sessions, breakout discussion groups, & networking opportunities. Come learn from dynamic speakers on a range of topics. Follow us for up-to-date clinic information, registration & much more!!

[facebook.com/womenincoachingclinic](https://www.facebook.com/womenincoachingclinic)

swimlikeagirl.com

womenincoaching@gmail.com

- ▶ **April 18-19 in Palo Alto, CA**
- ▶ **Early fall in the Charlotte, NC Area**





USA Swimming Women's Leadership Summit

When: April 10-12, 2015

Where: La Foret Conference & Retreat Center- Colorado Springs, CO

Cost: \$150 includes conference, lodging & meals (Dinner- Friday; Breakfast, Lunch & Dinner- Saturday; Breakfast- Sunday)

The Women's Leadership Summit provides female coaches with an opportunity to grow both personally and professionally. The Summit will be a weekend retreat designed for amazing women to convene, connect, brainstorm with others and grow their network.

This summit will recharge your life and career with focus on your development both on and off the deck.

The retreat engages participants in:

- Professional development workshops that build communication skills
- Determining best "coaching" styles
- Honing goal setting and visioning skills
- Creating a personal and professional development plan

The clinic will be facilitated by Rose Snyder. For more information about Rose and the event click [here](#).

There are only 30 spots available so register EARLY!

To register click [here](#).

Questions?

If you have any other questions, please contact Morgan Weinberg at mweinberg@usaswimming.org.

Contact Info:

Sarah Holman

sholman@swimmaccarolina.org

twitter - @weitze23

859-516-8107

Thank you for participating today. I look forward to learning from all of you!