GIVING CREDIT ... WHERE CREDIT IS DUE

Tips, Sets & ideas to help challenge and inspire Age Groupers to take ownership of their sport

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The Nation’s Capital Swim Club (NCAP)
NATION'S CAPITAL SWIM CLUB

▸ 10+ different locations operating as separate sites. Each site runs as its own program to meet the needs of the community.

▸ Georgetown Prep Site (225-250 swimmers)

▸ Bronze 1 & 2 44 (9-11 year olds)
Figure out what you’re really good at…. and contribute that to your team.

A positive thought can go a long way. A productive thought can go all the way!

ALL the coaches have to contribute to the potential of the program.

Find someplace that values YOU.

BE SO GOOD THEY CAN’T IGNORE YOU

~STEVE MARTIN
RESOURCES

- The Way of the Champion - Podcast
- Books!
  The Talent Code
  Energy Bus
  You win the the Locker room First
  Choose to Matter
- Blogs
  Swimming Wizard
  Go Swim
- What makes you excited?
This is a Process

Not trying to make the fastest 9-10 year olds.

This is a small portion of their lives...

Don’t be afraid to do something crazy.

Set the example, no matter what.
OWNERSHIP

1. Taking responsibility for their actions
   - Carrying & Bringing Equipment
   - Understanding their Stroke & weaknesses
   - Kickboard Quotes

2. Having pride in their work
   - Test Sets
   - Setting Goals
   - Gold Patches
   - Golden Kickboard (Clark Swim Club)
TEST SETS

- 6 x 100’s Free ( @ 2:00 - 1:30)  (Mary D.)
- Drop Out 50’s (Yuri)
- 1:01  (my AG coach)
- 10 Minute swim  (Guy Edson)
- Golden 5  (Swimming Wizard or ASCA)
- Add & Subtract  (Swimming Wizard)
  14 x 50’s  w 3 rules
  Break a rule and extra 25 fly
  All correct remove a 50
OWNERSHIP

3. Understanding how to lead
   - Delaying a move up
   - Rearranging Lanes
   - Peer coaching
   - Be uncomfortable!
   - Giving them the opportunity to swim outside their comfort zone

4. Self Evaluation
   - CREDIT Cards
COMMUNICATION
RESPONSIBILITY
EFFORT
DEDICATION
INGENUITY
TEAMWORK
Talking to teammates appropriately
Communicating needs to coach
Checking in after races
Communicating to Mom or Dad
Using other forms of communication
Expressing their Goals
RESPONSIBILITY

- Bringing Equipment
- Bringing Water Bottle
- Taking Criticism
- Coming prepared to a meet
- Getting Homework done
Effort

Are you tired in practice?

Everyday?

Accepting Challenges?
DEDICATION

Nutrition outside the pool

Sleep outside the pool

Time Management

Practice Attendance

Meet Commitment
INGENUITY

Embracing change
Thinking outside the box
Finding new ways to race
Making yourself uncomfortable
Make it feel “Weird”
TEAMWORK

Do people want to swim with you?

  Encouraging others

  Using Positive words in practice

  Leading when necessary
GIVING CREDIT WHERE CREDIT IS DUE

“CREDIT” CARDS

Kylie
GIVING CREDIT WHERE CREDIT IS DUE

“CREDIT” CARDS

C = 3
R = 4
E = 5
D = 4
I = 3
T = 5

C3
1.4
E5
D5
12
+5

10/24
C 4.5
R 23.5
E 4
D 4.5
T 5

C 3
R 4
E 5
D 3
T 4

11
0
“CREDIT” CARDS

▸ I do not look at them
  ◆ Confidentiality makes it more honest
  ◆ This is all apart of THEIR SPORT

▸ Every 3 Months we evaluate

▸ Encouraging them through stories ... not telling them what to put.

▸ Give them CREDIT Cards for themselves
  ◆ Where I think they stand...
THANK YOU!

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