A survival guide for young coaches

USA Swimming Webinar
Wednesday September 27, 2017
Our office, size & location may vary
Why we chose to coach, the good things

• Love swimming
• Love kids
• Love the challenge
• Love to teach
• Love flexible hours
• Love early mornings
• Love swim meets
• Someone said, “you’re good at this”
• Want to give back to the sport
• The Olympic DREAM
Why female coaches leave the profession

- Long hours
- Low pay/no retirement/insurance
- Little vacation
- Only female coach
- Want to start a family
- No family time
- Lack of respect
- Difficult to advance
- Disillusioned
How to make it work

- Surround yourself with positive people
- Believe in yourself/believe you belong
- Stand up for what YOU believe in
- Never be afraid to admit you don’t know everything
- Surround yourself with people that complement your strengths & weaknesses
- Welcome change when needed
- Don’t be afraid to fail, welcome challenges
- Let things go, don’t dwell
- Learn to listen…you might learn something new
Success depends on your backbone, not your wishbone
Have ambitions and a plan

- Know what you want out of your career
- Be patient, all good things take time, believe in the process
- Don’t let anyone tell you what you should do, but listen with an open mind
- Plan for the future both on and off the deck
- Don’t sacrifice your personal life
- Be yourself, and be proud of it
- Find your own style and own it, there is only one you
No bad energy allowed

• The blaming card
• The everyone else gets a break
• I can’t do that
• They wouldn’t let me
• Why should I try
• I’m not good enough
• I never get any talent on my team
No limits

• There is no try, only do
• Open mind-open heart
• Never stop learning
• Be humble, yet proud
• Laugh at yourself daily
• Learn something new every day
• Be responsible for your actions
• Take credit for the good and criticism for the bad
Be OK with being uncomfortable
Use your resources

• Other coaches
• Online
• Books
• Administrators
• Parents
• Scientists
• Teachers
• Volunteer
• Try new things
Participate in clinics and talks

• Everyone has something you can learn and grow from
• Never believe your way is the only way
• Embrace criticism
• Stay openminded
• Don’t be afraid of other coaches and their knowledge
• Make every day count, learn something new every day
Reality, 2016 statistics

- 336,026 year-round athletes
- 23,858 Seasonal athletes
- 326 open water only
- TOTAL 360,210 swimmers
- 3011 Registered club teams
- 38,375 non-athlete registrations
- RIO Olympic team members: (25)men & (22) women
“The parent trap”

- Swimmers come with parents, some have more than one pair
- Keep them informed, on a need to know basis
- Communicate and make them feel important
- No parents-no swimmers-no job
- Parent meetings; answers questions and creates less miscommunication
- Educate them and make them your allies, it is worth your time
- Learn how to communicate in uncomfortable situations
Leap of faith
Advise from Allison Beebe, Assistant coach at Santa Clara Swim Club

• First, make sure that this is truly a passion. The pay is not great, the hours are not ideal, and you are going to receive more criticism than compliments (especially if you are successful). It is much easier to block this out and stay focused on your goals if you love what you do.

• Second, learn as much as you can. Question everything. Question everyone. This results in either understanding why something is done or discovering better ways to do it.

• Finally, listen to your athletes. So many coaches automatically tell swimmers what to do, but the most effective way to help them is to find out what they don’t know, and you can’t do this if you are the one talking.
Advise from Rachel Stratton-Mills, Senior Assistant coach Arizona State University

- Don’t be afraid to speak to someone you don’t know. There are so many people who can give you great advise. All you have to do is ask.
- Don’t let anyone else make you feel as if you have to change who you are. We all want to work to be better and learn more. You don’t have to change who you are on the path to being great.
- Embracing the downs of the job is as important as loving the successful times. A long career is filled with bad alongside good. Learning to appreciate them both for what they are worth makes longevity in the profession possible.
Mona Nyheim Canales

• www.pitchforkaquatics.org/
• www.thesundevils.com
• monaenc@gmail.com
• pitchforkaquatics@gmail.com
• 480-498-0484
• Twitter: monaec
• Instagram: Pitchforkaquatics & mamamonkey22