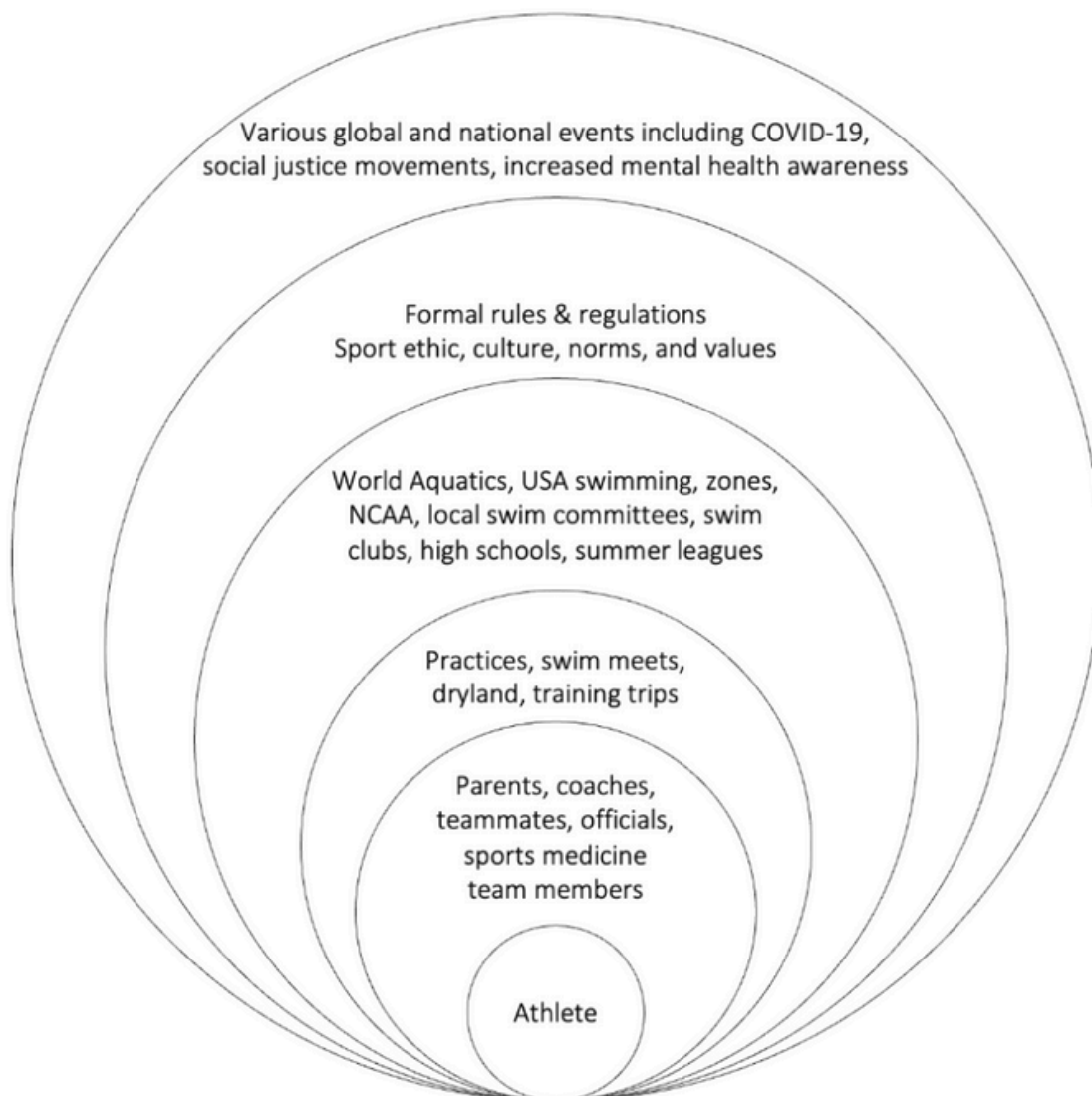


TOP TIP #2

Competitive swimming occurs in a set of complex interconnected systems.

Much like the world – and sport as a microcosm within it – competitive swimming world is a set of complex, interconnected systems. As a coach, you are integral in influencing, navigating, and connecting these systems. Research has found that the ways in which you coach the athlete, has a long-lasting effect on their personality, thoughts, emotions, behaviors, and performance well beyond sport.

Same way, due to thorough understanding of the sport of swimming, continued involvement in various swim organizations, and ability to make decisions on various practice and swim meet related logistical matters, coaches are also integral in influencing various sport stakeholders surrounding the athlete. These relationships are also crucial in sport retention and drop-out.



FOOD FOR THOUGHT:

“The system, to a large extent, causes its own behavior! An outside event may unleash that behavior, but the same outside event applied to a different system is likely to produce a different result.”

Donella H. Meadows (An American environmental scientist, educator, and writer)

Critical Questions:

When considering the factors within various levels of the systems, as a coach, reflect on the following:

1. In my working environment, which level(s) of the systems are the strongest and most optimal for high performance? Why?
2. In my working environment, which level(s) of the systems are the least optimal for high performance and in need of attention? Why? What needs to change?

When considering the connections within and between different systemic levels, as a coach, reflect on the following:

1. What connections am I able to directly influence? How and why?
2. What connections am I not able to directly influence? Why?
3. What connections am I able to indirectly influence? How and why?
4. What connections am I not able to indirectly influence? How and why?

