

## Middle Atlantic Swimming Coaches Committee

February 18, 2024

7:00 PM – Zoom

In attendance: Andrew P. Austria (Chair), Mike Seip (Staff), Brian Kline, Casey Coble, Leah Gingrich, Tori Abruzzo (Athlete), Emily Hamill (Athlete)

Not in attendance: Owen Edwards

### **Agenda**

Olympic Trials Training  
Coach of the Year  
Positive Coaching Alliance  
Conferences / Clinics

### **Olympic Trials Training** – Casey and Leah

About 20-25 athletes  
April to June

Summer Junior Cuts / Trials

- Number of swimmers

Franklin and Marshall – Contact Shawn Carty  
\$50 per hour, per lane

Keystone Aquatics – Contact Scott, Andrew Beggs

- Leah will get information

Friday, Saturday, Sunday – LC

- Survey – Coaches feedback for joint practice or structured – Andrew
- Number of Qualifiers ( + / - )

UMLY – Todd Conrad

- Mike Seip

Mercersburg – Glenn (Andrew)  
GCIT – Paul / Matt Sprang (Andrew)

Paul Donovan – Senior Committee discussion

Split sites

## **Coach of the Year – Brian and Greg**

Criteria for selecting the Swimming Coach of the Year in the categories of Developmental, Age Group, and Senior:

### 1. **\*\*Developmental Coach of the Year\*\***:

- Demonstrated commitment to nurturing young talent and fostering a love for swimming.
- Evidence of significant improvement in swimmers' skills and performance.
- Positive impact on the overall development of the team.

### 2. **\*\*Age Group Coach of the Year\*\***:

- Consistent success in coaching swimmers within specific age groups.
- Record of preparing swimmers for higher levels of competition.
- Strong leadership and mentoring abilities within the age group category.

### 3. **\*\*Senior Coach of the Year\*\***:

- Proven ability to train and guide senior swimmers to achieve their full potential.
- Track record of success at regional, national, or international levels.
- Leadership in developing advanced training programs and strategies for senior swimmers.

### **\*\*Principles to Follow\*\***:

- Nominations for the coaches must be submitted before Championship Meets in March.
- An online ballot should be conducted before the Championship Meets in March to gather votes.
- The announcement of the Coaches of the Year should take place at the 10 and under, Junior Championship, and Senior Championship Meets to recognize their achievements in their respective categories.

- Criteria – needs to be sent out this week
  - Feedback by Tuesday February 20, 2024

Voting – 2 votes per team

Developmental Coach – Short Course

- House of Delegates Recognition
- Nomination by Championships
- Voting deadline

Age Group – Summer Junior Champs

Senior Coach of the Year – Summer Senior Champs

### **Positive Coaching Alliance** – Allie, Owen, Tori and Emily

- Managing emotions throughout the season/highs and lows at championships meets, not letting bad practices or races control mindset for rest of season/meet
- building positive team camaraderie, success of others, comparison of others, Someone else's success doesn't take away from their own. Team Environment
- balance of understanding when to preserve and push through tough times but also making athletes feel heard, understood, valued, etc. when to have a "strong hand"
- Coaching with Empathy
- April after break

### **Conferences / Clinics** – Allie, Owen, Tori and Emily

Location:

- Penn state too far
- Philadelphia too expensive
- Crown Plaza in Cherry Hill used to hold the Eastern Conference, could be a good option
- in a normal year January or the last half of April would be a good time, before LCM season fully kicks off, little bit of a down period more flexibility to travel instead of back-to-back traveling after championship meets
- would not piggyback off the athlete camp, keep it about the athletes and have designated time for the coaching aspect
  
- What is a Central Location
- Lancaster has Conference Center – Frankling and Marshall
- Eden Resorts
- Determine best time of year (Champs, Age Group Camp, Junior Nats Qualifer LC Camp)

Next Meeting: April 10, 2024 7:00 PM