

Middle Atlantic Swimming Coaches Committee

October 29, 2024

1:00 PM – Zoom

In attendance: Andrew P. Austria (Chair), Mike Seip (Staff), John Fedena, Casey Coble, Brian Kline, Allie Fogleman

Not in attendance: Owen Edwards, Tori Abruzzo (Athlete), Emily Hamill (Athlete)

Agenda

Coaches Feedback

Championship Meet

Coaches Feedback

- Sent emails to head coaches to ask for feedback from the 2023-2024 season
- Compiled responses in document
- Feedback included
 - Coaching strategies
 - Athlete resources (ie. Mental wellness)
 - More Workshops / Clinics
 - Topics: nutrition, mental wellness, injury prevention
 - Can we include as part of the House of Delegates
 - More participation from Coaches
 - Different Tracks
 - Continuing Education - Online Learning modules
 - Coaches Roundtables
 - Mentorship programs
 - Feedback – Surveys or Suggestion boxes
 - Meet surveys
 - College Recruiting Resources / Clinics / Roundtable
 - Camps

Championship Meets

- Provided the Recommendations from Tech Planning
- Feedback from Coaches responses included
 - Same experience from each meet
 - Bonus Events
 - Age Group Scoring – Team Scoring
 - Length of meets
 - Number of Locations
 - Number of Athletes – Deck Space
 - The “Not Championship Meet”