

# Coach Representative Report

## September 2020

On August 26, 2020 Ian Murray, swim coach Dynamo swimming in Atlanta led a zoom presentation for MESI coaches, it was nominally attended.

He began stressing the importance of dryland training for his athletes

Also incorporate things that you believe in, as coach, into what you are doing with athletes

He covered his background in swimming and coaching.

Covered "covid coaching"

They use 2 pools and with the march shut down had a financial crunch. In order to keep families engaged and the team functional utilized Zoom. Sent dryland workouts to members and led via zoom.

Used team resources to run webinars and bring in Olympians for talks to keep up motivation. Ian thinks they will keep using these after the pandemic.

Dynamo returned to the water in May.

Used phase approach bringing back age groups over weeks with focus on safety.

Found masters group were the worst at safety procedures

Team has experienced 2 positive cases so far

-adapting to new reality

-mission has not changed

-safety is #1

-have a plan

-keep it simple

-wear mask when at work

Calls dynamo an "athlete development program" that uses swimming as the tool to get there

-when it comes to skills make sure athlete masters easier skill before progressing to more advanced skill

-Dynamo warms up to swim (WUTS)

-loves the work out APP "swork it"

-use facility space effectively

-they use lots of jump rope/jumping jack variations/plank variations

-Ian covered Dynamo frequently used resources (they use 7 major ones) (loves Qswim)

-Dynamo has their own Youtube page

-Q&A time

You are encouraged to watch his presentation at the MESI web site

Respectfully submitted

Jay morissette