

USA Swimming Workshop
April 20-23 @ Marriott, Denver Tech Center

4/20 630pm Keynote
Matt Barany > Optimal Health
Swim Coach @ URichmond

60% adults > chronic stress

Ground Rules

- Open mind > starts w/you, improve your health
- Human Interaction > social connection reduces stresses
- Hang Out!
- Communicate, Feedback

Nervous > acute/short-term stress

- Heart rate up, blood flows, increased focus
- Short-term is ok
- Can handle mid-level stress
- NOT designed to live in chronic stress

Stress

- Autonomic Nervous system
- Sympathetic & Parasympthetic
- Heart Rate Variability (HRV) > wearables measure this
- Leading indicator of illness
- HRV > psychosocial stress
- Understanding the environment
- Positivity affect the baseline

Improving the Stress Threshold & HRV

- Movement
- Breath
- Meditate, message, float tanks, cold tubs
- Nutrition/Hydration

Circadian Systems

- Three Core > Nutrition, Sleep, Movement
- Disruption > longer rhythm is out of sync, better chance of
- Chrono types > understand your core
- 40% Early Risers
- 30% Night Owls
- 30% Pseudo Night Owls
- Quiz (AuroMEQ) > can help you define which of 3

Stages of Sleep

N-REM

- All stages important
- ?? occur in 1st half

HGH is secreted > tissue repair begins
Immune system restores

REM

Late sleep stage
Balance emotional & mental health
Helps creativity & problem solving
Preserves memory

MENTAL 1st AID > Emotional/Brian Health

Sleep Cycles > about 90 mins each contain all 4 stages
Each stage N-REM decrease but REM increases

Elements of a Playbook

1. Prioritize > your attitude helps improve sleep
Apply take-aways to your life
Secure education for your team
2. Create Consistent Schedule
Eat meals @ same time > 3 hours before sleep
Hydrate w/H₂O > avoid caffeine after breakfast, alcohol after dinner
Light snack before bed
Reduce light consumption 90mins before sleep
Enjoy wind down routine > self-care, read, stretch
Enter bed @ same time w/intention to sleep
3. Increase sleep duration
Increase mental & physical health w/more sleep
4. Improve Continuity & avoid interruptions
Bed is for sleep > avoid electronics, food, people, etc.
Dark bedroom, Quiet, Cold, Remove clock
Nightstand > book, journal, water

Can do's @ bed time

Read, Breath/Meditate, Journal
Positive Visualization, Virtual Walk

Implementation

1. Understand the mechanics
2. Onboard w/SR??
3. Evaluate

R.E.M. > Routine, Environment, Me

Life Changing skills > sleep improves GPA
Wearables not required, education is required

4/22

830am Town Hall W/Board of Directors

BOD > more strategic
Changing structure of BOD

#'s 36 > 15

Much longer term thinking

Looking to always get better

Membership income 62% > declining

Athletes down 9%, non-athletes down 7%

No Olympic bump since '08

Have to GROW THE SPORT!

Competitive Success

NIL's & NCAA > success important

Olympic Trials @ Indy

Bigger stadium, cheaper/more hotels

USA Swimming Network now available

It is free

DEI > more than 50% of US babies are non-white

More diverse staff = more diver swimmers?

945am Eastern Zone Meeting

Tim Husson (non-coach), Jerry Adams (coach) & Gavin Foreman (athlete)

Beth Winoski (south) & Nate Chessy (north) > Team Services

Team Services > can help w/anything or @ least connect w/someone

Governance > LSC & Club

Business/Financial Advisors

Parent/Coach Education

Athlete Development

Provide Opportunities

Camps, Club Achievement, Club recognition

Women's leadership summit, webinars,

Coaching clinics, CLBMS 101

Social Media > How to communicate better

Possible new Provisional Membership

All online w/in 1st year and all requirements w/in 3 years

Regular Meeting > register

May 7, Spring Meeting

TPC @ 9am, meeting @ Noon

11am Coaches Tech Meeting

CAC > Coaches Advisory Committee

How they can help, Coaches need to vote

SDC > Sr Development Committee

National Time Standards, Club Excellence

CD > Club Development

Support the clubs

Club recognition program > revamp coming soon

AGD > Age Development

IMX, new meet formats

Frustrations

CAC > learning on the job

AGD > figuring out next project

CD > give clubs what they need, need for feedback

SDC > diverse coaches, meets, training, philosophy, etc. (The American Way)

130pm LSC Development Committee > Set up for Leadership

'Lightening the BOD Load of Work' > work for the bigger pic

Governance is required

Parliamentarian > can help w/BOD & HOD meetings

Election & Activating Governances > who might best serve

LSC Annual Calendar

Budget, Meets, Nomination/Governance, Committees, BOD, HOD

Nominating/Recruit Committee > now Governance for most LSC

Where to search from? Whom to search from?

Skill sets, geographic, diversity

Vetting the candidates

Board Orientations > overview of organizations history & structure

Vision, Mission, Core Values

Financial dues & Reports

BOD roles & committees

Governance Best practices

Strategic planning

Committee Orientations > to support the HOD & BOD

Opportunity to hear from all

Opportunity to mentor & develop leaders

Engagement of athlete reps

Regular schedule of meetings

Take minutes, follow up

Governance Docs > Bylaws, Rules, Rags, Policies

Board & Staff manuals

330pm Mental Health

Emily Khuel > Michigan Grad & National Team member

Identify Problem

Breathing

Know your athletes

Pre/post performance routines > provide control

Mental Health > emotional, psychological & social well being

Factors to consider

Biological > genes or brain

Life experience > trauma, abuse

Family history

Swimmers, practices, planning, team dynamics, administration, academics, managing relationships, travel

EUSTRESS > Good stress

Think about how you felt

DISTRESS > Bad stress

Biggest difference in the 2 is amount of control

Loss of control > impact on distress

Physical, attitude, emotional behavior

What is the tipping point?

How does coach impact athlete's performance >

Correlated to coach wellbeing & team success

Finding the right balance

Everyone is different > responsibilities, priorities, etc.

Step 1 > Decide your priorities

What is important to you

Time management

Know yourself > lead by example, create trusting environment

Does not need to be Negative to impact staff/athletes

Step 2 > Awareness & Prevention

Step 3 > Make a plan

Start small > flexible

Give yourself permission

4/22 8am LIVEBARN Presentation

They will supply site w/camera & other broadcast equipment

They install their own hard line

Cameras are always on but can be coded for different times

Viewer (\$14.95/month) can watch any Livebarn production anywhere including pool

Ability to record & review practices in-house or online

Many hockey rinks have this, 50 pools as of this spring

No cost to host facility, make a cut if subscriptions go through host portal

9am Legislature Review

Today > proposals

5 months later vote in Sept (online)

1130am US Equestrian Benefits

Annual Membership is \$25

Free Mental Health 1st Aid > 24 hour/day, 365 days/year

Group Health Coverage

ACA compliant

Offered in 50 states

Guarantee issue, get at anytime

\$0 deductible

Telemedicine

4 types of health insurance > Essential/Bronze/Silver/Gold

Other types offered

Group Health, Short-term, Dental, Vision, Teledoc
Critical, Accident, Global Short-term, Life insurance
Long-term, Pet Insurance*, Home, Boat, RV
Pet insurance is most requested

Eligibility > member of US Equestrian usef.org

usef@thompsonbenefitsgroup.com

lcbolton@usef.org

code: usaswim

130pm National Team Panel

Joel Shoenfeld, Brendan Hansen. MJ Turex, Lindsay M & Matt
Culture of National Team

Development teams > Jr teams > Nat Teams > Team USA

Video of all TYR meets & up

Analysis of every Jr/Sr team member

Priorities

Team services > multi-decisional

Sports Development > athletes

Nat team > trusts & getting better everyday

Jr team > building relationships

Steering Committee & Athletes Advisory Committee drive Nat team (trials meets & above)

Sports Development drives all USA National Events (except trials meets)

Nat/Jr Team > phone use not controlled by USA Swim but by athletes

330 pm Engaging w/parents from 3 perspectives

12 & under Parents > Dana Skelton

Learning Objectives > introduce parents to long time athlete development (LTAD)

Planned, systematic & progression driven

Focus on the long-term

Goal is all who participate to reach their full potential

Factors to consider

Kids can differ by 5 years' biological

Maturity, natural ability, support from others, emotional development

Others: \$\$\$, family, etc.

Why is LTAD important?

Prevents injury, keeps kids in sport

Who plays a role?

Coach, Swimmer, Parents, Team

Focus on the Process, not the results

Results do not define the race

Kids cannot control the results

What can impact > goggles fell off, hurt myself, ate too much, etc.

Don't Reward Performance > what habit are you creating

What happens when you don't perform well?

Let the Coach, Coach (Professionals) > avoids confusion

Avoids confusion w/role of parent
You show support for coach, athlete more likely to trust coach
Teach children not to need 'US' > prepare for life
Parents/coaches are not always going to be there
Do not compare your child to other children
Encourage an identity outside of the pool
Being a sport parent should be FUN

3 Tips

1. Engage the parents in the conversation
2. Engage the Age Group coaches, either they lead or they learn
3. Make connections between your club and the content

13 & older Parents > Terry Jones

Welcome to Senior swimming > doubles, dryland training, High School

Common Parent Concerns

What Coaches want

Athletes to take ownership career
Adequate for themselves
Learn from failures

What athletes want

Get faster & achieve goals
Same standard for all athletes
Positive reinforcement
Parents do not talk to them about bad swim
No bragging

What's with all the change

Puberty, no more 50's/100 IM's
Talent vs Work

Early Matures

Taller/leaner	early success
More muscle mass	may lack effort
Acquire physical skills	excessive recognition

Late Matures

Smaller	lower performance
Less strength	less attention
Later motor skills	

Is college swimming a possibility?

Very small % get scholarships & most are partials
Plenty of opportunities for all levels of swimmers
Many are making school choices earlier

3 Tips

1. Communication is the key
2. Be proactive in transition
3. Let parents know > practices, meets, expectations, commitment

Team Culture > Beth Winoski

Parent's role in team culture > what have parents done positively & negatively

Tips

1. It won't always be ez & comfortable > that is ok
2. Ask yourself 'Am I promoting a positive/negative team culture
3. Being a great sport parent is being a cheerleader