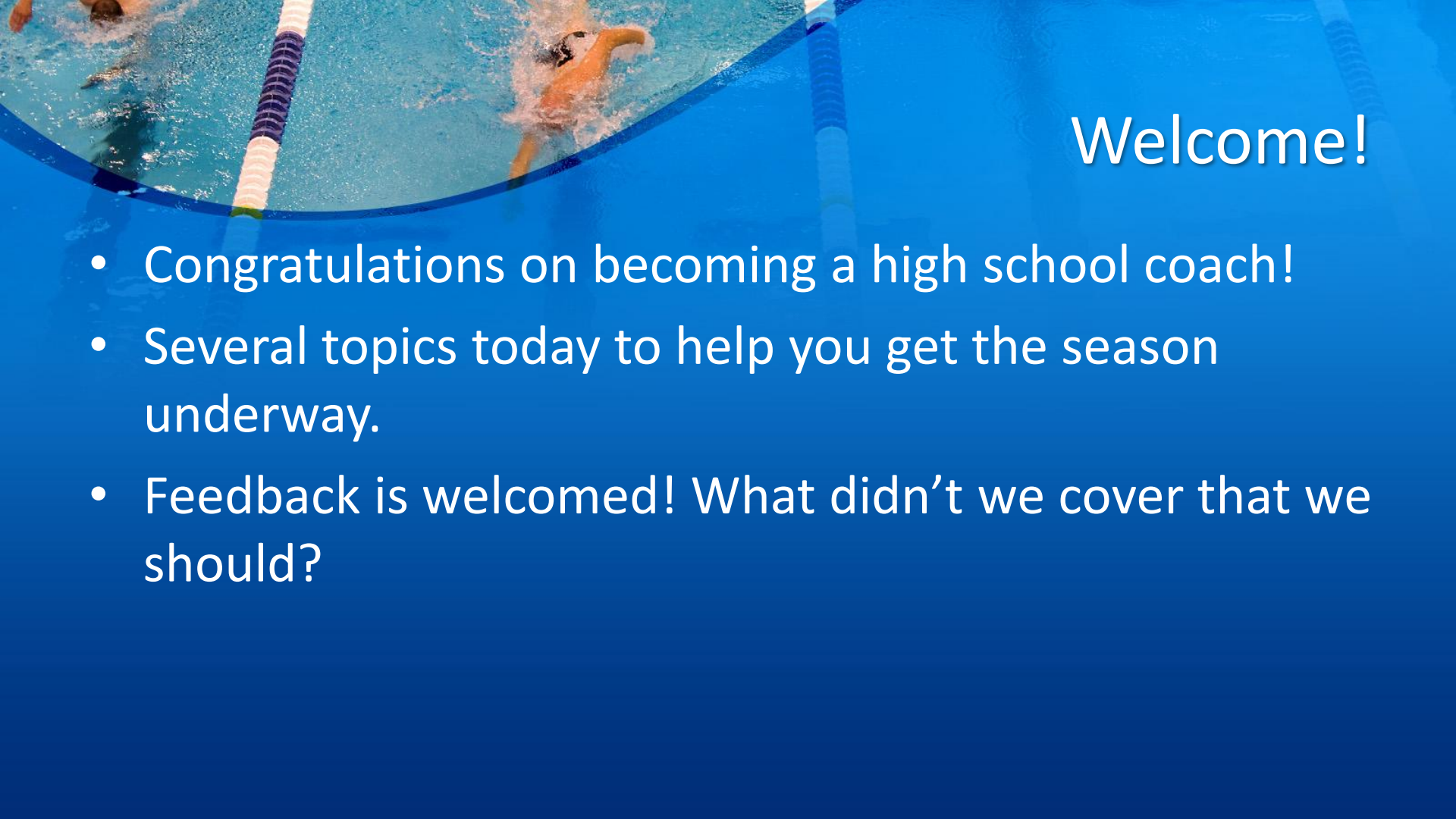


- 
- A photograph of a swimmer in a pool, viewed from above. The swimmer is in the middle of a stroke, with one arm extended forward and the other back. The pool is divided into lanes by blue and white lane lines. The water is a clear blue. The swimmer is wearing a black cap and orange swim trunks.
- START RECORDING

A photograph of several swimmers in a pool, viewed from above. The water is blue, and lane lines with blue and white floats are visible. A large blue curved shape is overlaid on the bottom right of the image.

New Coach Introduction Class Preparing for the season October 16, 2025 5:00 PM



A swimmer in a pool, viewed from above, with lane lines visible. The swimmer is wearing an orange cap and is in the middle of a stroke, creating a splash. The water is blue, and the lane lines are white with blue and red floats.

Welcome!

- Congratulations on becoming a high school coach!
- Several topics today to help you get the season underway.
- Feedback is welcomed! What didn't we cover that we should?

A swimmer in a pool, viewed from above, with lane lines visible in the water. The swimmer is wearing a black cap and orange swim cap.

Build the school relationship

- Who to know- make allies!
 - Athletic Director
 - Administration- principal, guidance counselors, superintendent, board members
 - Athletic boosters
 - Other coaches, school activities

A photograph of a swimming pool with several swimmers. The water is blue, and there are lane lines visible. The image is partially obscured by a blue gradient overlay that contains the text.

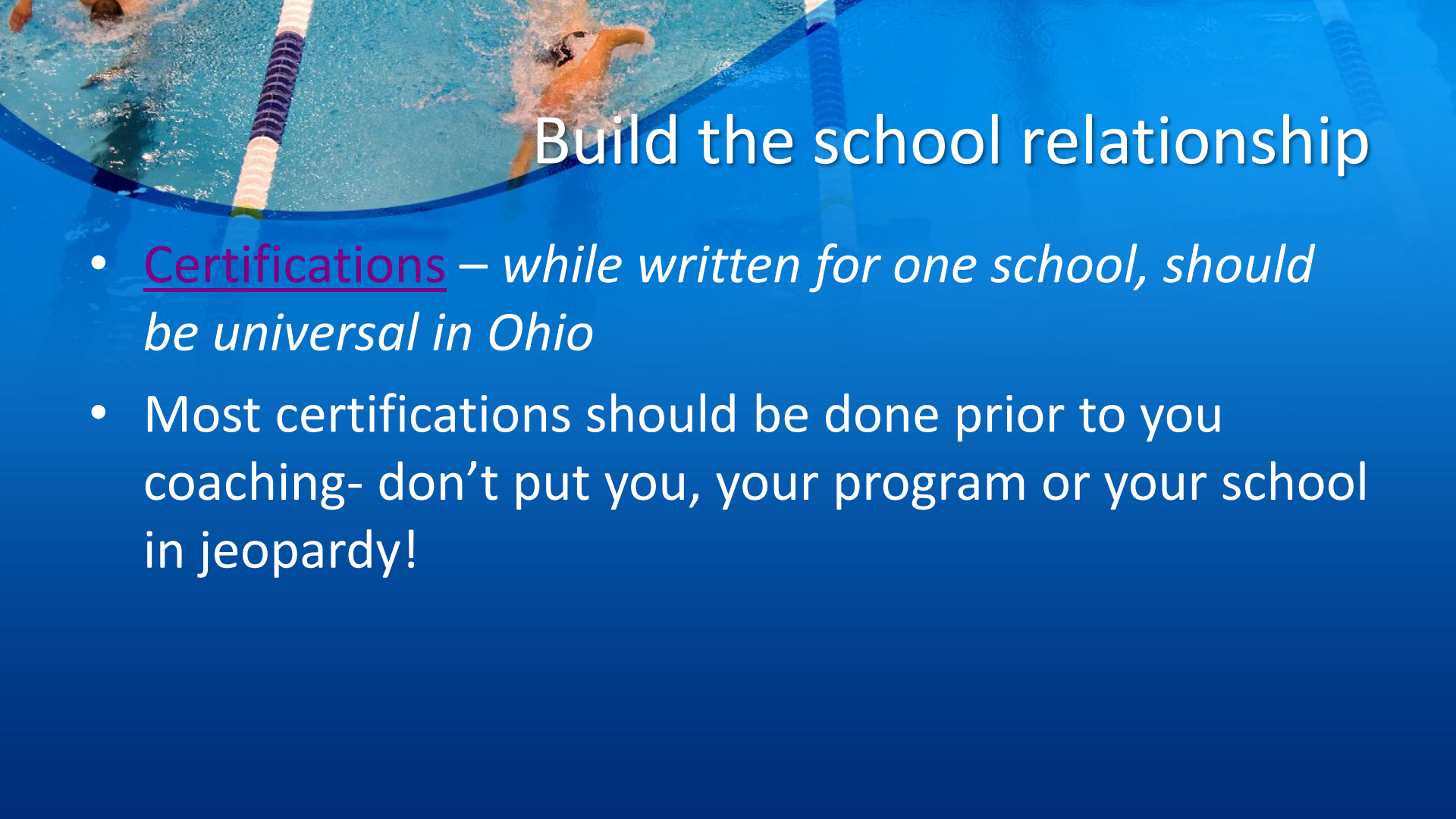
Build the school relationship

- AD- primary relationship.
 - Before you meet, set your coaching philosophy. Why are you doing this? Goals? Know this for yourself and your AD– it will drive the season.
 - Set mutual expectations
 - Know each other's goals for the team
 - How does an AD see a successful coach
 - What have other coaches done well/issues

A swimmer in a pool, viewed from above, with lane lines visible. The swimmer is wearing a black cap and orange swim cap.

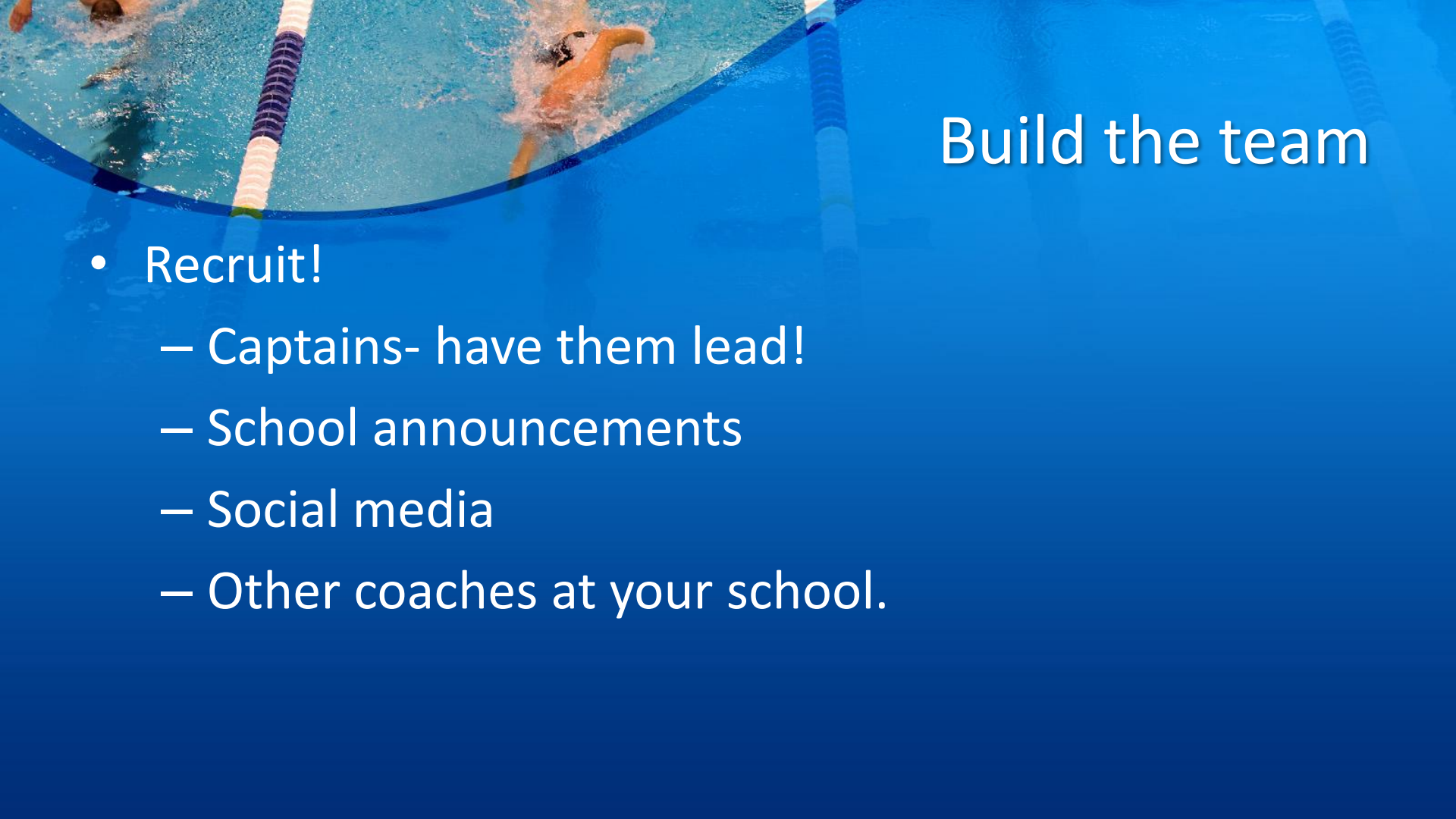
Build the school relationship

- Budget
 - What can you do for meets- host/travel
 - Practice facility, if not school owned
 - Equipment/suit needs- who pays?
 - Software- don't do this by hand!
 - Hy-tek/Team Unify/SwimCloud/etc.
 - Get software/access/backups from prior coach

A background image of a swimming pool with several swimmers. The water is blue, and there are lane lines visible. One swimmer in the foreground is wearing an orange cap and is in motion, creating a splash. Other swimmers are visible in the background, some further away.

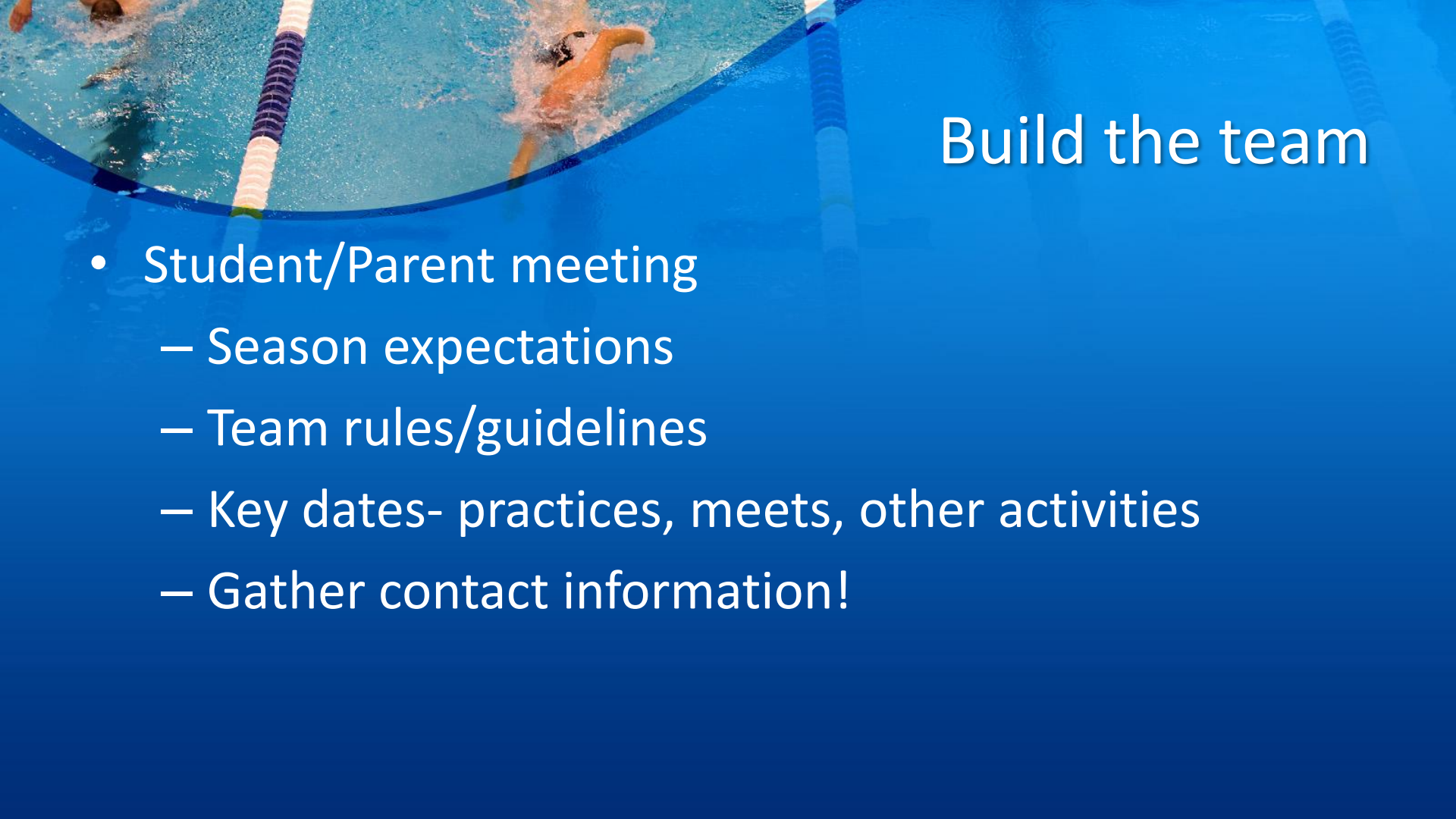
Build the school relationship

- Certifications – *while written for one school, should be universal in Ohio*
- Most certifications should be done prior to you coaching- don't put you, your program or your school in jeopardy!

A photograph of a swimming pool with several swimmers. One swimmer in the foreground is wearing an orange cap and is in the middle of a stroke, creating a splash. Lane lines are visible in the water. The image is partially obscured by a blue gradient overlay on the right side where the text is located.

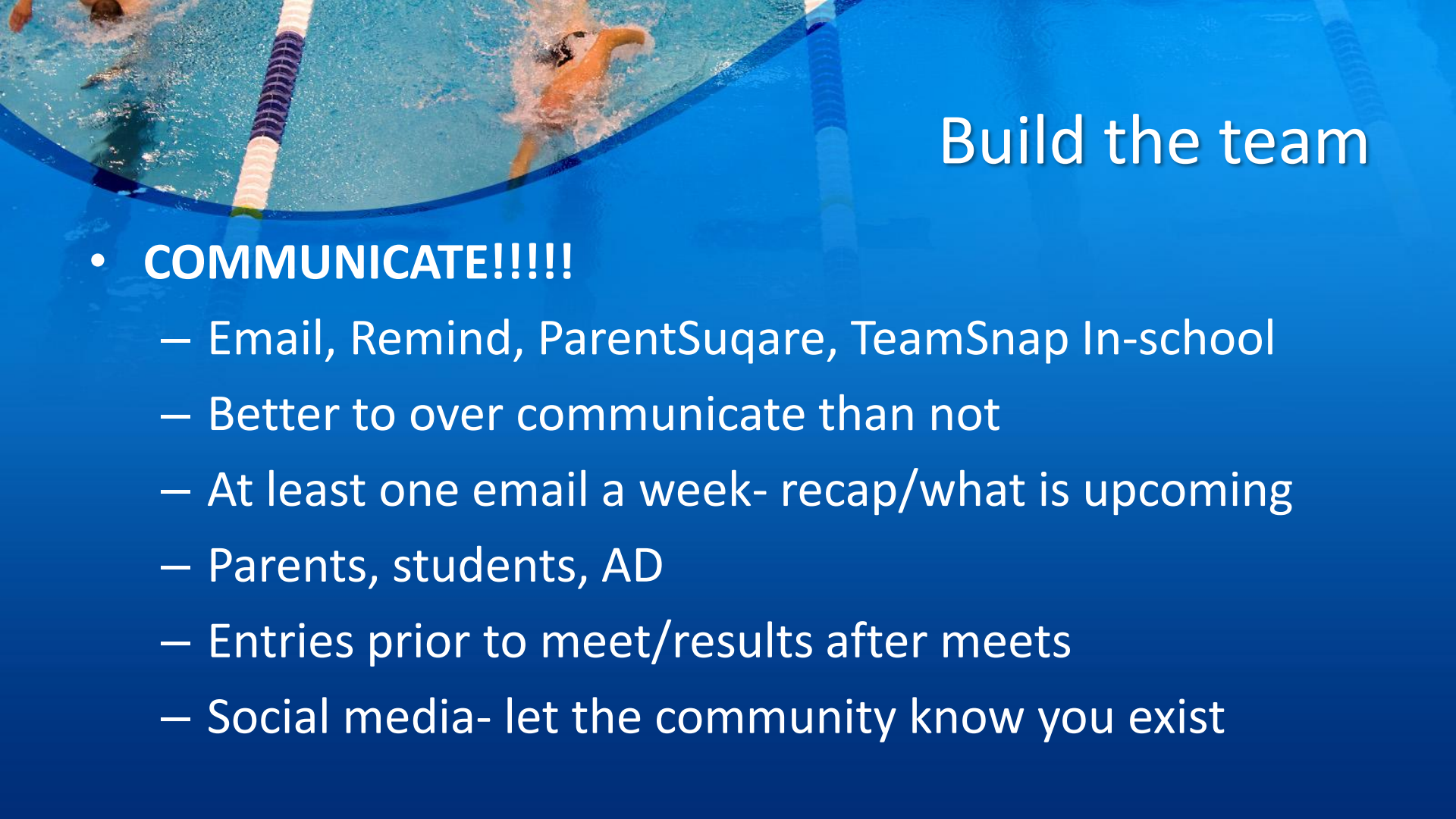
Build the team

- Recruit!
 - Captains- have them lead!
 - School announcements
 - Social media
 - Other coaches at your school.

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool. The water is a vibrant blue, and lane lines with white and blue floats are visible. The swimmer's head is above water, and their arms are extended forward. The background is a solid blue gradient.

Build the team

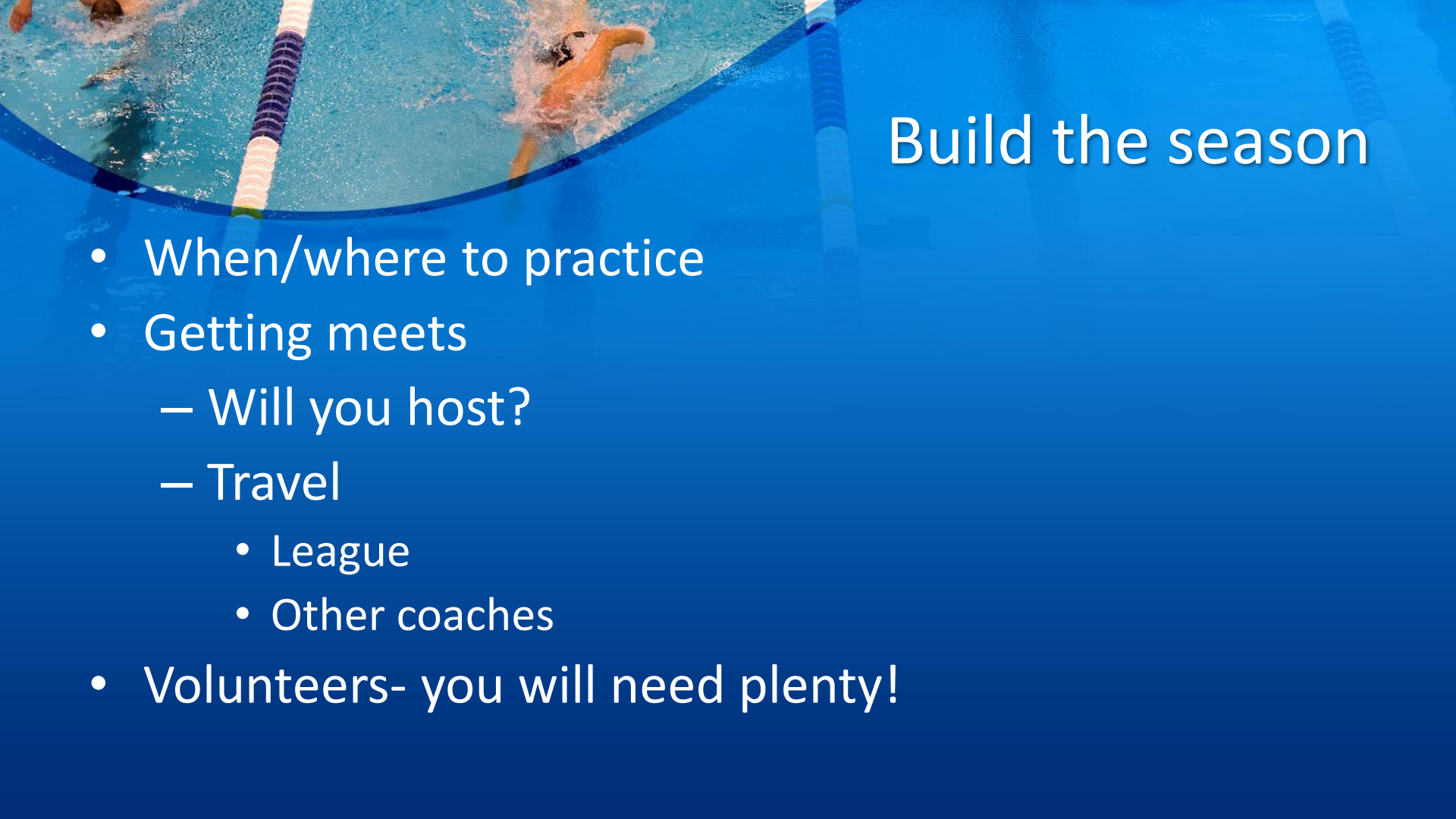
- Student/Parent meeting
 - Season expectations
 - Team rules/guidelines
 - Key dates- practices, meets, other activities
 - Gather contact information!

A background image of a swimming pool with several swimmers. One swimmer in the foreground is wearing an orange cap and is in the middle of a stroke, creating a splash. Lane lines are visible in the water.

Build the team

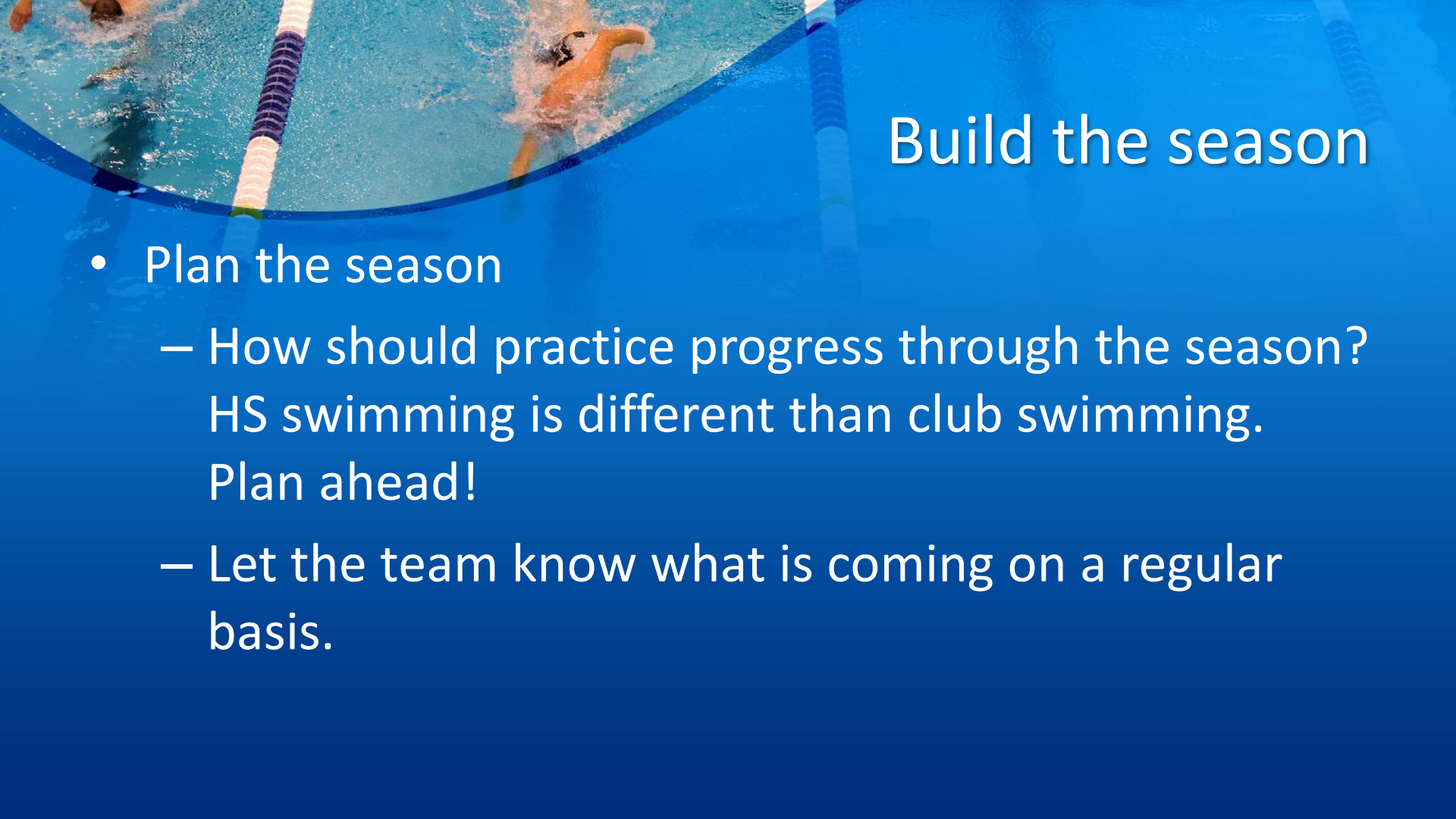
- **COMMUNICATE!!!!**

- Email, Remind, ParentSquare, TeamSnap In-school
- Better to over communicate than not
- At least one email a week- recap/what is upcoming
- Parents, students, AD
- Entries prior to meet/results after meets
- Social media- let the community know you exist

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool. The pool has blue lane lines. The background of the slide is a solid blue color.

Build the season

- When/where to practice
- Getting meets
 - Will you host?
 - Travel
 - League
 - Other coaches
- Volunteers- you will need plenty!

A swimmer in a pool, viewed from above, with lane lines visible. The swimmer is in the middle of a stroke, creating a splash. The water is blue, and the lane lines are white with blue stripes.

Build the season

- Plan the season
 - How should practice progress through the season?
HS swimming is different than club swimming.
Plan ahead!
 - Let the team know what is coming on a regular basis.

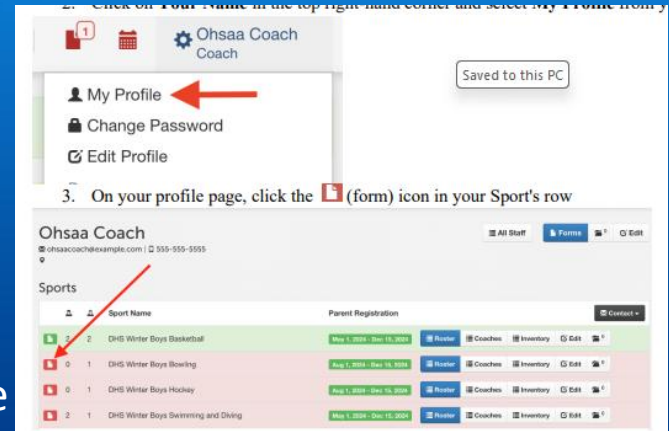
A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool, with blue lane lines visible. The image is partially obscured by a blue gradient overlay.

Key Season Dates

- Practice start date – October 27
- Meet start date- November 24
- Sectionals – February 9-14
- Districts – February 16-21
- State Meet – February 24 – 28

Rules Interpretation Meeting

- <https://ohsaaweb.blob.core.windows.net/files/Sports/Swimming-Diving/SwimandDivePreseasonManual.pdf> currently shows last year's document
 - Online-- FinalForms, October 20/21? November 21?
1. Log in to your FinalForms account
 2. Click on Your Name in the top right-hand corner and select My Profile from your dropdown menu:
 3. On your profile page, click the (form) icon in your Sport's row
 4. Click on the video to watch the State Rules Meeting
 5. Once you have completed the video, sign your name at the bottom of the form and click Submit Form to earn the credit.



A photograph of swimmers in a pool, with lane lines visible, serves as a background for the top portion of the slide.

Memberships

- OHSSCA \$35.00 State Membership*
 - NISCA \$75.00 National High School*
- (saves cost of AA certificates)
- ASCA \$112.00 National All Coaches*

*Membership information can be found on each website.

MUST BE AN OHSSCA MEMBER TO BE ON COACH OF THE YEAR BALLOT,
AWARD PRESENTERS, ATHLETE SCHOLARSHIPS.

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool. The water is a vibrant blue, and lane lines with blue and white floats are visible. The swimmer's head is above water, and their arms are extended forward. The background is a solid blue gradient.

Websites

- NISCA – <http://niscaonline.org>
- ASCA – www.swimmingcoach.org
- OHSSCA – www.ohssca.org
- Southwest District Athletic Association –
<https://www.ohsaa.org/SWDAB-home>
- OHSAA – www.ohsaa.org
- Local District – www.swimmeet.com
- USA Swimming – www.usaswim.org

A swimmer in an orange swimsuit is captured mid-stroke in a swimming pool, with lane lines visible. The background of the slide is a solid blue color.

Open Discussion

- Any questions or concerns?
 - petepuma01@yahoo.com
- Good luck this season!

