

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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# WHAT DO WE DO WITH OUR SWIMMERS NOW?

YMCA SWIMMING COACHES ONLINE FORUM March 24, 2020

#### YMCA SWIM COACHES ONLINE FORUMS

# Sharing knowledge, experience and thoughtful conversation for YMCA swimming coaches

- Once a week Tuesdays @4:00 pm EDT
- 30-45 minutes
  - 15-20 minutes presentation
  - 15-20 minutes Q&A and discussion
- Will be announced on Link, YMCA Swimming and Diving website and Facebook
- Variety of topics pertinent to Y coaches and swimming programs of all sizes, levels, geography, focus, goals
  - March 31 Practice Group Structure Evolution with Lou Petto from UMLY
  - April 7 Dryland Principles & Ideas with Mike McHugh from Door County YMCA

### **IMPORTANT DISCLAIMERS**

Your YMCA (starting with your supervisor) needs to be aware of and approve of all communication you send to, or post for Y program participants/members.

If you are not currently employed by a YMCA, you most likely cannot perform any employment-related duties, such as above. Check with your YMCA before doing anything related to your role as a coach for that Y.

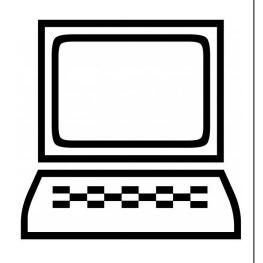
## **ACKNOWLEDGE**

- We are all struggling
- Acknowledge feelings & emotions
- Respect differences
- Find normalcy
- Find routine



# COMMUNICATE

If you have approval of your YMCA



- Keep team website updated
- E-mail families
- Engage and inform other staff/coaches
- Direct communication from swimmers and parents\*

# **GUIDE**

Your athletes and their parents want your guidance right now, but you need to determine how and where to guide them.

#### Consider:

- Your job status and parameters
- Your program's purpose & goals
- Available resources for you and your athletes/families
- Makeup of your program ages, levels, experience, commitment, focus, abilities



# **GUIDE**

#### Thoughts from Leading Y Coaches:

- ✓ Remember that we are YMCA Swimming we have a holistic Youth Development focus.
- ✓ It's OK to take a break.
- $\checkmark$  It's OK to play.
- ✓ Don't just copy and paste what others are doing
- ✓ Now is not the time to introduce new exercises or activities stick to what they are familiar with
- ✓ This is a great time for team building, leadership development, shared learning, book study & discussion, goal-setting

#### **RESOURCES**

- www.link.ymca.net join Aquatics community if you have not already, also see note below\*
   www.usaswimming.org Coronavirus page with many resources
   www.swimmingcoach.org ASCA site, offering 25% off Talks & Continuing Education
   https://facebook.com YMCA Virtual Membership group, YMCA
- Competitive Swimming Coaches group, Swim Coaches Idea

  Exchange Group
- <u>www.goswim.tv</u> GoSwim is offering free access to all videos and lessons

<sup>\*</sup>Many YMCAs are offering free fitness and group exercise classes online. Go to Link (Health & Wellness community and COVID-19 page on Risk Management community) for information and hyperlinks. Also Y360 on You Tube.

# DISCUSSION

Share your questions, ideas, thoughts...



# THANK YOU

**Next Y Coaches Online Forum:** 

Tuesday, March 31 @ 4:00 pm EDT

**Topic:** The Evolution of the UMLY Practice Group Structure

Facilitator: Louis Petto, Upper Main Line YMCA Competitive

**Aquatic Director**