



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.
- ✓ 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
- ❑ www.goswim.tv – GoSwim is offering free access to all videos and lessons

*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