



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVALUATION OF THE UMLY PRACTICE GROUP STRUCTURE

YMCA SWIMMING COACHES
ONLINE FORUM

March 31, 2020

YMCA SWIMMING 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

LOU PETTO EXPERIENCE

- 1994 Graduate of SUNY New Paltz
- 1995-1999 Head Coach Northwest CT YMCA
- 1999-2002 Full Time Assistant Coach w/ Stingrays Swimming in Marietta, GA
- 2002-2014 Competitive Aquatic Director Ocean County YMCA
- 2016 Assistant Coach w/ USA Paralympic Team in Rio
- 2014-2020 Competitive Aquatic Director Upper Main Line YMCA

**BUILD YOUR PRACTICE
STRUCTURE TO
ACCOMMODATE YOUR
ENVIRONMENT**

**CURRENT UMLY
STRUCTURE IS NOT A
MIRROR OF MY PAST
PROGRAMS**

BUY-IN FROM STAFF

Include your coaches

Our latest version of the UMLY Practice Group Structure was the result of a month of Tuesday afternoon lunches last summer with lead and key coaches from our staff.

Hold staff accountable to the structure

UMLY PROGRAM TRAINING PHILOSOPHY

WE ARE BIG PROPONENTS OF THE USA SWIMMING IMX PROGRAM. WE WANT OUR SWIMMERS TO BE WELL ROUNDED AND ADAPTABLE

WE ARE PURPOSEFUL THAT WE HAVE OUR ATHLETES ON A NATURAL PHYSICAL AND EMOTIONAL LOAD PROGRESSION AS THEY AGE

WE FIND IT IMPORTANT TO KEEP SOCIAL PEERS TOGETHER WHILE STILL HAVING A GROUP STRUCTURE THAT CHALLENGES THEM AT THE APPROPRIATE COMPETITIVE LEVEL

WHY OR WHY NOT MAKE AN ADJUSTMENT?

If you change too much then you don't have the ability to evaluate what works.

Try not to change more than 20% of what you do per year.

If you change nothing, you might not find what works what best for your program.

DISCUSSION

Share your questions, ideas, thoughts...



THANK YOU

Next Y Coaches Online Forum:

Tuesday, April 7 @ 4:00 pm EDT

Topic: Dryland

Facilitator: Mike McHugh – Door County YMCA