

Coaches Roundtable- April 4, 2020

Meeting Protocol- Please join with at least First Name to facilitate being recognized easily. Raise your hand via the button at the top of your screen if you wish to speak. Once recognized by the Moderator, you either can unmute, or you will be unmuted to speak. When you are done speaking, please mute yourself. The more phones that are muted, the better the sound quality for all. Please use the chat feature to make suggestions or help provide answers to others.

Potential Topics:

Current Events-Questions, Suggestions, Concerns

How can we best help each other?

Coaching Ideas Sharing Site

Shared Coach Re-cert Opportunities

LSC responsibility for educating our swimmers

Lobbying for distinguishing our sport from others

Open Discussion Topics:

Is the Geo Committee model of Governance outdated for our LSC?

What are +/- of various meet types- one day, p/f, senior, dual, "max" etc.

Differences between age group and senior swimming

What might "Normal v2.0" look like for us?

Fall Clinic

Resources for Club Coaches

Club Business

- CARES loan/grant info: great resources from Mitch Gold:

Program Overview:

The Paycheck Protection Program is designed to provide a direct incentive for small businesses to keep their workers on payroll by providing each small business a loan up to \$10 million for payroll and certain other expenses. If all employees are kept on payroll for eight weeks, SBA will forgive the portion of the loans used for payroll, rent, mortgage interest, or utilities. Up to 100 percent of the loan is forgivable.

Eligibility:

Businesses – including eligible non-profits, Veterans organizations, Tribal concerns, sole proprietorships, self-employed individuals, and independent contractors described in the Small Business Act – with 500 or fewer employees may apply.

Loan Application: <https://covid19relief.sba.gov/#/>

Non-Profits: If your club is a non-profit (c)(3) you can also apply for a SBA SCORE Award (Grant) of \$10,000. Note you must either apply to the loan referenced above, or have an existing SBA loan to be eligible. Also Note this is a 7(a) funded program.

Loan Application: <https://www.sba.gov/document/information-notice--score>

- Club Board: Club Leadership Business Management School 101 is online:

<https://www.usaswimming.org/news-landing-page/2019/07/18/club-leadership-business-management-school>

- More Club Board/Team Governance Resources:

<https://www.usaswimming.org/for-you/team-leaders>

- Have your team work through the Club Recognition Program:

<https://www.usaswimming.org/news-landing-page/2017/03/16/club-recognition-program>

- Have your team become a Safe Sport Recognized Program:

<https://www.usaswimming.org/ssrp>

Coach/Staff Building

- Update all coaching staff safety certs:
<https://www.usaswimming.org/utility/landing-pages/coach-membership-checklist>
- Work through ASCA Levels:
<https://swimmingcoach.org/certification/>
- Find Resources on PCA = Positive Coaching Alliance:
<https://www.positivecoach.org/>
- Use the ADM (American Development Model) to work on season and 2021-2024 quad plans:
<https://www.usaswimming.org/news-landing-page/2017/02/20/american-development-model-for-swimming>
<https://www.usaswimming.org/resources/national-team>

Team Connections

- Web meetings with athlete training groups and coaches (be sure to follow MAAPP requirements!)
- Newsletters to team

Activities for Swimmers

- Mental Training Toolbox: Dr. Goldberg's Taking Advantage of Adversity and Disappointment:
<https://www.usaswimming.org/news-landing-page/2020/03/26/mental-training-toolbox-taking-advantage-of-adversity-and-disappointment>
- Goal setting: this month/summer/year/career
- Contests: team logo, team spirit, new cheers, posters
- History of the Sport (the SCS office has rosters of SCS Olympic swimmers, as well as all Olympic swim team rosters....email Kim if you want these lists)

Parent Education

- Growing Champions for Life:
<https://www.usaswimming.org/utility/landing-pages/club/growing-champions-for-life>

Recruiting new officials

- Resources on SCS and USA Swimming websites:

<https://www.usaswimming.org/for-you/officials>

<https://www.socalswim.org/news/officials/2018/10/7/want-to-be-an-official?rtn=%2Fnews%2Fofficials%3Fpage%3D1%26orderBy%3DArticle.ArticleDate%26sortDirection%3D1>