# GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

# Dana Skelton of First Colony discussed coaching girls 12&U. Allison Beebe of Santa Clara talked about coaching female athletes during growth spurts and after maturity. POSSIBLE MAIN POINTS OR TAKEAWAYS FOR…

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| LSC Board/Committee Members | Teams in Wisconsin |
| CoachesYounger girls:* Polish young girls, Make them see what they don’t think is possible.
* Keep it fun
* Pick up on their Body Language
* Recognize accomplishments in practice
* Expectations vs. Standards
* Expectations: assumptions, Standards: emphasis
* Make them a teammate not a person
* Let them know you believe in them
* Challenge them with situations
* Let them know they are more than swimmers
* Find significance in everyone
* Help them find their shine (Polish)

Older Girls during and past growth spurt* Focus on skills “foundation”
* Create good habits
* Create sets where they can find improvement
* No need to touch the athlete
* Listen to what you say…words are powerful
* Prevent a pecking order
* Girls want to be heard…not solved
* Empower don’t enable
* Create the controllable = Effort & Additude

Good book to check out ­Confidence Code for Girls by Katty Kay & Claire Shipman |  |
| Athletes | LSC Others |

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES