

# Midlakes Coaching Resources program – Summer 2014

## Program Overview

- What resources can Midlakes offer to help develop the best foundation for sustainable success?
  - Experienced coaches provide mentorship to new and/or younger coaches
  - “Best practice” resources for teaching, practice structures, understanding the league and system
- Mentorship program structure:
  - Relationship: An experienced Midlakes coach volunteers to serve as an informal resource for a new coach in a non-competing division
  - Goal: mentor the coach in building a program of sustainable success that benefits the coach’s kids, team, and league as a whole
- **Framework to Build a Team: a coach’s focus should be on kids, first and foremost, across a framework of:**
  - 1) Setting kids up for success
  - 2) Friendly Competition and Team Spirit
  - 3) Understanding league structure and systems
  - 4) Engaging with other stakeholders

# Midlakes Coaching Resources program – Summer 2014

## Setting kids up for success

- **Setting kids up for success creates a sustainable foundation for your team to perform and grow**
- **In summer swimming, *skill and technique development trumps stamina to drive performance***
- **Instill confidence through positive reinforcement in both competition and practice settings**
  - Celebrate success as meeting a challenge
  - There will be disappointment, but celebrate it as a learning opportunity
  - Create a great practice structure with focus on all kids
    - group swimmers appropriately
    - prepare them for events they swim in meets
  - Construct meet entries with kids in mind first
- ***Demonstrably engage with and show respect, interest, and effort for kids of all abilities and personalities***
- Gain the right results:
  - Improvement
  - Fun
  - Competitive drive
  - Feeling of contributing to the team
- **If all your kids achieve the above, your team will perform, grow, and develop a greater ability to win**
  - *There are no sustainable shortcuts*

# Midlakes Coaching Resources program – Summer 2014

## Friendly Competition and Team Spirit

- **An environment of friendly competition and team spirit fosters a better experience for everyone**
  - Respect and friendship for other swimmers, regardless of talent or team
  - Your kids swim to improve, have fun, and potentially win or score points
    - And so do the other teams' kids
  - Celebrating success of any child, whether your team or opponent, can help instill values and confidence in each child as they grow in life, a mission greater than performance in any one race
- ***The cycle:***
  - Execute on Setting kids up for success...
  - ...Friendly Competition and Team Spirit will easily follow...
  - ...which in turn reinforce the positives of Setting kids up for success
- Programmatic opportunities:
  - Practice concepts:
    - Create community within the team via lane groupings, work/fun balance, peer recognition
  - Meet concepts:
    - Active participation - watching and cheering for teammates
    - Acknowledging performance and demonstrating respect for opponents

# Midlakes Coaching Resources program – Summer 2014

## Understanding league structure and systems

- Any new coach can use help understanding how Midlakes works
  - League structure, by-laws, and operations
  - Age group structure and time standards
  - Meet competition structure and processes
  - Meet entries, deadlines, and results
  - Meet expectations of team space, hospitality, etc
  - Technology systems
  - Training requirements and opportunities

## Engaging with other stakeholders

- Any new coach can benefit from others' experience in how to engage with:
  - Other coaches and kids
  - Parents
  - Team reps
  - Meet officials and volunteers
  - Club officials
  - League officials