

## **Continuing Educational Resources Challenge to Coaches**

**Coaches, during his time when we find ourselves restricted from day to day interaction on the pool deck with our athletes, staff and parents. While we miss the ability to shake a hand or give a pat on the back, it is most important to continue to strengthen the relationships you have built as the foundation of your clubs.**

**Many of our Indiana Swimming coaches have built a system of connection through day to day Zoom Meeting, emails, social media and sometimes a daily quote. There are many of these coaches who you may want to reach out to and seek out what a season long plan looks like from a virtual perspective.**

**That being said my note is more about how our coaches continue to get better when our office has moved from the pool deck to the back room at home.**

**I strongly believe it is important for coaches to show your membership, Board of Directors and athletes how you are putting yourself out there to improve just as you would ask of your athletes.**

**Resources abound on the internet and Zoom Meetings of course.**

**I would like to challenge you and/or your club to go even further to gain a certification, grow your professional levels of development, become part of a mentorship program like the "Changing the Game Project" (Below) or complete the USA Swimming Club Recognition Program (Below).**

**\*You may know that Indiana Swimming has a coach mentoring program that may support participation in some of these opportunities as well as a Club Financial Incentive program to complete the four levels of the Club Recognition Program.**

**Below are a few ideas or opportunities to be aware of. My thanks to Mark Hesse at USA Swimming for contributing to this list. If you have more opportunities such as these please share them with me [tony@inswimming.org](mailto:tony@inswimming.org)**

- [USOPC Coaching Education Courses](#)

### **ASCA INFO**

- [ACSA Certifications](#)
- [ASCA Continuing Education Credit Information](#)
- [ASCA On-line Continuing Education](#)
- [ASCA Home Study Continuing Education](#)

## **USA SWIMMING**

- [On-line Webinars](#) both upcoming & recorded
- [SafeSport Recognition Program \(SSRP\)](#)
- [Club Recognition Program](#)
- [Club Leadership & Business Management School 101 \(CLMBS\)](#) online
- [Club Leadership & Business Management School 201 \(CLMBS\)](#) online pilot class with Tom Avischious on April 8

## **Other On-Line Coach Education**

- [Changing the Game Project 6-week online Coaching Mentorship Program](#) starts Tuesday April 7 John O'Sullivan, James Leath and Dr. Jerry Lynch
- [The Positive Performance Mindset Coach Certification](#) by Lindsey Wilson
- [Ritter Sports Performance](#) – Dryland training and The Hive
- [Coaching Better with Dr. Wade Gilbert](#) Human Kinetics
- [For the Love of the Game](#) online Youth Sports Seminar April 3-5
- [3D Institute](#) Become a 3-Dimensional Coach Maximize Player Performance, Leave a Lasting Legacy, Become a 3D Coach

## **Dryland**

- [National Strength & Conditioning Coach Certifications](#)
- [National Academy of Sports Medicine Certifications](#)
- [USA Weightlifting On-line Courses](#)
- [International Sport Sciences Association Personal Trainer Certification](#)

**Contact Tony Young ISI Executive Director with any questions at [tony@inswimming.org](mailto:tony@inswimming.org)**