# 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 |
| Coaches Younger 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