

## **Niagara Swimming mentorship opportunities for coaches.**

### **I. Purpose**

Niagara Swimming is committed to the development of its coach members and to the ultimate development and success of our member clubs.

Member clubs will have the opportunity to participate in a Coach Mentor Program, designed to develop young or new coaches, and/or to help programs that are new, small, or growing. This program looks to increase collaboration between participating coaches as well as provide funding for reimbursement of expenses incurred by mentored coaches.

### **II. Program Details**

Coaches submitting the application will be offered opportunities for mentorship in the summer and fall of 2018. These opportunities can take the form of online video conferencing, deck visits to the Coach Applicant's program or the Coach Applicant can visit the Coach Mentor's program. A visit can last one to two days.

Mentoring coaches should provide education and recommendations to the best of their knowledge and ability regarding best practices, policies, and general coaching items while working with the applicant. Each Mentor will be expected to tailor recommendations based upon their observations, although a guideline will be provided to them.

Coach Applicants or Coach Mentors can submit a request to offset costs of incurred expenses (i.e. travel and meals); all requests will be tied to a specific application. These reimbursements will be funded from the pool of \$3000, created by Niagara LSC and USA Swimming funds for the program in 2018. Each application be reviewed and approved by the Senior and Junior Coach Representatives along with guidance from the Niagara LSC Executive Board.

- July 1-September 30 - Coaches may apply to take part in the Coach Mentorship Program. Applications will be reviewed on a first come, first served basis.
- Nov. 30, 2018 – Complete mentorships.
- Coach Mentors will submit details of their mentoring to the Senior Coach Representative to report to USA Swimming.

Applicants and mentoring coaches are encouraged to continue collaboration after the completion of the mentorship program. They are also encouraged to find additional coaching applicants as well as coach mentors for the program.

### **III. Applicant Eligibility**

All applicants must:

- Be a current USA Swimming non-athlete coach member registered within the LSC
- Fill out the LSC Coach Mentorship application and submit all required information at least 20 days prior to the intended mentorship dates and no later than September 30, 2018.
- Complete the mentorship by November 30, 2018.
- Submit an evaluation within 14 days of completion of each session.

### **IV. Expenses Reimbursement**

To be reimbursed for expenses, a mentorship application must be on file with the Senior Coach Representative.

Funds will be provided to offset costs of travel and meals (at the Federal per diem amount in accordance with LSC policy). Funds may be used to pay for meals for both the applicant and mentor coaches if they have dined together.

Mentors and/or Applicants must submit reimbursement requests within 14 days of completed mentoring.

### **V. Evaluations**

**Coach Applicants** shall complete an evaluation/survey within 14 days of completing the mentorship session including information about what they learned and submit to the Senior Coach Representative.

**Coach Mentors** shall complete an evaluation/survey within 14 days of completing the mentorship session including information about what they shared/taught and submit to the Senior Coach Representative.

**2018 Niagara LSC Coach Mentoring Program Application**

Please complete the application below and submit to Phil Baretela at [srcoachrep@niagaraswim.org](mailto:srcoachrep@niagaraswim.org) at least 20 days prior to beginning the mentoring sessions.

|                            |                 |
|----------------------------|-----------------|
| Coach Applicant Name _____ | Swim Club _____ |
| Applicant Address _____    | Phone _____     |
| City, State, Zip _____     | Email _____     |

Check the boxes of your preferred opportunities:

- Online Video Conference
- Coach Mentor to visit my site
- I will visit the Coach Mentor's site
- I would like to participate in all options

Please identify the areas in which you would like to be mentored in:

- Working with novice athletes
- Establishing an effective and safe dryland program
- Training philosophies
- Creating and promoting a positive team culture
- Coaching advanced age group swimmers
- Coaching senior level swimmers
- Season planning
- Managing a satellite program
- Running the business side of the club
- Technical skill development
- Developing a progressive program
- Other (describe below)

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To be completed by Senior Coach Representative:

Date Received:

Date of Approval:

Coach Mentor Assigned: