



Coaches Representative Report
BOD September 14, 2015

Coaches Committee members: Chair, Nancy Reese (COHO), Glenn Brown (ACAD), Rob Emary (BSC), Steve Frye (DDST), Tom Rieman (HWSA), Athlete Member, Erin Oliphant (GA)

We discussed the following topics at our most recent Coaches Committee conference call:

Coaches Education Grant: We considered a proposal requesting that the amount per club be raised from \$150 to \$300 and that travel expenses be changed to an approved reimbursement item. All agreed that we need to promote the Education Grant more. We were hesitant to increase the amount to \$300 noting that we would be over budget if 14 or more clubs apply. Since we plan to promote it more, we decided to raise the amount to \$250 max per club. We also decided to keep travel expenses on the list of not funded items for this year and re-visit that suggestion next year.

Coaches Clinics: ASCA is interested in running a 2-day Character Development + Skills and Drill clinic (day 1) with a Level 2 Stroke School (day 2). We all liked the idea of the 2-day ASCA clinic, and consensus was to tie it to the HOD meeting in the fall of 2016. This gives us time to set it up and promote it. We also discussed other possible clinics such as:

USA Swimming Regional Coaches Clinic
Women in Coaching Clinic
Clinic with college coaches on how to prepare swimmers for the recruiting process

Long Course Training for Elite IL Swimming athletes: We discussed setting up 2-day LCM mini-training camps over winter break and spring break. The future plan would be to offer 3 mini-camps annually at consistent times of the year (Oct/Dec/Apr was suggested). The idea is to get our top swimmers together whenever possible. If we do this every year the mini-clinics could be SCY the first 2 years of the quad, and LCM the second 2 years. Since there is money in the Senior budget this year for LCM pool time, we will see if we can work with the Senior Committee on dates, and cover the cost to bring in speakers. Our idea is to aim this towards swimmers with at least a Junior National cut, but this is something we would also discuss and decide with the Senior Committee.

Rob Emary has volunteered to put together a calendar we can post showing what we are planning to offer in order give coaches more notice. Even if we do not have exact dates now we can still give coaches an idea of what is coming when. We were thinking:

Fall: Coaches Clinic (OCT w/HOD), Elite swimmer mini-training camp #1 (OCT)
Winter: Elite swimmer mini-training camp #2 (DEC over winter break)
Spring: Elite swimmer mini-training camp #3 (APR over spring break)
Summer: USA Swimming Regional Coaches Clinic (end of AUG/early SEP)
TBD: Women in Coaching Clinic, Clinic w/college coaches

Respectfully submitted,
Nancy Reese
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The **mission** of Illinois Swimming is to offer our members programs which promotes swimming and achieves excellence through education, innovation and committed leadership.