

The Art of Coaching-

A 10 and Under Coach Perspective

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The Art of Coaching

Introduction

Dry Side of Coaching

Wet Side of Coaching

Conclusion

INTRODUCTION

Responsibility



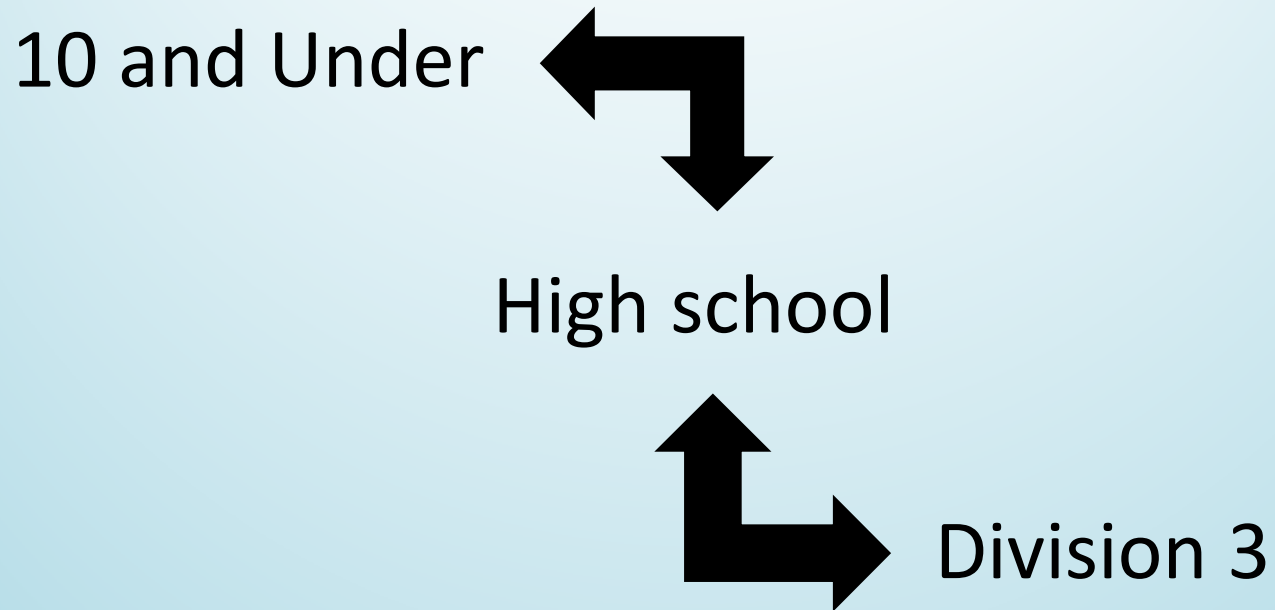


100/0 Principle

A mindset to be practiced

INTRODUCTION OF MY STORY

Journey as a Swimmer



Multi sport athlete growing up

Journey as a Coach

- 2002- Pacific Swimming
- 2006- Gulf Swimming
- Starting 14th year with First Colony Swim Team (under 3 head coaches)
- Started as a 10 & under coach
- Coached every level (key to success)

Journey Through the Sport

- Left the sport twice
 - Once as a swimmer
 - Once as a coach
- Coaching is now my career
- Recently became a sport parent

My Current Role

Took time and acceptance:

- Little recognition for 10 & unders
- Transition from needing recognition
- Forced to see positives
- Develop internal motivation

My Current Role

9-10 Coach (BB to State Level):

Strength- Introduce children to a love of the sport and starting to believe in themselves

Head Developmental Coach (12 & Under novice):

Strength- Mentoring coaches and instilling the importance of 10 and under swimming

My Responsibility

Live the 100/0 Principle

Mentor other coaches

Share my journey as a sport parent

What is at Risk?

- Understanding the importance of developing young coaches
- Progression of ourselves as coaches and people
- Remembering our role in working with children
- Stronger future of the sport

DRY SIDE

THE ART OF COACHING

Coach/Life Balance

- Left coaching because of no balance
- What I learned about myself
- Promises I made when returning

“We are often tired and imbalanced not because we are doing too much, but because we are doing too little of what is most real and meaningful.”

- Marianne Williamson

Our Responsibility

**Do we teach young coaches
about balance?**

Do we share our stories?

Education

- Become part of my life and now my career
- Found new strengths through education
- Found my voice through education
- The biggest factor in my success...

My Curiosity

Education

My curiosity is limitless:

- Ryan
- Books
- Podcasts

“I don’t know who I am yet, but I am curious enough to find out.” - Elizabeth Gilbert

Education

Best forms of education at this point:

- Active listening
 - Parents, children, coaches, volunteers...
- Networking
 - My role this summer

Our Responsibility

**Creating life long learners in
young coaches**

**Show young coaches
opportunities they didn't know
existed**

Leadership

- Head Developmental Coach (by title)
 - Everyone is a leader of the team
- Monthly meetings- Then to now

Leadership

Goals of monthly meetings:

- Clarity
- Staff culture
- Delegate
- Everyone is a leader mindset

Our Responsibility

Develop Young Coaches:

- Find out their goals
- Share my experience and knowledge
- What are you doing as an LSC to get young coaches involved?
- They are key to my livelihood and my team success
- They are key to the future of the sport
(whether we develop them or not)!

Biggest changes to how
I coach...

(What I have learned along the way)

What I Have Learned

Importance of Reflection

What I Have Learned

Process vs. Results Driven

What I Have Learned

Becoming a parent

Becoming a sport parent

What I Have Learned

Building a career

Our Responsibility

**Take time to reflect and learn through
our successes and failures**

Taking ownership of our career

WET SIDE

THE ART OF COACHING

Working with Children

“Do what you do so well that they want to come back and bring a friend.”

- Walt Disney

How...



Patience

- Emotions
- Talkers
- “Bad kid” - Jessica Stephens

“There is no such thing as a ‘bad kid’- just an angry, hurt, tired, scared, confused, impulsive, ones expressing their feelings and needs the only way they know how. We owe it to every single one of them to always remember that.”

- Jessica Stephens

Our Responsibility

**To not shame anyone for living a life
they are not biologically equipped to
handle yet**

Commitment

- Swimmers are not little adults
- Most have never dealt with this [new emotions, new training level, new commitments...] before.
- Don't understand how actions correlate to results
- Must allow time to develop



“We see ourselves by our intention and
others by their actions”

- John C. Maxwell

Our Responsibility

Take time to develop commitment

**Help the children make connections
between actions and results**

Develop the Whole Person

- Identity outside the pool
- Identity they can control
- Develop gratitude (thank you cards)
- Remember we don't know what happens at home

Our Responsibility

**Let the children know they have value
regardless of how they perform**

**We are not and should not be
their life**

Love of the Sport

- Know what is fun for them
(games vs. challenge sets)
- Why do they swim
- Developing ownership helps build the love
- Can't develop love if they leave the sport

Our Responsibility

10 and unders do not have to love the sport yet, but they do need exposure to someone that loves the sport

Constructive Environment

- Cultivate coachable children
- It's ok to fail
- Understanding of a team/being a teammate
- Big key- Vulnerability

Constructive Environment

What destroys vulnerability:

- Invalidating someone's vulnerability
- Judging when they share
- Minimizing their vulnerability
- Never sharing your vulnerability
- Using it against them

Our Responsibility

Provide an environment that supports and develops children, possibly at the expense of our comfort

Highlight Their Shine

- Learn to lead (or sometimes follow)
- Achievements have to be theirs
- What makes them special-besides swimming

“Every child is one caring adult away from being a success story” -Josh Shipp

Highlight Their Shine

Be the light from behind
(Rod Murrow)

Our Responsibility

Mindset of “they need me...I have failed”

“Our job is not to prepare [children] for something. Our job is to help [children] prepare themselves for anything.” -A.J. Juliani

CONCLUSION

Review What is at Risk

Responsibility to teach young coaches:

- Teach them balance
- Help them buy in to the value of education
- Help them develop their leadership

Review What is at Risk

Responsibility to develop ourselves:

- Build our career
- Educate ourselves
- Learn from our successes and failures

Review What is at Risk

Responsibility to remember:

- SIMPLY- we are working with children
- Children deserve an excited adult
(Todd Nesloney & Adam Welcome)

Thank you for the opportunity!

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