



Montana Swimming Inc.
Senior Development Report
Oct 5, 2014

	<u>Spent</u>	<u>Budgeted</u>	
<u>Expenses:</u> AAA Awards (12 & Under)	\$325	\$600	
AAA Camp (13 & Over)	\$3435.93	\$2500	
AG Development(FFT)	\$160		
<u>AG Development (IMX)</u>	<u>~\$500</u>	<u>\$3000</u>	
Total	~\$4420.93	\$6100	Diff of \$1679.07

IMX Challenge: Nearly 100 participants for SC and 34 for Long Course Participated this year. These participation number are about the same as 2013 and 2011, but still much higher than years prior to 2010 (2012 is our highest season of participation at about 160 for SC and nearly 50 for LC). Don't forget about the IMX Games. USA Swimming strongly encourages athlete between the ages of 11-14 to participate.

FYI: TOP 8 IMX scores for the Zone do get invited to the Zone Select Camp. For the USA Swimming Club Recognition Program, especially Level 4, you need a certain level of participation and level of performance to gain points. You may go to any IMX Games to participate may be tough in Maryland because it is such a big meet. Coaches, please we need you to help promote IMX. One of the simplest things to do: log-on to Deck Pass to print certificates for their swimmers for participating and have a small awards thing for those swimmers accomplishments.

AAA Awards: Stadium Blankets with New Logo AAA MT Swimming logo.

AAA Camp: Only have about 30 qualifiers this year. We had 14 coming to camp. We stayed at the Days Inn & Suites in Bozeman and trained in long course pool for all swim sessions. A family allowed us to use their large van for transportation. We did rock climbing and sessions on nutrition. In conclusion, we had a good time, worked hard and in turn had some good reviews too. I think we had a low number of participation due to the dates, but I would recommend doing every other year. Just hard to have coaches come in and coordinating.

Fitter and Faster Clinic: Was a huge success we had a total of 98 participants. Tyler McGill was a great clinician and had a great story to relate to the kids. Please let me know if you are interested in hosting.

USAS Convention 2014:

- **Age Group Workshop #1 – Building Champions for Life.** How can we communicate to parents and to become HERO PARENTS? We have all heard of the HELECOPTER PARENT, and the



damage it does to long term for children. The TIGER PARENT is another one to look out for with their uncontrollable nature to be in control of everything for their child. The SUPPLIER PARENT is tough with them not being engaged and will tolerate and endure the circumstance.

- **Age Group Workshop #2 – Long Term Athlete Development/Educating Assistant Coaches.**
 - USA Swimming is developing a model for coaches to use for LTAD. It will probably be out this time next year. I am on the Age Group Development Committee for this and it has already been 2 years in the making, but it will be an outstanding tool for all coaches to be able to use. There is a document that you can use now it is the Progressions for Athlete Development. If you cannot find it and would like a copy please contact I and I can get you a copy.
 - Educating Assistant coaches is tough, but every team should look into and start something because assistant coaches are the face of your club. If you are a small club, you should be looking into educating head coach with another club to keep things fresh and up to date. Big thing are regular staff meetings at least once a month if not twice a month is usually doable. Be sure to take care of them, as you invest in them they will be able to invest more to the team.
- **Safe Sport Workshop #1 – Positive Coaching Alliance (PCA).** PCA is non-profit organization that provides youth sport organization with resources to help create a positive experience and culture for all involved in the organization (swimmers, coaches, and parents). Hopefully a culture where it is ok to make mistakes, but continue to be challenged and become better and where everyone will “Honor the Sport.” The most influential people in the organization are the leaders and if the leader protect this type of culture the team will much longer success (most likely in and out of the pool).
- **Safe Sport Workshop #2 – Hiring Practices.** Best practices are not necessarily resumes and interviews. Most of the time interested coaches will most often tell you what they want to be, not necessarily who they really are. Statistics show that 30% of resumes lie or embellish something on their resume. And 15% lie about their educational background. When interviewing do not ask directed questions (you want more than a “yes” or “no” answers). Best way to find the right person is to make an application for the type of person you want.
- **Open Water – Open Water is growing.** This may be a possibility for MT Swimming to explore. There is a growing need for experienced swimmers in open water. For example there are many colleges that have triathlon clubs and coming more on the scene as varsity sport possibilities. Best thing to do is start out simple. Start out with clinic then operate an open water in the pool before going in lakes and ponds.

Up Coming Ideas/Changes:

Suggestion are welcome please e-mail coachsobek@gmail.com

Respectfully submitted by Coach Jade Sobek, Senior Development