

**Welcome to New Coaches  
Training for the  
Naperville Swim  
Conference**

Your primary role as a coach includes providing a safe experience, providing an enjoyable experience, and teaching basic swimming skills.



# What do you need to know!

- It is essential that you understand the rules, skills and techniques of swimming, and be able to apply your knowledge of the sport in teaching it to your athletes. You must also understand and implement proper training methods.
- If a parent of a new athlete had a question about a rule would you be able to answer their question correctly?

# What are your priorities!

- To work successfully with children you must know your priorities.
  - What is most important...fun, development, or winning?
  - You will face situations that challenge you to keep winning in proper perspective. If your priorities are in order, your swimmers' well-being will take precedence over your team's win-loss record every time.
  - Each swimmer should have an opportunity to develop skills and have fun.
  - The challenge and joy of swimming is experienced through striving to win, not through winning itself.

# Character Counts!

- As a coach, you are likely to be a significant figure in the lives of your swimmers.
  - Model appropriate behaviors for sport and life.
  - What you say and what you do must match.
  - Be in control of yourself before, during, and after all practices and meets.
- You must be able to laugh at yourself and with your swimmers. A sense of humor puts in perspective the many mistakes young swimmers will make.
- Consider laughter from your swimmers a sign of enjoyment, not a lack of discipline. Smile!

# Emergency Action Plan

- Each facility should have an emergency action plan to handle various types of emergencies.
- Be aware of the chain of command, where the first aid & rescue equipment is kept and all emergency protocols.
- Know the address of your pool in the event you need to call 911.

# Facility Safety

- Pool chemicals are hazardous and should be kept away from swimmers.
- Be aware of water quality and remove swimmers from pool if you notice the following conditions:
  - Water is overly cloudy or you can not see the bottom.
  - Water is an unusual color or odor.
  - Swimmers are complaining of eye irritation.
  - Swimmers are severely coughing and/or having trouble breathing

# Weather Conditions

- **Lightening and Thunderstorms**
  - Clear swimmers from pool at first sight of lightning or sound of thunder.
  - Move everyone off the deck and into a safe area away from trees and metal objects such as fences.
  - Wait 30 minutes after last sighting of lightning or last sound of thunder before resuming pool activities
- **Tornadoes**
  - Clear swimmers from pool and move everyone off the deck and into a safe area according to the pools Emergency Action Plan.

# Safety During Practice

- Put in and secure lane lines.
- Put up backstroke flags.
- Circle swim leaving :05 apart.
- Place swimmers of similar abilities in lanes together.

# Knowing your swimmers helps to keep them safe!

- Be aware of any existing medical conditions of swimmers.
- Know all swimmers ability levels.
- Clearly communicate expectations to swimmers at the beginning of the season regarding swimmer's actions before, during, and after practices and meets.
- Ensure a coach or lifeguard is on deck before swimmers are allowed on the pool deck.

# Communication

- **Verbal Communication**
  - Be positive, but honest
  - Stay calm and be consistent
  - Be clear and use age appropriate wording
    - Examples: “Please try and streamline of the wall” instead of “Don’t push off the wall like that!”
- **Non-verbal Communication**
  - Be careful of your facial expressions and body language as they can send positive or negative messages to swimmers.
- **Listen to your swimmers**
  - Be sure to keep the communication going both ways
    - Listen to what your swimmers say
    - Watch your swimmers body language

# Workouts

- Have a work out prepared in advance
- Be creative with your workout to keep swimmers motivated and allow them time to not only learn but also to have fun!
- Work out should consist of:
  - Warm up
  - Practice previous skills
  - Teach and practice new skills
  - Cool down

# Teaching Swimming

- **Introduce the skill**
  - Explain the importance of the skill so swimmers will see how the skill will help them become better swimmers.
- **Demonstrate the skill**
  - Have the demonstrator use correct form or slow down the skill if possible
  - Have swimmers watch skill from above water and below water if possible
- **Explain the skill**
  - Break it down into smaller parts and teach each component
  - Do not have swimmer do the next component in the sequence until they can perform the previous component.
  - Example: when teaching Butterfly teach dolphin kick first, then teach arm movement and once the swimmer can do each separately then put them together.
- **Practice the skill**
  - Some swimmers may need hands on help.
  - Offer positive corrective feedback.
  - Once swimmer performs skill correctly acknowledge it and offer praise.

# Teaching Turns

- Never force a swimmer to do a skill they are not comfortable doing.
- Always practice new skills in deep water.
- Safety concerns:
  - Misjudging distance to wall and hitting head or feet on wall
  - Pushing off wall at a wrong angle and hitting the pool bottom
  - Pushing off wall and colliding with another swimmer

# Teaching Starts

- Always practice new skills in deep water.
- Make sure swimmers can demonstrate correct hand, arm, and head position before trying to dive.
- Starting blocks should only be used once a swimmer has mastered diving from the wall and under direct supervision of a trained coach.
- Safety concerns:
  - Diving too deep and hitting the pool bottom
  - Diving in and colliding with another swimmer
  - Slipping on deck or starting block

# Have Fun!!!

- Remember the swimmers are here to swim & have fun!
- If you take the fun out of swimming you'll take the children out of the sport!