

Amateur Swimming Union of the Americas  
A.S.U.A



**UANA – Coaches Subcommittee Newsletter and Questionnaire: March 2010**

Greetings UANA Coaches!

We are moving forward with our Strategic Plans for 2010, and would like your input to ensure that what we are developing will meet your needs. Below are 7 questions that link to the strategic priorities outlined at the end of this document. Please take a moment to respond to the questions to ensure that your ideas are incorporated into the agenda of this year's clinic, as well as the resources we are compiling. **Please respond to the questions, via e-mail, by April 30, 2010.**

1. Are you in need of a mentor?
  - 1.1 In what language?
  - 1.2 What skills do you require assistance with?
2. Are you interested in mentoring other coaches?
  - 2.1 What skills could you mentor?
3. For the next UANA clinic (Peru; September 2010) are there specific topics you would like covered?
  - 3.1 What new figures are having trouble coaching?
  - 3.2 What new elements do you need assistance with?
  - 3.3 In what aspects of training do you need assistance?
4. What are the top 3 print and/or audio-visual resources that you would recommend to other coaches?
5. We are thinking of putting an area on the UANA website where people can post coaching jobs and request coaches. Would this be useful for you?
6. Please indicate the top 3 coach experts that you would like to add to the 'expert' list in UANA.
7. We would like to identify facilities in the UANA region where clubs can book international training camps. Please provide a list of facilities in your region that can host international training camps. Indicate the name, location, and services provided by the facility including:
  - pool depth and length
  - availability of underwater speakers systems
  - whether a gymnasium and weight room are onsite
  - other characteristics that would make it attractive for a training camp

Please send the **English** responses to Leslie Sproule: [sproule@telusplanet.net](mailto:sproule@telusplanet.net)

Please send the **Spanish** responses to Lisa Mitchell: [lisa\\_mit@telus.net](mailto:lisa_mit@telus.net)

Here are our 7 Strategic Priorities:

1. **Increase communication between coaches in UANA.**
2. **Host a coach education clinic at each UANA meet.**
3. **Create a mentor program.**
4. **Assist new and developing countries to attain beginner coaching clinics.**
5. **Create a resource list for coaches.**
6. **Provide bilingual resources (Spanish and English).**
7. **Identify Specialty Coach Experts in our community and around the world that can assist in professional development for coaches in UANA.**

Here are some specifics of what we are working on in each area.

1. **Increase communication between coaches in UANA.**
  - 1.1. Continue to update coach e-mail distribution list at every competition.
  - 1.2. Hold a coach meeting at all UANA competitions.
  - 1.3. Begin to use the UANA web site for coaches to:
    - 1.3.1. Access coaching job opportunities
    - 1.3.2. Post job searches for coaches
    - 1.3.3. Post information about clinics that a club or country is hosting
    - 1.3.4. Post competition information
    - 1.3.5. Post training resources
    - 1.3.6. Post training camp facilities and opportunities
2. **Host a clinic at each UANA competition.**
  - 2.1. Continue to ask coaches in UANA what they need most help with.
  - 2.2. Create a clinic to address those needs.
3. **Create a mentor program.**
  - 3.1. Set up a mentor system where a coach can have access to a more experienced and knowledgeable coach for questions they may have on training, planning, tips for technical work, etc.
4. **Increase clinic opportunities for new and developing countries to access and apply for FINA Development Clinics and PASO Clinics.**
  - 4.1. Create a step by step process that coaches and federations can easily follow to access funding for FINA and PASO clinics.
  - 4.2. Develop a list of clinicians that could conduct these clinics.
5. **Create a resource list for coaches.**
  - 5.1. Ask coaches to identify the main skills that are critical for success in Synchro.
  - 5.2. Ask coaches to list their top three print and A/V coaching resources.
  - 5.3. Classify resources by level, language and skills.
6. **Provide bilingual resources (Spanish and English)**
  - 6.1. Translate top resources from the list compiled by coaches.
7. **Create a list of Coach Experts in the UANA family and around the world.**
  - 7.1. This expert list could be utilized for clinics and professional development opportunities for coaches in the UANA.
  - 7.2. Specialty coaches can also be identified and listed. (Acrobatic, choreography, technical, physical fitness training, flexibility).

Thank you for your interest and time in connecting UANA coaches more effectively.

Kind Regards,

Leslie Sproule, Charlotte Davis, Lisa Mitchell, Victoria Montedonico, Ana Simon  
UANA Coaches Subcommittee